

Natural Healing Express Weekly

Column Volume 107 What Exactly is a Whole Food?

Believe it or not, I get asked this question many times a week. Most folks really want to eat healthy and to be healthy; they just might not know where to start. And where to start is in eating Whole Foods. Whole foods are those found in nature – they are fresh, un-processed and to put it frankly, they don't have labels. (They may have the occasional sticker so the check-out clerk can adequately define what type of fruit or vegetable it might be and the cost). These are foods that come from our fine local farmers and our brothers and sisters in agriculture from many states away. They are not produced in a chemist's laboratory or a huge manufacturing plant. Examples are as follows:

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Whole Foods:

High Fiber = Beans, Whole grains, Vegetables, Fruits, Nuts and Seeds

Quality Proteins = Beans, including whole soy foods such as tofu and edamame, nuts, eggs, fish, and lean protein such as lamb, turkey, chicken, or beef (preferably organic, grass fed or range fed)

Healthy Fats = Fish oil, extra virgin olive oil and olives, avocados, coconut oil (organic extra-virgin); healthy oils: walnut, avocado, grape seed and flax oil, nuts and seeds, and nut and seed butter.

Healthy Carbohydrates = vegetables, fruits, beans, whole grains

In addition to Whole Foods, the 20 Principles of a Healthy Diet are as follows:

1. Low Glycemic Load meals
2. Combination of proteins, fat and carbohydrates to reduce glycemic load
3. High Fiber – 30 to 50 grams a day
4. Increased Omega 3 fatty acids, monounsaturated fats
5. Colorful diversity of low glycemic vegetables and fruits
6. Anti-inflammatory foods
7. Detoxifying foods
8. Antioxidant foods
9. Increased intake of nuts, seeds and legumes
10. Whole soy foods
11. Lean animal protein
12. Whole grains
13. Minimize or eliminate refined flours and sugars
14. Little caffeine
15. No artificial sweeteners or high fructose corn syrup
16. No trans fats and few saturated fats
17. Greater meal frequency

18. Lower meal quantity
19. Eating Breakfast
20. Not eating two to three hours before bed

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express