

# The Beginner's Guide to Healthy Eating



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## Get Your Macros

### 80% Carbs



Great carb sources: Apples, Bananas, Mangoes, Berries, Brown Rice, Quinoa, Buckwheat Flour, Potatoes, etc.

### 10% Protein



Great protein sources: Bananas, Beans, Quinoa, Brown Rice, Lentils, Dark Leafy Greens, etc.

### 10% Fat



Great fat sources: Nuts, Avocados, Coconut, Seeds, Beans, Flax, Chia, Hemp, etc.

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## Avoid

### Meat



### Dairy



### Processed Foods

(packaged goods, candies, soda, etc.)



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## Helpful Tips

### Utilize Oats

Oats are great because they are very calorie dense, cheap, and can be used in a lot of foods. You can use oats to put in smoothies and to make large batches of oatmeal which you can save for later.

### Utilize Smoothies

Smoothies are great for any meal (breakfast, lunch, or dinner), they're quick to make, and you can make them as calorie dense as you want. Smoothies are also one of the best ways to get nutrients and calories. A good start is to use bananas as a base, usually 3-4 per serving. You can add greens, other fruits, oats, hemp, flax, nuts, seeds, and other vegetables.

### Utilize Brown Rice

Brown rice is a great food that is calorie dense and can be used for a number of dishes. Rice bowls are easy to make – just cook some rice, add some veggies such as carrots, peppers, broccoli, beans, celery, or olives, and you're good to go. There are a number of good dressings you can add to these bowls as well.

### Eating Out

Eating out is usually discouraged, because most dishes are steeped in oil, which is high in calories and fat. However, sometimes you don't have much time to prepare a home-made meal. For that reason, whenever you go out to eat, you will want to look for dishes that either don't have meat or dairy, or if they do, they can be easily taken out or substituted. For example, if you go out for pizza, just ask for a pizza with no cheese and loaded up with veggies. This isn't the greatest option, but it is better.

There are also some good restaurants around Utah that have healthier options such as:

- Aubergine
- State Street Feed and Supply
- Cubby's
- Core Life
- Pulp
- Ginger's Garden Cafe
- Good Thyme
- Rumbi Island Grill
- Zupas
- Chipotle
- And More...

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## Helpful Tips

### Feeding Kids

We often think kids are really picky when it comes to food. That can be the case, but many people are often surprised at how interested kids can be in trying new things. The key is to make sure you involve them in the process and make it exciting. If you ask kids if they want their dinner to be red or green for the night, chances are that they'll have an opinion. When we involve children in the decision process, and the actual making of the food, they usually feel proud to participate. Depending on how old your kids are, involve them as soon as you can in the planning, the shopping for food, and the preparation.

Also, the way we frame our kids' perception of food can be important. Rather than saying, "We're having salad tonight," try saying, "We're going to eat some dinosaur trees for dinner." However, kids do not do well when we make drastic changes in diet. Any changes should be transitioned over time.

### Don't Go Hungry

One of the biggest problems people run into when trying to implement a whole foods, plant based diet is not eating enough. Make sure that whenever you feel hungry, you eat food. Don't ever go hungry. The great thing about eating this way is that you can listen to what your body needs without having to worry about counting grams or calories. However, in the beginning you will want to be sure to calculate how many calories you will need each day, and track it for a couple weeks using an app such as MyFitnessPal or Cronometer. This helps you get a feel for how much you should be eating on a daily basis. You will need to eat until you are full to stretch your stomach. After a few weeks, you will have a good understanding of how much you should be eating FEELS like.

### Don't Go It Alone

Remember that making change is hard. However, it's much easier to make changes when you do it with other people. Be sure to involve others as you make changes in your diet. Talk with friends, coworkers, family members, and anyone who can be supportive and encouraging. Just remember that you might face some opposition when you start making these changes. Focus on how you feel, follow the data, and enlist others who can support you in working to live your best life. If you would like to join our Facebook support group you can request access [HERE](#).