

# FOOD IS MEDICINE

## A Guide to Good Health and Nutrition

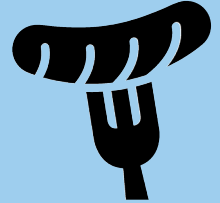
### What to Eat

- Eat vegetables and whole fruit. This should be the source for most of daily caloric intake.
- Fiber is a nutrient. Have a goal of 31.5 grams per day.
- Good sources of fiber include:
  - Green leafy vegetables
  - Whole grains
  - Certain fruits



### What to Limit

- Limit meat intake. Especially red meat. Fish and poultry are better choices.
- Restrict processed meats (sausage, bacon, etc) which have been shown to cause cancer.
- Avoid excessive salt, which can lead to high blood pressure and cardiovascular disease. Limit sugar which can lead to diabetes and weight problems.



### Be Active

- Exercise is a crucial part of your health.
- Walking is a good form of exercise, you don't have to go to the gym.
- Walking for 30 minutes, three times a week is a great way to stay active.



### Make a Plan

- Discuss with your doctor what diet/nutrition plan is best suited for you.
- Be mindful of the food you are eating.
- Your plan needs to be sustainable long term. Something you can live with forever.



### Track Your Success

- Keep track of your food intake and calories through a journal.
- Record your exercise in your journal.
- Maintain or lose weight by knowing what your body needs.



**McFarland Clinic**

**Extraordinary Care, Every Day**