

## LOOKING AT WHAT WE EAT

Three new articles give us some quick references for positive behavior changes:

### From “Eat Clean”

1. Eat food in natural states — No GMOs; use unsalted and unsweetened.
2. Eat outside the box — things that come in a box are usually processed.
3. Healthy foods contain the fewest ingredients. Read the labels.
4. Avoid things that inflame you — Trans fats, food coloring, artificial sweeteners, high fructose and nitrates.
5. Shop smart.
6. Eating at home gives you the most control.

### From “The Leptin Diet”

1. Never eat after dinner.
2. Eat three meals every day, some people also need healthy snacks.
3. Eat a breakfast containing protein.
4. Do not eat large meals.
5. Reduce the amount of carbohydrates you are eating.

### From “Eat Fat, Get Thin”

1. Sugar, not fats, makes you fat.
2. Fat is more complex than sugar.
3. Some fats are unhealthy
4. Eating fat can make you lean.
5. Your brain is 60% fat.
6. Some symptoms from lack of good fat: dry itchy and flakey skin, soft, cracked and broken nails, hard ear wax, tiny bumps on the back of your arms and torso, and aching stiff joints.