

## **Habits of Good Nutrition**

by  
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Many people have said that your nutrition determines 80-90% of your body composition and I would agree with this statement. When someone comes into our facility and they say that they are not losing weight then my first question is always about their diet. The goal of this article is to provide some basic principles that you can use to better your diet and help reach your goals.

### **1) Avoid processed food**

The first principle that I always give people is to eat natural food and avoid processed food. This means that you would eat vegetables, meats, nuts, seeds, and a small amount of fruit. If you can't hunt it or pick it you probably shouldn't eat it. Just this rule alone can make a huge difference in the results that you get from your diet. By avoiding processed foods you will be cutting out many sources of sugars and toxins that our bodies are not made to handle.

### **2) Avoid sugar**

Sugar stimulates a strong insulin response. Insulin is the main hormone that we can manipulate through diet and it is a storage hormone. When insulin is elevated it is impossible to get leaner. Elevated insulin levels lead to upper body obesity, heart disease, high blood pressure, diabetes, nerve problems, vision problems, acne, osteoporosis, poor sleep, and accelerated aging. Avoid all forms of sugar including fruit juices and also be sure to limit your fruit. Fruit does not stimulate the same insulin response but it is still not great for fat loss.

### **3) Eat protein**

You should eat a source of protein with every meal. If you can find grass fed or free range meats it is preferred. The best sources of protein include fish, beef, chicken, turkey, buffalo, eggs, and any other wild game. Protein helps to build muscle, enhance metabolism and enhance the immune system. Most people who come to us do not eat enough protein.

### **4) Eat your smart fats**

Fat is an essential part of the diet. Extremely low fat diets are detrimental to your health. Omega 3's in the form of fish oil is a must. Omega 3 fats increase your insulin sensitivity. Having better insulin sensitivity will allow you to burn fat and build muscle at a faster rate. Other sources of smart fats would include nuts (not peanuts), seeds, avocados, olive oil, canola oil, and coconut oil. Be sure to include a form of smart fat at every meal.

### **5) Quality is more important than quantity**

When you first start a nutrition program you should worry more about what you are eating than how much you are eating. If you eat the right foods then the appetite and metabolism tend to regulate themselves. We are not so concerned with counting calories or grams of anything. Just focus on eating the right foods and the portions tend to take care of themselves. It is a lot harder to over eat spinach than Twinkies. The calories do matter but the hormones matter more.