



Eat Right for Life®: The 5 Steps to Success

- I. **Conquer Your Carbs!** The type of carbs you choose can make or break your health. Eating the *right* carbs while minimizing the *wrong* carbs is arguably the most powerful nutritional strategy available to guard and protect your health. Vigilance with this particular strategy is especially critical for folks who are overweight, inactive, and/or suffer with pre-diabetes, diabetes or metabolic syndrome.
- Minimize consumption of the highly refined, high glycemic index, “bad”, white carbs – white flour products, white rice, white potatoes, sugar, and sweets.
 - I refer to these foods as the “*Great White Hazards*” because they promote weight gain and obesity, increase your cardiovascular risk, promote type 2 diabetes, promote certain cancers, and lead to rapid fluctuations in blood glucose that aggravate the brain.
 - Consume the majority of your carbohydrate calories from those with a low to moderate glycemic index: whole grains, beans/legumes, fruits, and vegetables (i.e. the 4 “*right carbs*”). These carbs improve and protect your health!
 - Doing your carbs as outlined above can:
 1. Aid in weight loss and weight control
 2. Reduce hunger
 3. Lower cardiovascular risk
 4. Provide cancer protection
 5. Reduce the risk of type 2 diabetes
 6. Boost energy
 7. Slow the aging process
 8. Maximize the benefits of physical activity
 9. Reduce the risk of age-related vision loss
 10. Reduce pain and inflammation

Conquer Your Carbs! – Plan of Action

1. Choose vegetables, fruits, beans, and 100% whole grains for your carbs. These 4 “right carbs” protect your heart, lower your cancer risk, and improve your metabolism.

- Vegetables: Eat as many and as much a variety as possible – focus on the superstars: all cruciferous (cabbage, kale, broccoli, cauliflower, Brussels sprouts, collards), carrots, garlic, onions, leeks, sweet potatoes, tomatoes, asparagus, dark, leafy salad greens (like spinach) and red/orange/yellow bell peppers. Strive for 3 cups or more daily! I always have 1 ½ cups at lunch and dinner. (Avoid white potatoes, especially if overweight, diabetic or pre-diabetic.)
- Fruits: Enjoy two or more servings daily. Focus on the superstars: berries (any variety), cherries, plums, any whole citrus, cantaloupe, red grapes, peaches, apples, pears, kiwi, dried or fresh apricots. Strive for at least 1 cup (1 cup is two servings) daily. (If you are diabetic or overweight, limit fruit to 2 servings a day.)
- Beans/legumes: Any you like – lentils, black beans, chick peas, field peas, kidney beans, butter beans, etc. Any way is fine – canned, fresh, dried or frozen. Strive for at least 1 serving (1/2 cup) daily. The more, the better.
- Whole grains: 100% whole wheat or whole grain bread products, cereals, crackers, pasta, oats, brown rice, rye, barley, quinoa, etc. When buying your grain products (breads, cereals, crackers, etc.), look for “100% whole grain or 100% wheat” on the label. Remember that *physically intact* grains like oats, brown rice, barley, quinoa, etc. and dense, high fiber cereals have a health edge over whole grain breads and other products made from whole wheat flour. (If diabetic or overweight, avoid any breads or flour-based carbs even if made from 100% whole grain or whole wheat.)

2. Minimize the Great White Hazards!

- These very quickly digested, high glycemic carbs spike your blood glucose and insulin levels, which promotes hunger, weight gain, cardiovascular disease, type 2 diabetes, certain cancers, macular degeneration, and dementia.
- Avoid white flour products - breads, cakes, cookies, pasta, pastries, bagels, biscuits, rolls, crackers, junk cereals. Choose 100% whole grain or 100% whole wheat bread products instead. Multigrain pasta (ex: *Barilla Plus*) is fine in moderation.
- Avoid white rice – Choose brown rice instead. If white rice is a must, then converted or basmati brands are a better choice than other forms of white rice, but nutritionally inferior to brown rice.
- Avoid white potatoes in any form - baked, mashed, French-fried, or boiled. Occasional small new potatoes *with* skin are acceptable in moderation. Sweet potatoes are fine.
- Avoid sugars and sweets – make high quality dark chocolate or fruit-based sweets your desert of choice.
- Strictly avoid all sugary beverages in any form (soda, fruit drinks, fitness/vitamin waters, dessert coffees, etc.). Sugary beverages have emerged as the most fattening and metabolically stressful of all calories.

