

My Guiding Food Principles

SAVORED JOY
Living a healthy, happy life



- 1 Don't eat fake food**
I choose foods that are not heavily processed, free from chemical, fillers and dyes, and don't have a sugar, salt, and fat content designed to be addictive.
- 2 Have fun**
Food is fun, I enjoy it. I enjoy preparing it, I enjoy sharing it, I enjoy eating it.
- 3 Delight in the colors, textures, and tastes of real food**
I appreciate what I'm eating, noting how the colors, textures, and flavors play together and taking time to notice each food's unique characteristics.
- 4 Don't eliminate or severely restrict any one category (macro)**
I don't participate in any "high" or "low" diet.
- 5 Eat veggie-heavy**
I'm not a vegetarian, but I do eat veggie-heavy.
- 6 Consume whole grains**
The majority of the grains I consume are whole grains - even in desserts.
- 7 Avoid refined sugars**
I choose things like dates, honey, maple syrup, and coconut sugar in small reasonable amounts instead.
- 8 Beans and greens on a daily basis**
I incorporate beans and greens into meals regularly.
- 9 The three questions**
When preparing meals, I ask myself 3 questions: 1. "Is there another vegetable I can add?" 2. "Can I add a nut or seed to this?" 3. "Would a leafy green be good in this dish?"
- 10 Eat variety**
Micronutrients *and* macronutrients are important. The focus on one or two or all the macros can make us forget that micronutrients are extremely important. Eating a variety of colors, categories, and flavors helps with consuming those micronutrients and keeps things exciting. I vary my vegetables, fruits, proteins, nuts and seeds, and grains.
- 11 Balance is important**
If I love something, I can eat. What it is determines the amount for balance and how it fuels my body determines how often I'll eat it. However, I have found that the more I eat real foods with good ingredients and less sugar, the less I consider things way outside this way of eating a treat. Also, there is nearly always a healthier version or way to prepare indulgent foods to make them better for you. Usually, I enjoy these versions as much as if not more than the original.