

A Guide to Healthy Eating

Chapter 1

General Guidelines for Healthy Eating

This concept explains the guidelines for eating optimally.

Most people think that they know how to eat optimally since much of this information has been taught since childhood. For example, to be healthier one should drink mainly water, the guideline is about 64 ounces per day. One should also avoid sodas. Additionally, one should eat of fruits and vegetables every day. Finally, one should stay away from refined foods like white bread and pasta and especially refined sugar. Some guidelines aren't as common place and have been contradicted by other previous guidelines. While it was once thought that diet soda was healthier than regular soda, it has now been shown that not only is diet soda detrimental to the body it also leads to weight gain which defeats the whole purpose of being a "diet" soda. The reason for this is that diet sodas contain artificial sweeteners like Splenda or Sweet n Low. While sugar is bad, these artificial sweeteners are even worse. We are also taught that in order to maintain adequate protein levels we must eat meat. There is no denying that meat supplies a great deal of protein but it also comes with a side of saturated fat and cholesterol. It is also incredibly difficult for the human body to digest meat. Studies are now showing that it is healthier to obtain protein from *plant based sources* such as beans and tofu instead of eating meat. The last common misconception is that milk is necessary for calcium and prevents osteoporosis. The truth is that milk while milk is technically high in calcium it is very acidic when digested. The body therefor must release calcium, from the bones, to neutralize the acidity. So while you are ingesting calcium you are actually losing more once the milk has been digested. One study called "The China Study" documented that in places where milk consumption were the highest the levels of osteoporosis were much greater than areas that consumed little to no dairy. Healthy eating isn't hard once the information is out there. The problem lies in making the correct information mainstream.

Chapter

2

The Benefits of Healthy Eating

This concept details some of the reasons that someone would want to eat healthier.

There is no denying that to most people a brownie sounds a great deal more appealing than a salad. Who wouldn't love to be able to eat all the junk food in the supermarket? Unfortunately, logically we know that eating junk food all the time wouldn't end well. Here are some of the benefits of healthy eating:

- Maintaining a healthy weight- while exercise is still important for overall health many professionals state that what you eat is the most important factor in weight
- Better skin- who doesn't want glowing clear skin?
- Thick lustrous hair
- High energy
- Less illness- eating healthier foods boosts the immune system which leads to less illness overall and a faster recovery time
- Fewer instances of diseases such as heart disease, diabetes, and arthritis

Cookies, cakes, and fried foods are delicious but with the right *recipes* healthy eating can be too.

Chapter

3

How to Make Southwestern Chopped Salad with Cilantro Dressing

This task gives instructions to make a salad that would make an excellent lunch or dinner alongside some cilantro-lime rice.

Recipe and photos from [The Garden Grazer](#)

1. Gather ingredients.

For the salad: Large head of romaine 15 oz. can black beans, rinsed and drained 1 large orange bell pepper 1 pint cherry tomatoes 2 cups corn 5 green onions Optional: avocado For the dressing: 1 cup loosely packed cilantro, stems removed and roughly chopped 1/2 avocado (or 1/2 cup plain vegan yogurt) 2 Tbsp. fresh lime juice (about 1/2 lime), more to taste 1-2 garlic cloves 1/4 cup olive oil 1 1/2 tsp. white wine vinegar 1/8 tsp. salt Recommended: agave/honey, cumin

Figure 1: Ingredients for dressing, salad, and combined salad



2. Make dressing and set aside.
3. Chop romain, bell pepper, and tomatoes.
4. Combine salad ingredients in a large bowl.

5. Drizzle salad with dressing and stir to combine.

Chapter

4

How to Make Skillet Sweet Potato Hash

This task provides a recipe for Skillet Sweet Potato Hash.

Recipe and pictures from [My New Roots](#). This hash is good for breakfast or brunch.

Figure 2: Sweet Potato Skillet Hash



1. Gather ingredients.

1 Tbsp. coconut oil 1 tsp. ground cumin 1 tsp. ground coriander ½ tsp. chili flakes, plus more for garnish a few generous pinches sea salt 2 medium onions, sliced 3 medium sweet potatoes, scrubbed and cut into cubes ½ cup – ¾ cup water or vegetable broth eggs, as many as you'd like ½ cup cilantro, roughly chopped

2. Heat the coconut oil in a cast iron skillet over medium heat.

3. Add the cumin, coriander, and chili flakes to the heated oil and cook until fragrant.

4. Add the onions and salt and stir to coat with the spices. Reduce heat to medium low and cook 20-30 minutes until caramelized, stirring occasionally.
5. Add the sweet potatoes and toss to mix with onions and spices.
6. Add water or vegetable broth and cover. Let the potatoes steam for 15 minutes undisturbed. After 15 minutes have passed check the potatoes and if they are not soft recover and cook checking again at 5 minutes intervals until they are done.
7. Make divots in the sweet potatoes and crack the eggs into the well. Recover the pan and let the eggs steam until the whites are cooked but the yolk is still runny.
8. Serve sprinkled with cilantro.

Chapter 5

The Importance of Balancing the Good and the Bad

This concept gives context to the recommended ratio of 80/20 healthy food to junk food.

There is no denying that we all SHOULD eat only healthy foods and abstain from any junk foods. There is also no denying that a life filled with strictly healthy foods would be dreary. So how does one enjoy the food they want while still remaining healthy? The key is moderation and balance. A good ratio to aim for is 80/20, try to eat 80% fruits, vegetables, whole grains, and legumes and eat whatever sounds good the other 20% of the time. This ratio allows one to reap the benefits of healthy eating without giving up all palate pleasure.

