

Nutrition Basics

There is so much information available on diet and nutrition that it may seem overwhelming as to what to eat. However, the *recommendation for healthy eating is very simple.*

You should have a lean protein and two colors (*fruits and/or vegetables*) at each of your meals. So, when you look at your plate for breakfast, lunch, and dinner you should see a lean protein and at least two colors! (*The more color the better.*)

Many of the patients we see in the Wellness Center eat cereal for breakfast. Most cereals do not provide you with lean protein or colors. In fact, they are high in carbohydrates and simple sugars. Therefore, we *do not* recommend cereal as a healthy breakfast.

Ideas for breakfast or any of your meals and snacks include:

- ♥ Apple and celery slices with all natural peanut butter (Skippy Natural)
- ♥ Non fat cottage cheese (½ cup) with berries, pears, pineapple, peaches and/or tomatoes
- ♥ Non fat plain greek yogurt (buy plain and add your own fruit)
- ♥ Leftover meat from the night before with fruit and vegetable
- ♥ Egg whites with fruit and vegetable or make an egg white omelet (limit your egg yolks to 3-4 per week)
- ♥ Handful of healthy nuts (walnuts, almonds, pecans) with fruit and vegetable
- ♥ Steel cut cooked oatmeal (limit to no more than 3 times weekly), add healthy nuts or all natural peanut butter and 2 fruits (blueberries and strawberries, apple and peaches)
- ♥ Smoothie: ½ cup non fat cottage cheese, ½ cup non-fat greek yogurt, 1 cup of frozen fruits (peaches, strawberries or raspberries)

The nutrition books we recommend are *The Forever Young Diet and Lifestyle* written by Dr. James O'Keefe and Joan O'Keefe, RD, and *Wheat Belly* by Dr. William Davis.

For questions or additional information you may call our Cardio Wellness Center at 816-751-8520.
www.cardiowellnesscenter.org