



YOUR DIET MATTERS!

Here are a few tips that may guide your individual diet.

Review your goals

Your diet can play a large part in your goals that may include weight loss, blood pressure control, optimization of cholesterol, lowering cardiac risk, addressing high blood sugars and managing GI symptoms like diarrhea or constipation.

Replace processed foods with fruits, vegetables and nuts

Processed foods tend to be heavy in ingredients that can add to cardiac risk, including sodium, trans-fat and saturated fats. Fruits, vegetables and nuts are a great way to add natural proteins, fiber and fats to your diet.

Learn about the Mediterranean-style diet

The PREDIMED trial published in April of 2013, studied more than 7,400 participants at a high risk for strokes and heart attacks and found strong evidence that diets high in extra virgin olive oil, nuts, whole grain foods, fruits, vegetables and fish reduced the risk of cardiovascular events like strokes.

Keep a log

Keep a log of the foods that you eat over the course of seven days. Calculate the number of grams of sugar and sodium you are consuming. This information can help guide your goals of weight loss and blood sugar control. The goal is to keep caloric count less than your expenditures for weight loss.

Small portions

The holidays and birthdays are a time when culinary temptations are high. The strictest diet is hard to maintain 100 percent of the time, and long-term success may improve with an occasional cheat day. More importantly, trying to maintain control during those cheat periods may include eating small portions of unhealthy foods. Often times, it is the first few bites that are the most rewarding. Keeping portion sizes small, then following the cheat treat with vegetables or other foods that can satiate hunger may limit unwanted caloric or fat intake.

Work with a dietitian

Dietitians are the experts at knowing what foods may help you achieve your health goals. We can help find the right team for you.