**Please note that this is an important step for everyone, but if you are overweight, inactive, insulin resistant, diabetic, or have metabolic syndrome, it is especially critical. The “Great White Hazards,” especially sugary foods and beverages are a form of “metabolic torture” in these circumstances.*

II. Give Yourself an Oil Change. The type of fat in your diet has a profound impact on your health. Choosing the *right* fats and avoiding the *wrong* fats is one of the most powerful nutritional avenues available to guard and protect your good health.



- *Strictly avoid* trans fats: partially hydrogenated oils (in processed and fried fast foods), stick margarine, and shortening.
- Minimize saturated fat: fatty cuts of red meat (beef, pork, and lamb), whole dairy products, butter and palm oil.
- Consume the majority of your fats from the monounsaturated oils: extra virgin olive oil, canola oil, nuts/seeds, and avocados.
- Strive to have a serving of omega 3 fats daily: oily fish (salmon, tuna, mackerel, herring, and sardines), walnuts, canola oil, flax, chia and hemp seeds, omega 3 eggs, wheat germ, and small leafy greens (arugula, watercress, etc.).
- Doing fats as outlined above can:
 1. Slash your risk of heart disease
 2. Improve neurologic and mental health
 3. Boost your metabolism
 4. Protect vision
 5. Reduce the risk of cancer
 6. Slow the aging process
 7. Reduce inflammation in the body
 8. Reduce the risk of type 2 diabetes
 9. Reduce the risk of dementia

Give Yourself an Oil Change! – Plan of Action

- 1. Get the trans fats out completely! Strictly avoid stick margarine, vegetable shortenings (Crisco), and any processed foods containing partially hydrogenated oils – check labels. Trans fats are truly *toxic* molecules that clog you arteries, slow your metabolism, and promote type 2 diabetes.**
 - Only buy trans fat-free margarine spreads (see shopping list).
 - Do not eat fried fast foods – fries, burgers, chicken, fish, etc.

- Do not buy processed foods that contain shortening or partially hydrogenated oils. Look for “zero” grams of trans fats on the nutrition facts label and as a double check, look at the ingredients list – if you see partially hydrogenated oil listed, don’t eat it!
- **Minimize saturated fat – red meat, whole dairy products, and butter. Saturated fats raise bad (LDL) cholesterol levels and can hinder metabolism.** You can keep saturated fats to safe and healthy levels by abiding by the following 3 directives:
 1. Limit red meat (beef, pork, lamb) to 2 servings or less per week. Consume the lean cuts (filet, tenderloin, etc.) when you do.
 2. Use butter sparingly. Enjoy trans fat-free margarine spreads (like Smart Balance Omega Plus) or extra virgin olive oil instead.
 3. Always choose reduced fat, low-fat or non-fat varieties of dairy products over their full-fat counterparts.
 - If you enjoy cheese and do not have a cholesterol problem, use the highly flavored cheeses (parmesan, feta, goat) or the less fatty cheeses (part-skim mozzarella and reduced fat cheeses) *in moderation*.
 - Use Greek-style plain low-fat or non-fat yogurt as a substitute for sour cream or cream cheese.
 - Ice cream is divine, but should be an occasional treat. If you love it, treat yourself once a week and know that some (ex: *Ben & Jerry’s*) are much worse than others in regards to saturated fat and calorie content. I love *Breyer’s Light* varieties.
- 2. **Consume the monounsaturated oils as your main fats – extra virgin olive oil, canola oil, nuts/seeds, and avocados. Monounsaturated fats protect the health of your cardiovascular system and help maintain a healthy metabolism.**



- Use extra virgin olive oil or canola oil in food preparation – walnut oil, other nut oils and sesame oil are also acceptable if called for in recipes. For cooking at high temps, use “high-heat” canola oil.
- Consume nuts and seeds daily (Costco’s extra fancy mixed nuts are a great bargain). If you have a weight issue, limit to 1 handful (about an ounce) a day.
- Peanut butter, other nuts butters, and tahini (sesame paste) are fine too.
- Enjoy avocados – they are great for you! I eat them daily.

3. Get the omega 3 fats in! Omega 3 fats provide numerous cardiovascular benefits, counter excess inflammation in the body, and are essential for optimal brain health.

- Eat 3 or more servings of oily fish a week – salmon (wild best – fresh, frozen or canned), tuna (Chunk Light least mercury), sardines, herring, mackerel, and lake trout.
- Enjoy walnuts, whole soy foods, flax, chia or hemp seeds, wheat germ, canola oil, omega 3 eggs and dark leafy greens for additional omega 3 fats.

