

## General Dietary Guidelines For All:

- Minimize **CRAP** food. This stands for **C**arbonated sugary drinks, **R**efined sugar, **A**rtificial sweeteners, flavors & additives, and **P**rocessed foods.
- Eat whole, minimally processed foods as much as possible. Organic and locally grown foods have more Qi and contain more nourishment than conventionally grown or processed foods. Eat seasonally available foods grown locally as much as possible.
- Meals should leave you satisfied and full for at least 2-3 hours. If you spend a lot of time thinking about food in between meals or have a lot of cravings, include more healthy fats in the diet such as full-fat dairy products, coconut oil, olive oil, or nuts.
- Eating breakfast is important, don't skip this meal! Emphasis should be on proteins and fats to keep you satiated throughout the day and helps minimize sugar cravings later on in the day.
  - ◆ Breakfast ideas: boiled eggs, full fat yogurt or greek yogurt, full fat cottage cheese, eggs and bacon, apple or celery with nut butter, avocado on whole wheat toast, or a smoothie containing fat (a base such as coconut oil blended in water or full fat milk work well), add a leafy green vegetable and berries or other fruit as desired, whey protein is a great addition as well.
- Eat in a relaxing environment, chew food thoroughly, and avoid other activities while eating such as reading or watching TV. Don't eat when stressed, rushed, or arguing, all of which stagnate qi and adversely affect digestion.
- Minimize cold or frozen foods and iced drinks as much as possible. Drink a small cup of tea, broth, or warm water with meals to promote the "digestive fire" needed to transform food into nourishment.
- Eat foods according to your Chinese Medicine pattern. Ask your Chinese Medicine practitioner what your TCM diagnosis is to begin eating foods that will boost your vitality.