

Eat for Health!

Basic Guidelines for a Lifetime of Good Eating

EAT LESS:



Visible fats and oils

Avoid fatty meats, cooking and salad oils, sauces, margarines, butter, dressings, and shortening. Use spreads and nuts sparingly. Avoid frying; sauté instead with a little water in nonstick pans.



Sugars

Limit sugar, honey, molasses, syrups, pies, cakes, pastries, candy, cookies, soft drinks, and sugar-rich desserts, like pudding and ice cream. Save these foods for special occasions.



Foods containing cholesterol

Avoid meat, sausages, egg yolks, and liver. Limit dairy products, if used, to low-fat cheeses and nonfat milk products. If you eat fish and poultry, use them sparingly.



Salt

Use minimal salt during cooking. Banish the saltshaker. Strictly limit highly salted products like pickles, crackers, soy sauce, salted popcorn, nuts, chips, pretzels, and garlic salt.



Alcohol

Avoid alcohol and caffeinated beverages such as coffee, colas, and black tea.

“We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to health.” —E. G. White, *Ministry of Healing*

EAT MORE:



Whole grains

Freely use brown rice, millet, barley, corn, wheat, and rye. Also eat freely of whole-grain products, such as breads, pastas, shredded wheat, and tortillas.



Tubers and legumes

Freely use all kinds of white potatoes, sweet potatoes, and yams (without high-fat toppings). Enjoy peas, lentils, chickpeas, and beans of every kind.



Fruits and vegetables

Eat several fresh, whole fruits every day. Limit fruits canned in syrup and fiber-poor fruit juices. Eat a variety of vegetables daily. Enjoy fresh salads with low-calorie, low-salt dressings.



Water

Drink at least eight glasses of water a day. Vary the routine with a twist of lemon and occasional herb teas.



Hearty breakfasts

Enjoy hot multigrain cereals, fresh fruit and whole-wheat toast. Jumpstart your day.

COMPARISON

	U.S. Diet/day	The Optimal Diet/day
Fats and Oils	35-40%*	10-20%*
Sugar	35 tsp	under 10 tsp.
Cholesterol	400 mg	under 50 mg
Salt	10-15 gm	under 4 gm
Fiber	10 gm	40 gm
Water (fluids)	minimal	8 glasses

*of total calories