

How to Whole Food?

It takes a effort, a bit more planning and prep, but there's a huge reward. And it becomes addictive. The more you eat well, the more you want to eat well. Because you see and feel the results.

Lets get this party started. Here's How:

- **Read Ingredients** before buying anything. Yes, fat grams, calorie count and sugar content are important, but the best indicator of how highly processed a food is can actually be found in the list of ingredients. Keep it to under 5 and make sure you can pronounce them and know what they are. If not, put it down.
- **Increase Consumption of Produce.** I know you've heard this before, but it couldn't be more true. Consuming more fresh produce will significantly improve your health. And you will feel it because you will have so much more energy, and great skin. When you load up on produce, you displace the processed foods in your diet, and will actually make your food selections in general very simple. Select foods that are a product of nature, not industry.
- **Bag the Bread:** Instead of bread or tortillas, make your next sandwich or wrap inside a leafy green. Unless you are buying fresh whole grain bread with less than 5 ingredients and you know exactly what they are. Try replacing one bread serving a day with a fruit or vegetable. Stack 2 or 3 large, leafy greens such as Bibb lettuce, romaine, red lettuce, cabbage, kale or radicchio and pile on the fixings just as you would with bread. Make veggies—like carrots, cucumbers, red peppers and celery your landing for dips and salsas, instead of chips and crackers.
- **Avoid Store-Bought Products Containing High-Fructose Corn Syrup (HFCS)** and those “that have some form of sugar (or sweetener) listed among the top three ingredients” according to Michael Pollan. Despite the mixed research on if HFCS is really worse for you than white sugar and it's a reliable marker for a food product that has been highly processed.
- **Don't Order off the Kids' Menu.** The next time your family is out to dinner, avoid the kids menu. Those selections are most often things like pre-made chicken nuggets, fries and pasta made with white flour, among other things. Instead try assembling some sort of side item plate (like baked potatoes and whatever else your kid will tolerate) and/or try sharing some of your meal.
- **Visit your Local Farmers' Market** the next time you need to restock your fridge. Food is in season, which is usually when it is most nutritious, and find a selection of pesticide-free produce and properly fed meats. It is also better for our environment to purchase locally grown products as opposed to the supermarket produce, which travels on average 1500 miles from the farm to your plate.
- To quote my fav author, Michael Pollan, “**Eat all the Junk Food You Want As Long As You Cook It Yourself.**” If you had to peel, chop and deep fry potatoes every time you wanted French fries then you might not eat them very often. Only eating “junk food” such as cakes, sweets, and fried foods as often as you are willing to make them yourself will automatically ensure the frequency is appropriate.
- **Wash, Chop and Store Produce** in glass containers. Carrot & celery sticks, cucumber chips, diced onions, red pepper slices, and whatever else you consume often. If you see them, you will eat them and it also helps to build meals around what you have already chopped.