

## Track your success

Maintain or lose weight by knowing what your body needs. Most of us eat more than we think we do. It might be surprising, but most adult women only require 1500-1800 calories per day to maintain weight. Men would be closer to 2000. This depends on activity level.

Keep track of calories. Most people don't like to count calories. If you are mainly eating a plant based whole food diet, then you do not need to keep track of calories. However, most people will find it useful to do some type of record keeping in regards to calories.

There are several good applications for computers and mobile devices to help you set goals and keep track of calories and will give you information when shopping.

These include:

- MyFitnessPal.com
- Fooducate.com
- Loselt.com

Remember this quote from author, journalist, and food activist Michael Pollan,

“ Eat food.  
Not too much.  
Mostly Plants.”

### **WHAT TO EAT**

Eat whole foods as nature made them without artificial additives and preservatives.

Eat vegetables and fresh fruits, whole grains (wheat, oatmeal, farro, quinoa), and legumes (beans, chickpeas, lentils). Fiber can reduce the risk of disease. A goal of 35 grams per day is recommended.

Good sources of fiber include: Green leafy vegetables, Broccoli, Whole grains, Fruits, Nuts, Beans

### **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 health care provider 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.



### **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.



## Food is Medicine

**A GUIDE FOR GOOD  
HEALTH AND NUTRITION**

# What to Eat

At McFarland Clinic, we feel proper nutrition is a vital part of your health care prescription. This includes weight loss, if necessary, and eating a balanced diet. Some general principles to consider are as follows:

## WHAT TO EAT

Think of food as medication. It is the single most important thing you can control when it comes to your health. For most patients eating properly is more important than any medication your doctor will prescribe.

Eat whole foods as nature made them without artificial additives and preservatives.

Eat vegetables and fresh fruits, whole grains (wheat, oatmeal, farro, quinoa), and legumes (beans, chickpeas, lentils). Vegetables are a great source of protein and good carbohydrates, they have little if any fat. They are also a good source of dietary fiber and you need 35 grams of fiber daily. In addition, fiber has been reported to reduce the risk of colon cancer, obesity, cardiovascular disease, and diabetes. It is important to note that meat, dairy products, and eggs have no fiber. Both fruits and vegetables contain many phytochemicals (micronutrients that can reduce the risk of cancer). Eat whole fruit rather than drinking fruit juice or fruit canned in syrup.

Vegetables and fruit are much less calorie-dense than meat and dairy products.

Carbohydrates typically make up a large percentage of our daily caloric intake and good carbohydrates are found in fresh and cooked vegetables, nuts, legumes, raw fruits, and whole grains.

## GOOD SOURCES OF FIBER INCLUDE:

- Green leafy vegetables
- Whole grains
- Legumes
- Certain fruits

# What to Limit

**LIMIT MEAT INTAKE**, especially processed meats like salami, hot dogs, ham, beef jerky, and canned meat. The World Health Organization has categorized processed meats as a Group 1 carcinogen (same category as tobacco smoking). Overall, meat should represent a relatively small proportion of your daily caloric intake.

**LIMIT SUGAR AND REFINED CARBOHYDRATES** found in candy, bagels, desserts, sugary cereals, non-whole grain pasta, and breads. Limit processed foods including fast foods, microwave meals, pizza, potato chips, and bacon. Sugar and processed foods have an adverse effect on your immune system, which can make you more susceptible to disease and infection. These foods increase inflammation throughout the body. In contrast, whole food plant-based foods are anti-inflammatory and increase good gut bacteria boosting your immune system.

**LIMIT SALT INTAKE.** The American Heart Association recommends that salt intake be limited to 1,500 - 2,300 mg of salt per day. High blood pressure and other cardiovascular diseases are associated with excessive salt intake.

# Make a Plan

Many different eating patterns can be successful. You may need to try several of these to find something that works for you. Choose a diet plan that can be a lifelong change rather than a crash diet for several months that is not sustainable. Be mindful of the food you are eating. Eat to care for and fuel your body.

Consider some of the these options and specific recipes:

## MEDITERRANEAN DIET (HEART HEALTHY)

- [www.MayoClinic.com](http://www.MayoClinic.com)
- [www.HealthLine.com](http://www.HealthLine.com)

## DASH DIET (HEART HEALTHY)

- [DashDiet.org](http://DashDiet.org)

## PLANT-BASED WHOLE FOOD DIET

(WEIGHT LOSS AND HEART HEALTHY)

- [ChooseHealthyEatingForLife.com](http://ChooseHealthyEatingForLife.com)
- [Ornish.com](http://Ornish.com)
- [NutritionFacts.org](http://NutritionFacts.org)
- [ForksOverKnives.com](http://ForksOverKnives.com)

Discuss what diet or nutrition plan is best suited for you with your healthcare provider. Certain medical conditions and medications limit your options and need to be reviewed with your provider. If you are taking diabetic pills or insulin or blood pressure medication, these may need to be reduced with changes in your diet and changes in your weight. Please discuss with your provider how your medications should be adjusted.

## BE ACTIVE

Exercise is a crucial part of maintaining good health. It is important even if weight loss is not necessary. Exercise can help control blood pressure, reduce risk of diabetes, and improve cardiovascular fitness. At minimum you should do something that makes you “huff and puff” for 30 minutes 3 times per week. Daily exercise is best.