

7 SIMPLE SWAPS

CAN TRANSFORM YOUR DIET

Your diet is due for an upgrade.

Highly processed and sugary foods are huge obstacles to health and weight loss. But if overhauling your diet feels overwhelming, don't worry. Seven simple tweaks can transform your diet without radically altering your life.

1



Replace breakfast with a protein smoothie.

Don't start your day with "dessert" or skip this pivotal meal. Instead, try a protein shake. It will stoke your metabolic fire, helping you burn more calories all day. It will also keep your blood sugar balanced and your energy high.

TIP Blend superfoods like kale or kiwi with proteins like walnuts or hemp seeds, healthy fats like avocado or coconut, and phytonutrients like berries or mango.

2



Upgrade your meat and eggs.

Say goodbye to hormones, antibiotics, pesticides and mercury from grain-fed meats and eggs, and commercial fish. Instead, look for products from pasture-raised, grass-fed and free-range animals. Shop for fish from small, wild or sustainable farms.

TIP Don't worry about restricting yourself to egg whites. Yolks contain vitamins and fats that help brain function and mood.

3



Replace gluten starches with green vegetables.

Gluten, a protein in wheat, barley, rye, spelt and some oats, can cause problems for some people. But even gluten-free grains spike blood sugar and insulin. To prevent weight gain and diabetes, swap the starch on your plate for a leafy or cruciferous vegetable.

TIP If a restaurant entrée comes with a baked potato, ask your server to substitute a side like sautéed spinach.

4

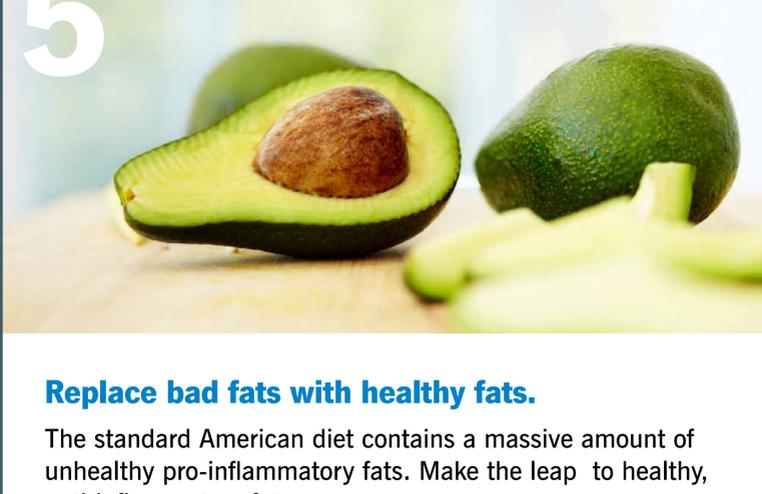


Replace bad oils with good oils.

Too many of our calories come from corn, soybean, canola and sunflower oils, which contain unhealthy omega-6 fats. Instead, use extra-virgin olive oil (EVOO), or extra virgin coconut butter or oil for their anti-inflammatory and antioxidant effects.

TIP Coconut butter and oil are rich in lauric acid, a healthy fat found in breast milk. For high-heat cooking, grapeseed oil is also a safe bet.

5

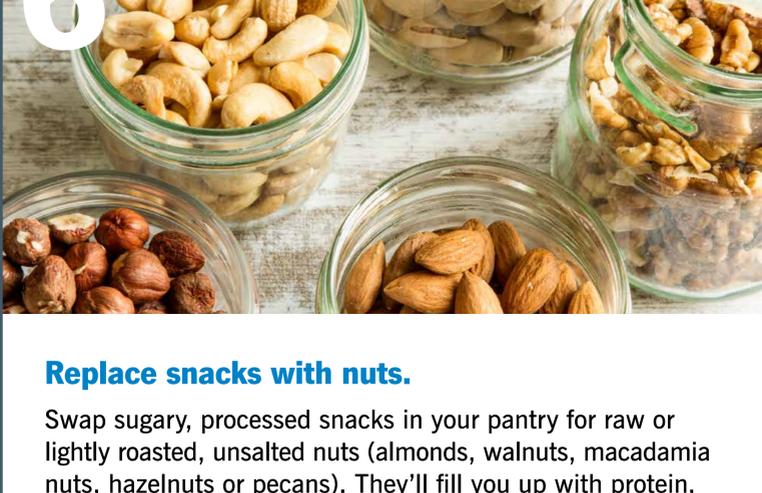


Replace bad fats with healthy fats.

The standard American diet contains a massive amount of unhealthy pro-inflammatory fats. Make the leap to healthy, anti-inflammatory fats.

TIP Examples of healthy fats are ¼ avocado or 1 serving of wild-caught salmon, grass-fed beef, nut butter (like almond or cashew) and seed butter.

6



Replace snacks with nuts.

Swap sugary, processed snacks in your pantry for raw or lightly roasted, unsalted nuts (almonds, walnuts, macadamia nuts, hazelnuts or pecans). They'll fill you up with protein, fiber, minerals and good fats.

TIP Avoid nuts prepared in oil. Enjoy 1-2 handfuls (10-12 nuts each) once or twice a day. (Caution: Nuts are high in calories. Bingeing on nuts can raise your blood sugar.)

7



Replace coffee with green tea.

The caffeine in coffee can rev up your stress hormones. Instead, switch to green tea to benefit from healthy antioxidants.

TIP The small amount of caffeine in green tea won't hurt you. Stick to one to three cups per day.

Next up: An upgrade for your kitchen.

Once you've upgraded your diet, stage a revolution in your kitchen. Spend an afternoon hunting and gathering.

- **Throw out all sugary, processed foods.** Be merciless — these are obstacles to weight loss and health!

- **Stock up on** fresh vegetables, fruits, whole grains, beans, nuts, seeds, and lean animal protein (fish, chicken, and eggs) instead.

- **Now congratulate yourself!** You've transformed your kitchen into a place of nourishment and healing.

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Sources

drhyman.com/blog/2015/02/26/7-easy-replacements-without-dramatically-changing-your-diet