

My initial meeting with Chris focused on healthy eating habits. He did really well and began to discover things. One was his natural sense of fullness. On two occasions, when dining out, he took home doggie bags! He said that has never happened to him before. He also noticed how much better his oatmeal tasted when cooked the old fashioned way as opposed to the microwave. He also realized how much he used to drink with meals, washing down his food instead of chewing it well.

In our second meeting, I focused on food format. Since our bodies run on glucose and not protein, I wanted Chris to think about his meals in terms of grains and vegetables. Meat, fish or chicken will be a supplement to the meal instead of the main focus. Eating a grain and a vegetable at every meal is considered a complete meal and will help him feel satisfied.

To help Chris with meal options, I gave him a recipe book I had compiled. I did not want Chris to feel overwhelmed, so I offered to grocery shop with him and show him the healthy choices that are available. My one requirement – eat real food. Avoid foods labeled “diet” or no-fat and low-fat. Know what is in your food –read the labels! If you need a science degree to understand the ingredients of a product, put it back on the shelf.

We began in the organic produce section and ended up in the bulk grain bins. If you have the choice of organic versus non-organic foods, choose the organic. Organic foods not only allow you to receive more nutrients and vitamins but you are eliminating chemicals, pesticides and hormones. It is not the quantity of food that is making America obese, it is the quality.