

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Avoid the <i>Great White Hazards</i></b> – white flour products, white rice, white potatoes, and sugar/sweets.							
<b>Eat the <i>right carbs</i></b> – <b>100% whole grains and beans.</b> At least 1 serving (1/2 cup) of beans (canned, fresh, frozen, dried), 2-3 servings (1/2 cup) 100% whole grains (physically intact grains like oats, brown rice, barley or high fiber cereal best).							
<b>No sweet beverages</b> – Soda, fruit drinks, fruit juice, sports drinks (choose water [best], unsweetened tea, vegetable/tomato juice, skim milk, soy milk, or coffee).							
<b>Control your portions</b> – At meals, limit what you eat to what fits into <i>your</i> 2 hands cupped together <i>minus</i> the fruits and veggies (no need to limit portions of fruits/veggies).							
<b>5 or more servings of veggies (about 3 cups total)</b> – Best are any dark leafy greens/lettuce, all cruciferous (cabbage, kale, broccoli, cauliflower, Brussels sprouts, collards), carrots, garlic, onions, leeks, tomatoes, asparagus, and red/orange/yellow bell peppers (avoid white potatoes and corn).							
<b>2 servings of fruit (about 1 cup total)</b> – best are berries ( <u>any</u> variety), cherries, plums, any whole citrus, cantaloupe, grapes, peaches, apples, pears, dried or fresh apricots. Avoid any other dried fruits and tropical fruits (bananas, pineapple, papaya, mango).							
<b>A healthy protein package at every meal</b> – Best are fish (especially oily fish like salmon, lake trout, sardines, tuna), shellfish, poultry, nuts/seeds, soy, wild game, low fat dairy products, beans, omega 3 eggs (limit red meat and whole dairy products to 2 servings each or less per week).							
<b>Healthy fat at every meal</b> – Best are extra virgin olive oil, canola oil, nuts/seeds, nut butters, avocado, healthy margarine spreads like Smart Balance (avoid butter, stick margarine, shortening, and vegetable oils).							
<b>A small handful (1 oz) of nuts</b> – Almonds, walnuts, cashews, pistachios, hazelnuts, pecans, pine nuts, peanuts (seeds are excellent too).							
<b>3 meals and a mid-afternoon snack</b>							
<b>Exercise</b> – At least 30 minutes (more better) of moderate to vigorous aerobic activity (walking great). Resistance activity (weights, yoga) at least 2 days a week.							
<b>Sleep</b> – At least 7 hours							

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