

QUALITY LIFE THROUGH QUALITY BITES

— *Eating* —  
**HEALTHY**  
**CHECKLIST**

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# **Eating Healthy Checklist**

So you've read the e-book and now you're raring to go with your own affiliate marketing efforts. But hold your horses! Before you steam ahead, it's a good idea to take a moment to reflect and to ensure that you have everything you need to get going.

This checklist will run you through the simple steps and strategies to easily master the habit of eating healthy & sustain it long-term!

## **Chapter 1: Make Eating Healthy A Lifestyle, Not A Duty**

A healthy diet is the basis for a well-functioning body. It is an important part of leading a healthy lifestyle. Food is the source of energy for all of our bodily functions and directly affects how our bodies and minds function in every stage of life.

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. The type and amount of food you consume has a major impact on your body.

There are several key elements involved when it comes to eating healthy, which includes:

1. Moderation
2. Variety
3. Balance

## **Health Is Wealth**

Remember the saying “Health is Wealth”? This has never been far from the truth. Imagine you have lots of wealth, good circle of friends, happy family, good job but if you are diagnosed with a terminal illness, having all this abundance will mean nothing.

What measures can you take to prevent yourself from falling ill or contracting terminal illness? Is there a way?

The answer is YES.

There are 2 paths in your eating habits:

1. You give in to instant gratification and shorten your lifespan.
2. You are mindful of your own food choices and live a long, healthy life.

## **The Importance Of A Positive Mindset**

Mindset plays the biggest role in determining your actions. Your mindset is the fuel to your actions. When you feel good about yourself, you will look good.

**Begin to construct the habits that will step-up your enjoyment  
and quality of life today!**

# Chapter 2:

## Benefits In Eating Healthy

Eating nutritiously is one of the most important things you can do to enhance and maintain your health.

The fundamentals of healthy living:

- Consume an assortment of nutritious foods
- Eat in moderation
- Size matters, so limit your portions

Eating healthy can promote a lot of benefits to your body and also your life in general. When we eat the right kind of food we are allowing the body to be properly nourished. Hence, as a result we will be able to gain health benefits from our healthful efforts.

### The Benefits

- 1) It can improve your immune system.
- 2) Enhance Mood
- 3) Mental Health
- 4) Energy
- 5) Live longer

# **Chapter 3:**

## **Alkaline Food VS Acidic Food**

Food can be classified into two groups namely the acidic food group and the alkaline food group. These foods are categorized as such because they affect the urine pH level when they are consumed. Our body's acid-alkaline balance, also known as pH, can affect our overall well-being.

### **pH Value**

pH stands for power of hydrogen, it is a measure of the acidity or alkalinity of our body's fluids and tissues. The total pH scale ranges from 1 to 14, with 7 considered being neutral. Our ideal pH is slightly alkaline - 7.30 to 7.45.

The most common form of pH imbalance is excess acidity. It can lead to numerous health issues, and it can even be life-threatening. An acidic pH can occur from, an acid forming diet, toxic overload, emotional stress, immune reactions or any process that deprives the cells of oxygen and other nutrients.

## **Consequences Of Extended Acidosis**

If these mineral losses and metabolic abnormalities continue, we can increase our risk for a number of conditions including:

- Premature aging
- Osteoporosis, weak or brittle bones, fractures and bone spurs.
- Mood swings
- Low energy and chronic fatigue
- Slow digestion and elimination
- Bladder and kidney conditions, including kidney stones
- Weight gain, obesity and diabetes
- Obesity, slow metabolism and inability to lose weight
- Chronic Inflammation
- High Blood Pressure
- Weakened immunity
- Yeast/fungal overgrowth
- Joint pain, aching muscles and lactic-acid buildup

## **Practicing Alkaline Diet**

The alkaline diet, also known as the acid-alkaline diet, emphasizes alkaline food such as fruits, vegetables and certain whole grains, which are low in caloric density.

Healthy Alkaline Diet Foods involve the ideal balance between acidifying and alkalizing foods. Having an alkaline diet may have some potential in reducing morbidity and mortality from chronic diseases.

# **Chapter 4: Food Pyramid**

## **What Is Food Pyramid?**

It is a simple visual guide to the types and proportion of food that we should eat every day for good health. Foods that contain the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. This gives you a choice of different food from which to choose a healthy diet.

## **The 3 Layers Of Food Pyramid**

- 1) The Foundation Layer
- 2) The Middle Layer
- 3) The Top Layer

## **The Healthy Eating Guidelines**

The shape of the Food Pyramid immediately suggests that some food are good and should be eaten often, and that others aren't so good and should be eaten only occasionally. The layers represent major food groups that contribute to the total diet. The following are the essential elements of healthy diet.