III. Get Obsessed with Fruits and Vegetables – this is the simplest strategy of all!

- Strive to have 7 servings (about 4 cups total) a day (but any improvement counts!)
- The phytochemical power in fruits and vegetables is extraordinary – your “magic bullet”.
- The superstar fruits – berries, cherries, plums, any whole citrus, cantaloupe, kiwi, mango, peaches, pears, red grapes, apples, and dried or fresh apricots.
- The superstar vegetables – all cruciferous (broccoli, cabbage, cauliflower, Brussels sprouts, kale, collards), carrots, garlic, onions, leeks, sweet potatoes, dark leafy greens, tomatoes, winter squash, asparagus, and red/orange/yellow bell peppers.
- Doing fruits and vegetables as above can:

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1. Reduce the risk of heart attacks and strokes
2. Protect against and lower high blood pressure
3. Improve gastrointestinal health
4. Prevent age related vision loss (cataracts and macular degeneration)
5. Aid in success with a healthy metabolism and body weight
6. Reduce the risk of some cancers
7. Make meals beautiful, delicious, and exciting

Eat More Fruits and Veggies! – Plan of Action

When buying, ordering, or preparing your food – always think fruits and vegetables. Make them your focus. It will increase your chances of getting lots of them. They improve and protect your health at virtually every level!

Vegetables

- Consume five or more servings a day. The more the better, but any improvement is awesome.
- A serving is a half-cup raw or cooked of any vegetable except dark leafy greens.
- For dark leafy greens (spinach, lettuce, collards, etc.), one serving is 1 cup uncooked.
- Focus on the superstars – all cruciferous veggies (cabbage, kale, broccoli, cauliflower, Brussels sprouts, and collards), carrots, garlic, onions, leeks, tomatoes, asparagus, sweet potatoes, dark, leafy salad greens (like spinach) and red/orange/yellow bell peppers.
- Dark, leafy greens are the most nutrient dense, disease-protective foods nature offers. Be sure to include them *daily* in your diet. Eat a big green salad with a variety of veggies at least once a day.

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- Vegetables can be consumed fresh or frozen. Avoid frozen veggies with added butter or sauces.
- Restrict white potatoes.
- Some vegetables are better for you raw and some are better for you cooked, so strive to include some of both each day.
- To get your 5 or more servings per day, strive for 1 ½ cups of veggies at lunch and 1 ½ cups of veggies at dinner. That's how I do it. (It's a breeze if you do lots of salads)
- Get into the habit of using fresh and/or dried herbs and spices in all of your food preparation. They kick up the flavor of your food for zero calories and are exploding with health-boosting phytochemicals.
- Although canned veggies are better than none at all, it is best to choose fresh or frozen. Canned vegetables have inferior nutritional quality and excess sodium. Canned pumpkin, tomatoes, tomato products, roasted red peppers, olives, beans and artichokes are an exception so include them freely – all are fantastic!
- Snack on fresh veggies (carrots, celery, bell peppers, and broccoli florets). Enjoy them with a healthy dip like hummus, salsa or guacamole.

Fruit

- Strive for 2 or more servings (about 1 cup) of fruit a day. A serving is ½ cup fresh or frozen or ¼ cup dried.
- Concentrate on the superstars – berries (any variety), cherries, plums, any whole citrus, cantaloupe, red/purple grapes, peaches, apples, pears, kiwi, dried or fresh apricots.

- If diabetic or overweight, include fruit daily, but limit it to 2 servings and avoid dried fruit (exception apricots) and the sweeter, high glycemic tropical fruits (bananas, pineapple, mangos, and papayas). Fruit has some natural sugars and dried fruits have a very high glycemic response.
- Enjoy fresh or frozen varieties as long as they contain no added sugar.
- Avoid canned fruits as they are nutritionally inferior and often have added sugar.
- Snack on fresh fruit
- Choose fresh fruit for dessert

IV. Select the Right Proteins.

- Consume “healthy” proteins
- Healthy proteins – fish (oily fish best), shellfish, poultry, beans/legumes, wild game, whole soy foods, omega 3 eggs, nuts/seeds and low-fat dairy products (plain yogurt best).
- Limit the unhealthy proteins – red meat (especially processed and fatty cuts) and whole dairy products (butter, full-fat cheese, ice cream etc).
- Restrict red meats to 2 servings or less a week. Choose lean cuts when you do and avoid any processed red meats.
- Restrict dairy foods to low-fat, reduced fat, and skim varieties.
- Strive to have some healthy protein at each feeding/meal. Protein is nature’s diet pill and a powerful tool for appetite control.

