

# How to Eat Healthy... Keep it Simple!

It seems to be common sense: Simply eat higher quality unprocessed foods and eat no junk, processed foods. Yet, it can be difficult to determine what foods we should choose. I highly advise keeping things simple when it comes to healthy nutrition.



Some simple motto's that may help you are:

- Eat REAL food
- If it rots, it's probably good for you
- Eat Lean, Green, and Marine
- No "sugar free" or "fat free" foods
- Stay away from foods with ingredients you cannot pronounce
- If it comes **from** a plant eat it, if it is made **in** a plant (factory) stay away from it

## How to Find Fresh, Nutritious Food Year-Round



The best foods can be purchased *at your local farmers markets*. Make sure you pick farmers who do the best job possible to raise the veggies and animals organically.

When organic food companies expand to fulfill more organic orders they tend to lose their quality and authenticity, which is why I encourage everyone to buy from local farmers who produce high quality food for the locals. It's one of the best ways to ensure you're eating fresh!

Eating locally-grown foods means eating the fruits and vegetables that are in season in your area. The National Resources Defense Council (NRDC) [offers a great tool on their website](#) that helps you determine what fruits and vegetables are in season in your state.

In areas where growing season lasts year round, eating fresh is easy, and your options will naturally be more plentiful. But in more northern areas, adjusting what you eat to what's in season becomes an inescapable fact if you're going to eat locally-grown foods.

Here are three great options:

1. If you're lucky enough to have a local farmers market, that's the way to go. For a listing of national farmer's markets, see this [link](#).

Another great web site is [www.localharvest.org](http://www.localharvest.org). There you can find farmers' markets, family farms, and other sources of sustainably grown food in your area where you can buy produce, grass-fed meats, and many other goodies.

2. Another good route for finding local food is to subscribe to a community supported agriculture program (CSA). Some are seasonal while others are year round programs. Once you subscribe, many will drop affordable, high quality locally-grown produce right at your door step.

To find a CSA near you, go to the [USDA's website](#) where you can search by city, state, or zip code.

3. Here are a some other [great resources to obtain wholesome food](#) that supports not only you but also the environment:
- [Eat Well Guide: Wholesome Food from Healthy Animals](#) -- The Eat Well Guide is a free online directory of sustainably raised meat, poultry, dairy, and eggs from farms, stores, restaurants, inns, and hotels, and online outlets in the United States and Canada.
  - [Community Involved in Sustaining Agriculture](#) (CISA) -- CISA is dedicated to sustaining agriculture and promoting the products of small farms.
  - [FoodRoutes](#) -- The FoodRoutes "Find Good Food" map can help you connect with local farmers to find the freshest, tastiest food possible. On their interactive map, you can find a listing for local farmers, CSA's, and markets near you.

For an even more comprehensive list of CSA's and a host of other sustainable agriculture programs, check out this link.

4. Shop at your local natural food store or health co-op, as many of them get their produce from local farmers.

## Smaller Meals More Often

Again, keeping it simple... The more often you eat throughout the day, the better your body metabolizes your calories, bringing quality nutrients to you and to your growing baby.

To optimize your metabolism, you must eat 5-6 small meals each day. Eat every 3 to 3 ½ hours. Each meal should consist of *protein* and *complex, fibrous carbs* together. This is the most important rule for maintaining a healthy pregnancy.

- Good sources of protein include: eggs, chicken, lean grass-fed beef, tuna, fish, nuts, whey protein, lean pork, buffalo meat.
- Good sources of complex, fibrous carbs are whole grains, veggies, green beans, salads, spinach, apples.



Include a couple of mid-day meals with *starchy carbs*, but do not eat the starchy carbs with the first or last meal of the day. Why?

Because your body breaks down starchy carbs into glucose (blood sugar). Your body stores excess glucose as glycogen in your muscles and liver. If you eat too many starchy carbs and your glycogen stores are full, then the glucose will be stored as body fat in your fat cells. Glucose is the fuel your body and your cells, but excess glucose is stored as body fat on mother and on baby in the last 3-4 weeks of pregnancy. Careful selection of starchy carbs will ensure you have the energy you need for your daily activities.

- Good sources of starchy carbs include yams, sweet potatoes, red potatoes, oatmeal, brown and wild rice, whole wheat pasta, and whole grain breads.

The faster your metabolism, the more starchy carbs you can eat without suffering ill effects, and the more often you can eat them. If you are very active (daily cardio-type exercise or working a stand or walking job), very thin, a teenager, or the mother of other children, you can consume more starchy carbs.