

What Is A Healthy Meal – Good, Better & Best Choices?

Jim Rhoades with Elisabeth Andersen – Nutritional Educators

There are good, better, and best choices you can make for long term health.

The Pillars of Health are what you Do and Do Not put in your body & on your body; exercise; rest; & what you think. You have to do what you can live with, so start change gradually - introduce a few better choices at a time, moving all the time toward best choices. Concentrate on Pure Water and Fresh Foods.

Start Every Day With a Firm Nutritional Foundation

- Eggs, whole grain toast or whole grain cereal, fresh or frozen fruit
- Plain yogurt with active cultures, fresh or frozen fruit; unsalted raw/dry roasted nuts/sunflower seeds
- Organic breakfast bar, fresh or frozen fruit
- Jim Rhoades recommendations for * Best Choices:

1) Organic whey protein low calorie Smoothie, low in sugars, with all 60 essential ionic minerals from an organic source, rich in essential naturally occurring amino acids, vitamins enzymes, and co-factors for absorption. For flavor variety and additional nutrition, as desired add ½ cup fresh or frozen fruit or ½ banana

2) Rich nutritional “tonic” for long-lasting balanced energy, with adaptogens to help the body deal with stress; plus an organic easily absorbed source of iron, antioxidants, silica for better absorption and fulvic to help transport the nutrition into cells and carry wastes away, aiding cell oxygenation.[Ionix Supreme]

* Best Choices are from Health Foods Stores or Jim’s first choice, Isagenix (242+ natural ingredients.)

At Every Lunch and Dinner: Think Pure Water & Fresh Foods. No Microwave

something wholegrain - Beans & rice give you complete protein. Whole grain pilaf; or cracked wheat or Bulgur wheat: cooked & used like rice. Sprouted whole grain bread, sprouted whole grain tortillas -Wasa Rye Crackers.

Spreads: Hummus, Pesto, Better Than Cream Cheese (soy based), refried beans without lard + picante sauce; sliced avocado or Guacamole; almond butter; natural (old fashioned) peanut butter with slices of ripe banana or apple or 100% fruit preserve without corn syrup.

something veggie - best fresh or frozen, eaten raw, lightly steamed, or stir fried at low temp with a little spray olive oil. Dark leafy greens, peppers, sweet potatoes, tomatoes, squash; broccoli, Brussels sprouts, cabbage - all rich in factors that protect health.

something protein - fish, poultry, low fat cheese, tofu, legumes/beans, whey. The palm of your hand size & thickness is about the right size portion protein for your body type. Red meat and pork eat very sparingly – takes a lot of energy & a long time to digest.

something fruit - fresh or frozen & unsweetened - eat a good variety every day. Great for snacks too. Cantaloupe, kiwi, grapefruit, lemons, berries – these have high nutrient levels with low fruit sugar content.

something with friendly fats - avocados, whole raw or dry roasted almonds, flax seed meal/ flax seed oil (add to cooked whole grain cereal or fruit smoothies), salmon. Supplements with marine oil, flax seed oil, borage oil, Evening Primrose oil, organic natural ground hemp seed.

Pure Water: Drink 8 to 10 glasses of filtered/purified water daily – reverse osmosis is the best -- up to ½ your body weight in ounces. Add fresh lemon &/or mild herb teas, light green tea or natural electrolyte powder if it is hard to drink that much water. No black tea. Soda and coffee do NOT count as water!

Read labels: if there are more than 2 “long words you can’t pronounce”, consider a different option – for better long term health, reduce the amount of chemical additives you consume - help your liver remain healthy and able to process proteins and remove toxins without toxic over-load.

No soda - Carbonated beverages contain dissolved carbon-dioxide gas which slows/stops up-take of calcium in the bones needed for proper T-cell function, a vital part of the immune system.

No NutraSweet, Splenda, concentrated corn syrup - not natural molecules - many people react negatively. Try **Stevia** root extract if you need a sweetener, or add a little frozen 100% fruit juice.

No margarine. Use real butter or Non-GMO Non-Hydrogenated buttery spreads, or olive oil.

No MSG, "Natural Flavors", Hydrolyzed Proteins i.e. the original molecule came from nature but has been chemically altered to make your taste buds extra sensitive and your brain cells fire more often. Result? You crave more and eat more, among other negative effects on the body.

Most Ranch Dressings & flavored foods. Try vinegar & olive oil dressings: Newman’s Own

Includes most Soups & Tuna: **READ LABELS** - most cans that say “Spring Water” on the front of the can say “vegetable broth” on the back - which is full of hydrolyzed proteins – a close cousin to MSG.

White Diet: *“The whiter the bread, the sooner you’re dead.”* Avoid white sugar, white potatoes, white flour, white pasta, pastries, cookies, cakes, Raman noodles. Go lightly on cheeses except low fat cottage cheese. Ask for pizza with 1/2 the cheese & add some veggies.

The harder the cheese the less the fat, i.e. Parmesan instead of cheddar (one of the most fatty cheeses)

Avoid most crackers, potato chips, French fries -- simple carbs that spike blood sugar, high in fat.