

10 SECRETS TO SUCCESS



WITH A WHOLE FOODS DIET

1. Get most of your calories from four main kinds of whole foods. By volume, each of these kinds of foods should make up one quarter of the food you eat. In other words, for each four cups of food you eat, one cup (approximately) will come from each of these food groups:
 - Vegetables
 - Fruits
 - Bean and/or potatoes
 - Whole grains
2. Within each of these whole foods groups, eat a superstar team of many kinds of delicious foods.
3. Eat a handful or two of nuts and seeds four to six times a week.
4. Enjoy flavorful foods, dense with aromatic herbs and spices.
5. Eat two tablespoons a day of ground flax seed to supply your omega-3 fatty acids. Grind the whole flax seeds in a coffee grinder so your body can use the omega-3s. Forget fish oil.
6. Limit junk foods to no more than 5% of your calories each week (about 700 calories a week for most people). Dark chocolate is your best special treat.
7. Avoid manufactured foods and animal foods (including vegetable oil, margarine, butter, fish, chicken, meat, dairy, eggs, white flour, white rice, sugary cereals, and other refined grains).
8. Don't worry about dissecting your foods into carbohydrates, fats, proteins, vitamins, minerals, or any other isolated nutrients. Nature packages your whole foods with the nutrients you need. Do supplement with vitamin B12 though (this vitamin is made by bacteria, not plants) and vitamin D (made by your skin in sunshine) if needed.
9. Eat when you are moderately hungry and stop when you are full. Don't worry about planning meals according to the clock. Instead, eat not-meals when you are hungry throughout the day. No need to artificially limit portion sizes. Your body will tell you how much whole foods you need.
10. Build your commitment to a whole foods diet over time. Start out slow if you need to – maybe just a few meals a week. Or commit to a whole foods diet for a month and see how you feel. Learn about all the great reasons to eat a whole foods diet in addition to your health and good looks.

Tips courtesy of Janice Stanger, Ph.D., author of *The Perfect Formula Diet: How to Lose Weight and Get Healthy Now with Six Kinds of Whole Foods*; <http://perfectformuladiet.com>