

12 Principles for Healthy Eating

1. Keep it simple!
2. Eating should be pleasurable
3. Eat Little Meals and Snacks
4. Variety is the spice of life!
5. Get fresh with your fruits and vegetables
6. Fat is not bad! We need the right amount and right kind
7. We don't need to worry about getting enough protein—we need to worry about getting the right kind!
8. Eat more complex carbohydrates (whole foods), eat less processed foods
9. Stay regular—eat fiber! (goal for men is 38 gm/day)
10. Use food rather than supplements for nutrients
11. Protect your prostate
12. Drink the big 3: water, green tea, red wine

12 Abs Diet Power Foods

1. Almonds and other nuts
2. Beans, peas and legumes
3. Spinach and other green vegetables
4. Fat-free or low-fat dairy products
5. Oatmeal
6. Eggs
7. Turkey and other lean meats (steak, chicken, fish)
8. Peanut butter
9. Olive oil (also canola and peanut oil)
10. Whole grain breads and cereals
11. Extra protein (whey) powder
12. Raspberries and other berries