1. Choose Water
2. Herbs And Spices
3. Limit Salt And Added Sugar

## **Stages Of Change**

Last but not least, there are five stages of change that have been conceptualized for a variety of problem behaviour. Each of these stages describes an individual's attitude toward behaviour change. Trying to change behaviour before one is ready usually results in failure to develop new healthy behaviours. Small steps are the best bet for long-term results.

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

# Chapter 5: Food cholesterol

Cholesterol is a waxy substance that is made in the body by the liver but is also found in some of the food we eat in our daily lives. This soft, waxy substance is found not only in your bloodstream but also in every cell in your body, where it helps to produce cell membranes, hormones, vitamin D, and bile acids that help you digest fat. However, too much cholesterol in the blood can increase your risk of getting heart and circulatory diseases.

## Types of Cholesterol

The two main types of blood cholesterol are:

- Low-density lipoprotein (LDL)
- High-density lipoprotein (HDL)

Some of the most common causes of high blood cholesterol include:

- 1) Your Diet
- 2) Your Activity Level
- 3) Your Age And Gender
- 4) Genetics
- 5) Cigarette Smoking

## **Top 5 Tactics To Improve Your Cholesterol Level**

Lifestyle changes can help reduce cholesterol, keep you off cholesterol-lowering medications or enhance the effect of your medications. Here are five lifestyle changes to get you started.

1. Eat heart-healthy food
2. Increase your physical activity
3. Lose weight
4. Drink alcohol only in moderation
5. Quit smoking

# **Chapter 6:**

## **Types of Recommended Food**

Good nutrition is an important part of leading a healthy lifestyle. To top things off you can eat right and exercise regularly to achieve a well-balanced healthy mind and body. Consuming food from a wide variety of sources helps maintain a healthy and interesting diet and ensure your body has the nutrients it needs to help reduce the risk of disease.

### **The Best Food Choices**

1. Vegetables
2. Fruits
3. Whole Grain
4. Dietary Fibre
5. Healthy Carbohydrates
6. Calcium
7. Healthy Fats

# Chapter 7:

## Cooking Up Simple Healthy Meals

When it comes down to feeding your body and mind, nothing is superior to preparing your food from scratch, with quality ingredients and served with love. Preparing meals at home allows you to control the amount of salt and oil you use in your recipes. This in turn reduces the possibility of clogged arteries and weight gain. Not just that, taking the time to plan your weekly menu not only helps to save time and money, but also provides a way to create meals with a balance of fat, protein and carbohydrates, plus all the essential vitamins and minerals needed for the child and adult's body.

### Meal Planning

One of the best ways to make sure you eat well is to plan your meals ahead of time. It is a vital part of eating a healthy diet and there are many benefits of meal planning:

- Add variety
- Eliminating the Last Minute Stress
- Making Shopping Easier
- Saving Time and Money
- Helping You Avoid Unhealthy Choices

## **The Recipes**

1. Breakfast Fruits Cup
2. Papaya Boat
3. Tropical Eye Opener
4. Chicken Tomatillo Salad
5. Avocado Garden Salad
6. Rosemary Lemon Chicken with Vegetables
7. Spaghetti with Turkey Meat Sauce

# Chapter 8:

## General Guideline To Overall Well-being

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the food you love.

Rather, it's about feeling awesome, improving your health, stabilizing your mood and having more energy. Ever feel overwhelmed by all the conflicting diet and nutrition advice out there? You're NOT alone! It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite.

Permanently improving your eating habits requires a thoughtful approach in which you Reflect, Replace, and Reinforce. By following this simple approach, you can cut through the confusion and learn how to create a varied, healthy and tasty diet that is good for your mind and body.

- **REFLECT** on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.
- **REPLACE** your unhealthy eating habits with healthier ones.
- **REINFORCE** your new, healthier eating habits.

1. Create A List Of Your Eating Habits
2. Highlight The Habits
3. Look at the unhealthy eating habits you've highlighted
4. Create a list of "cues"

## **4-Step Eating Habit Hacks**

1. Mark the “cues” on your list that you encountered on a daily or weekly basis
2. Ask yourself these questions for each “cue” you’ve marked
3. REPLACE unhealthy eating habits with new, healthier ones
4. REINFORCE your new eating habits

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And your heart can believe it  
Then Dr Fitness USA can help you achieve it



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