



Nine Steps To Healthy Lifestyle

Step 2: Healthy Eating to Nourish your Body

Eating healthy with toxic-free balanced meals is the cornerstone to one's health. A balanced diet must contain carbohydrate, protein, fat, vitamins, minerals, salts, and fiber.

Healthy Eating Regime consists of:

- Organic or non-genetically modified foods
- Unprocessed
- Whole Foods
- Fermented foods – probiotic rich
- Grass-fed meats
- Healthy fats
- Omission of food intolerance and inflammatory response foods

Nutritional Boosters during food preparation & cooking:

- Raw Enzymes
- Juicing
- Soaking Seeds/beans/nuts
- Incorporating kelp, seaweed
- Nutrient Dense Foods
- Fermented Foods
- Homemade Meals



Avoid:

Processed, additives, dyes

What you crave

Common allergen foods

Foods associated with behavioral issues, meltdowns and mood swings

Foods that seems to cause red cheeks, red ears, dark circles under eyes, eczema and allergic reactions around mouth

Artificial colors/flavors

MSG

Pesticides

Aspartame and other artificial sweeteners

Trans Fat (hydrogenated fat)

Excessive Sugar

Nitrates/Nitrites

preservatives, antibiotics in animal protein, processed foods, genetically modified anything, and pesticides from conventional produce.



Step 1 Assignment:

Review the **Top 9 healthy eating habits** and commit to implementing one a day, or one a week. You choose and you can even prioritize the order of them to make a plan on what you will start today!

Love to hear about your progress and let's see you implement all the healthy eating tips!

The Top 9 Healthy Eating Habits:

1. Limit unhealthy carbohydrate intake and eat balanced meals.
2. Eat only Organic Food.
3. Soak all seeds and beans for 24 hours.
4. Become aware of your daily sugar intake, read labels and count how many grams you are eating on daily basis then strive for your sugar intake to be in the range of 22 to 32 grams daily.
5. Focus on fermented and probiotic like foods.
6. Incorporate fresh vegetable juicing or eating some vegetables raw (like zucchini but not broccoli).
7. Finish heavy protein meals two hours before bedtime.
8. Drink pure water as first choice of liquid intake.
9. Consume green leafy vegetables and/or spirulina with at least two of the three main meals on a daily basis.



Healthy Eating Tips:

1.) Include healthy protein with each meal to keep your blood sugar level even as well as your energy level. Eat a balanced meal to maintain a healthy pH level.

2.) Monitor your sodium intake:

American's consume an average of 4800 mg of sodium daily equaling 2 teaspoons of salt. The goal is below the middle point of about 2000 (almost 1 tsp) would be just OK, less is better. Try not to add any extra salt and if you are going to use salt, try some sea salt.

1/4 tsp salt = 600 mg sodium

1/2 tsp salt= 1200 mg sodium

1 tsp salt = 2400 mg sodium

3.) Monitor your sugar intake:

The average American eats approx. 24 lbs. of sugar a year! Hard to believe isn't it. It's just not the sugar we notice we are using, but hidden sugars in our foods such as Ketchup, jams, soups, etc. There are 9 teaspoons of sugar in 12 ounces of soda. Plain water would be a better alternative. Decrease desserts & candies. Excessive levels of sugar in the bloodstream are associated with numerous metabolic disorders. Replace sugar with Stevia, or Xylitol.

Try to keep your sugar intake to 22 grams of sugar daily. Keep track of your sugar intake on a daily basis as you may be very surprised how much you are consuming.

4.) Decrease unhealthy fat intake – use olive oil & coconut oil. stay away form canola oil as it is one of the most genetically modified crops in the United States.



5.) Eat 5 organic fruits and organic vegetables daily. (I'd rather see more vegetables than fruit.)

Eat organic whenever possible to lessen the toxic load. Eating more vegetables is associated with improved insulin sensitivity. Eat a variety of vegetables, especially dark greens. Non-organic food is full of pesticides, chemicals, devoid of being grown in healthy soil and can be a genetically modified organism. Genetically modified (GMOs) food/seed has been altered and is unnatural. GMOs are resistant to bugs and pesticides so crops; did you ever wonder what that does to your body? So far, the largest GMO crops in the United States are corn, canola, soy, and cotton.

6.) Drink plenty of water. Cut down on coffee, tea, cola and alcoholic beverages. Diet soda is harmful since it contains artificial chemicals to sweeten it. Regular soda contains too much sugar and may even contain high fructose corn syrup.

7.) Limit artificial additives, MSG, dyes, processed or fast food intake. Reduce wheat, soy, corn and dairy products. Eat raw foods to maximize natural enzymes. Add super foods such as spirulina, coconut, hemp, chia seeds, kelp & veggie juicing. Superfoods provide many nutrients and can boost your energy levels.



8.) Read the nutritional labels on food so you are aware of the nutrients that you are consuming. Nutritional labels can be misleading so make sure you are interpreting it correctly.

For example, the nutritional label below reads that for a 1/2 cup, this food item is 250 calories with 14 grams of fat, 55 mg of cholesterol, 75 mg of sodium, total carbohydrates is 26 grams with 26 grams of Sugar and only 4 grams of protein. If you eat a full cup then you need to times all the numbers by 2. If you ate the entire contents of the package then you need to times everything by 4 since there are 4 in the Servings per container. That's the most overlooked part of the interpretation; the serving size and servings per container.

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	



9.) Incorporate digestive enzymes, and probiotics for additional support for your body.

10.) Finish heavy protein meals two hours before bedtime. Most people need 7-8 hours of sleep nightly; missing sleep can increase one's appetite.

Added Bonus:

If you want me to review your current eating regime then send over a food journal for a day. Please track food portions (amount of food, liquid intake and snacks)

Track your daily food intake

Incorporate new foods weekly

Join Pinterest and follow my food board at: <http://www.pinterest.com/nancyguberti/gfcf-foods-organic/>

(If you have not registered for this course: This is based off the fuller training provided by Nancy Guberti at <http://nancyguberti.com/nine-steps-healthy-u-2015>

After registering then you can watch her video there to fully utilize and leverage this worksheet.)



Basic Digestion Supplement Protocol: Before starting any new supplement regime, always discuss with your medical practitioner.

Supplement with digestive enzymes to fully absorb your nutrients.

To receive 10% discount on all products offered on EmersonEcologics.com.

Goto www.nancyguberti.com then click on Purchase Supplements page

and then click on the first link for Emerson: [10% discount on emersonecologics.com](http://www.emersonecologics.com) Click Here & use 'Health' as Access Code or <http://www.emersonecologics.com/CustomOrder.aspx>

The pass code is Health to receive the 10% discount

Choose 2 day shipping even if they tell you to choose next day - it's fine

1. **Probiotics: Take one capsule in morning with water.** Klaire Labs TherBiotic Detox **Product Code: THY25** Research indicates that low beneficial bacteria can lead to suppressed immune and detoxification system and affect focus and mood.
2. **Digestive Enzymes: Product Code: VITAL-ZYMES™ COMPLETE 120 VEGCAP (Product Code: VI210) OR ABSORBAID DIGESTIVE SUPPORT 90 VCAPS (Product Code: ABS90)**
3. **Spirulina Product Code: N2704**

***NOTE: You must check with your medical practitioner before starting any new supplements. Introduce one new supplement at a time then add in the next a week later so you can monitor how you feel once starting supplement.



CONGRATULATIONS for completing Step #2!

Next is Step Three:

Most important drink... and why?



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