

Sane Food Guidelines

While everyone has their opinion about what and how we should be eating today, it is true that the standard American diet leaves a whole lot to be desired. We eat too much sugar, salt, fat, processed, man-made, and nutrient free foods. But what is a body to eat? And are you struggling with food, eating, and body weight? Does it feel like whatever diet you try, works for a bit and then fails you? Do you feel like, with some foods, you crave them and love them, but once you start eating them you cannot stop? Then you feel stuffed and guilty and out of control?

But what are healthy foods for you to eat? Here are some healthy eating guidelines for people who struggle with food, eating, or food addiction and other eating related problems. Try these suggestions; start with the ones that are easy for you to do; then move on to the more difficult suggestions.

This is not meant to be medical advice; if you have struggles, medical problems, or unusual reactions, be sure to talk with your doctor or other health care provider for guidance. This is general health care information only.

Do not try to enforce these suggestions all at once! Calm down and take the time to look at what you need to do first. Try, for example, drinking more water every day. If you use a lot of coffee, begin by alternating a mug of water with each mug of coffee. When you can do that regularly, increase the water and decrease the caffeine.

When you are able to do one change regularly, choose another to work on. And gradually you will see the results and have the energy and commitment to continue.

Read labels on all the foods you eat, before you buy them. If sugar or sugar analogs are in the first five ingredients, make a different choice. (A sugars list is attached)

Eat as many whole foods or fresh foods as you can; try to decrease your intake of refined and processed foods. If you don't understand the names of the ingredients in a food, don't understand the ingredients listed, or don't know what the names mean, then make a different choice. Fresh foods have more nutrients than canned, processed, or preserved foods. Find more info on food labels at

<https://www.fda.gov › food › nutrition-education-resources-materials>



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The body needs fluids!

Dehydration is the only illness that can reliably kill us within three days. There are different recommendations about the amount of fluid we need to drink. One is eight – 8-ounce cups a day. A more accurate way is to take your body weight in pounds, divide it by two and drink that many fluid ounces each day. This works well even though it seems like a lot. Do not use diet soda or other sweetened beverages for this fluid allowance; choose water, seltzer, herbal tea, or hot or iced tea instead.

Many people recommend eliminating caffeine altogether because caffeine makes some people anxious and jittery, and that may increase cravings. **Try to decrease coffee and other foods that contain caffeine to 2 cups a day.**

Focus on meeting the body's nutrient needs.

What are the body's nutrient needs? Partly, they depend on your body height, weight and size, your activity level and your nutrition status. Again, opinions vary, but here is a general list:

Your body has been depleted by your eating issues and your dieting.

Poor food habits and the body's attempt to manage the inappropriate eating may have used up all of your body's stored nutrients. Nutrients have been lost or not replaced by your use of nutrient-free foods; the body needs extra nutrients to heal and repair itself. Good food can give you more energy and make you feel stronger. It can improve your skin, hair, nails, help remove toxins from the body and make you feel more "alive".

The body needs to be fed every three to five hours while you are awake.

You may need to change your eating schedule to allow this, but it is so very important!! If you let yourself go longer than five hours without eating, you may find yourself ravenous at the next meal or snack, and eat much more than you intended.

Get enough calcium.

Use skim or low-fat milk, or yogurt; you need two to three cups per day. Or find other high calcium foods you can use regularly.



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Eat 3 or 4 pieces of fruit a day.

You'll enjoy the sweet taste and your body needs the nutrients.

You need to eat 3 to 4 cups of vegetables a day.

Find some vegetables you enjoy: salads, raw vegetables, stir-fried or lightly cooked.

Choose low-fat proteins.

Have chicken, turkey, fish or shellfish, twice a day. One serving means 3 to 4 ounces cooked, about the size of the palm of your hand.

Limit high-fat foods.

Limit bacon, sausage, lunchmeats, dressings, gravies, sauces, and fried foods like fried chicken or French fries. Use them not more than three times a week.

Use salt sparingly.

Use other herbs and spices instead, like garlic, oregano, turmeric, or rosemary.

Avoid completely any foods that make you want more and more.

High sugar foods are candy, cakes, pie, cookies, soda, and all creamy frozen desserts.

Limit high sugar foods to one serving each day.

The I-CAN'T-STOP-AT-JUST-ONE kind of foods needs to be eliminated.

Make sure to provide the calories at the time of day the body needs them.

Starving all day and then eating a lot before bedtime just gives the body more work and less time to rest. Eating all your calories at one time only prolongs the hunger and the body's "I must save calories" response. Starving the body is like a diet and will lead you to a weight gain at the end of the starvation period. Your body has had enough of that.



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Eat appropriate foods you enjoy.

You do not need to eat boring diet food all day. Find new foods you like; try new recipes and new spices and seasonings, and begin to enjoy your meals.

Listen to your body and treat the body with respect.

Take time to take care of the body so that it can take care of you. The body is given to the mind and spirit as a gift for learning and growth; learn the lessons of the healthy body. Speak kindly to the body.

Talk with a trusted friend or professional about your food plan.

We all need help some times. Find people who you can trust, and who care about you. Let these trusted advisers help you. Consult with a Registered Dietitian or other health care professional if you need to.

The ***Sane Food Solution***[®] program will be beginning soon, and you are welcome to join us for a more specific, intensive, creative food program tailored to you.