Do Your Protein Right! – Plan of Action

1. Always consume protein in the healthiest packages.

- Fish, shellfish, poultry (skinless if overweight), beans/legumes, nuts, seeds, whole soy foods, wild game, omega 3-fortified eggs and low-fat/skim dairy

products.

- Strive to have three servings of fish a week. Oily fish are best (salmon, tuna, mackerel, sardines, herring, and lake trout). Avoid shark, marlin, king mackerel, tile fish and swordfish due to toxins. Women of child-bearing years and children should also avoid fresh tuna and canned albacore tuna.
- Consume omega 3 eggs as desired, unless you have a cholesterol problem or type 2 diabetes. These two groups should limit them to less than 5 a week.
- For optimal appetite control, be sure to include a healthy protein at each meal, especially breakfast. If you are hungry within 2 hours after a meal, you likely need to step up the protein bit.

2. Strive to eat more vegetable protein – there is overwhelming evidence that vegetable-based proteins guard and protect your health in ways that animal-based proteins cannot. This will also reduce your carbon footprint.

- Beans/legumes, nuts, seeds, nut and seed butters, whole soy foods.
- It's especially beneficial to replace the unhealthy animal proteins – fatty cuts of beef, pork, lamb and whole dairy products – with these foods.

3. Limit the unhealthy protein packages.

- Red meat - beef, pork and lamb. Limit to 2 servings a week or less. Choose lean cuts when you do. Be especially vigilant in avoiding fatty cuts and processed red meats like bacon, sausage, bologna etc.
- Whole dairy products – whole milk, full fat cheeses, ice cream, etc.

V. Drink the “make-me-healthier” beverages.

- Clean water (should be your primary beverage)
- Vegetable/tomato juice (low sodium best)
- 1% or skim milk, plain soymilk

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- Freshly brewed tea (green, black, white, oolong). Unsweetened best.
- Coffee, unsweetened black or with skim or low-fat milk best.
- Optional – Alcoholic beverages in moderation (1 drink or less in women – 2 drinks or less in men) – red wine is best. **Strictly avoid if medically contradicted.** Talk with your healthcare provider first.
- 100% fruit juice – strictly avoid if overweight, diabetic or pre-diabetic. Otherwise limit to 4 oz. daily. Fruit juice is filled with sugar and it is always better to eat the real fruit!
- *Just say no* to all sugary beverages – soda (including diet), fruit drinks and sports beverages. Sugary beverages have emerged as the most fattening and metabolically disruptive form of calories known.

Drink the Right Beverages! – Plan of Action

1. **Drink pure, clean water as your beverage of choice.** (Early man did it for thousands of years, which is proof you can do it too!)
2. **Avoid all sugary beverages** – soda (including diet), fruit drinks, chocolate milk, sugar-sweetened tea, sports drinks*, desert coffee beverages and any other sugar-fortified beverages. Sugary beverages have been shown to promote weight gain (which promotes most all diseases), obesity, type 2 diabetes, metabolic syndrome and tooth decay.
3. **Other permissible beverages include:**
 - 100% vegetable or tomato juice. Vegetable/tomato juice prior to a meal may be especially helpful for those who need to lose weight. Low sodium varieties are best.
 - If you are lean and active, 100% fruit juice can be included in small amounts. Limit to 4 ounces a day. Strictly avoid if overweight, diabetic, or insulin resistant.
 - Organic, plain soy milk



- Unsweetened, freshly brewed tea (green, black, white, oolong) – strive for 2 or more cups daily. Add a twist of citrus to kick up the flavor and to enhance absorption of its antioxidants.
- Coffee as tolerated. Unsweetened, black or with skim milk best. (Avoid if pregnant or intolerant of caffeine.)
- 1% or skim organic milk
- For those who enjoy alcohol and have no personal medical history to preclude its safe use, alcohol can be included in moderation. 1 drink or less a day in women and those > 65; 2 drinks or less a day in men. “1 drink” equals 12 ounces of beer, 1 and a half ounces of hard liquor, or 5 ounces of wine. Red wine best. Make any beer low carb. **Strictly avoid if medically contraindicated. If in doubt discuss with your healthcare provider.**

*(*sports beverages are acceptable in the context of strenuous physical activity lasting > 1 hour)*

Be sure to visit Dr. Ann’s website for additional wellness resources.
www.DrAnnWellness.com

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