

Guidelines for a Healthy Diet

8/5/2014
Dr. John Aguilar, Jr, DAOM

Keep in mind these are general guidelines. Please come in for an appointment to get individualized guidelines.

Slowly introduce these into your diet, e.g., no more than 2-3 of them a week. Only add more when the others have become natural.

1. No more than a cup of fluids with meals
2. Only warm liquids with meals
3. Minimal iced drinks or cold foods
4. Minimal raw foods, e.g., vegetables (salads), nuts
5. Bigger breakfast and lunch, smaller dinners
6. No meat or dairy for dinner
7. Light, gentle exercise after meals
8. Don't over eat
9. Eat when hungry
10. Chew until all food is in liquid form in your mouth
11. Focus on your meal; avoid excessive distractions from eating such as heavy, active conversation
12. Avoid combining sweet foods and fruits with meat or dairy, e.g., fruit with yogurt, dessert after a meal with meat
13. Listen to your cravings and eat little of the food you crave
14. Avoid shakes of any sort, e.g., protein shakes
15. Avoid fruit juice; water it down 4:1 water to juice
16. Avoid excessive intake of any one flavor, e.g., sweet, spicy, sour, salty, bitter
17. Avoid overly processed foods
18. Eat local and organic when possible
19. Think of food as sustenance, not entertainment
20. No matter what, enjoy whatever you are eating!