

5 Steps Toward Eating Whole Foods

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Prepare for the changes

For a week or two, look at your diet and start making a game plan. How much food do you eat that is packaged? Fast food? What are the foods you love most? Start considering what will be easiest to change and what you might not change right away. Find places to insert unprocessed food into how you already eat to ease the transition.

Alter the balance of your plate

Start altering the balance of what's on your plate. Vegetables (true vegetables in a rainbow of colors—not just salad greens) should comprise at least half of your meal and animal protein should be 25% or less.

Upgrade the ingredients

Start by exchanging the ingredients. Try to move away from anything that has ingredients your great-grandmother wouldn't recognize. Chances are, your body won't recognize it, either. The next step would be to try moving towards foods with five ingredients or less, then on to foods without a label (fresh, whole foods). Once you get to that point, focus on reducing the pesticide load (see www.ewg.org's Shopper's Guide for the Dirty Dozen foods that you should always buy organic to make the greatest impact on your pesticide load).

Know who grows/raises your food

Tap into the local farming network. Find local, organic, community-sponsored agriculture (CSA) farms where you can buy a share of the season's harvest and get your produce every week. Find one through LocalHarvest.org or by Googling your city (or the nearest large town) and "CSA share". Find pasture-raised meats through EatWild.com or Googling your city and "grass fed beef" (which will often point you to other meats). Check the pricing before you count it out: reducing your portion sizes of meat may mean that you'll save money even when you buy better quality meats.

Cut out flour

Flours of any type of heavily processed. They are ground such that when ingested, they are quickly broken down into sugars and absorbed—almost always without the fiber of the outer parts of the grain that would help slow down the entry into the blood stream. Those outer shells also contain vital nutrients and minerals. Learn to live without the things you make with flour and find alternatives.

These are just suggestions to help you get to the heart of your health and wellness challenges. If your issue is resolved using these tips... GREAT! Sometimes, the picture is more complicated. If you need additional assistance, let's talk.