

## Healthy Eating and Weight Management

*"Eat healthy only when you're hungry. And stop when you're not. Eat slowly, only what you like, and savor every bite."*

### Foundations of Healthy Eating

A healthy diet begins with real food—vegetables, fruits, legumes, whole grains, lean proteins, and healthy fats. Avoid added sugars, refined carbs, and ultra-processed foods. Prioritize colorful carbohydrates like brown rice, sweet potatoes, and whole-grain bread over white rice, white potatoes, and white flour. The natural pigments that give plant foods their color often carry powerful nutrients—aim for at least five different colors on your plate.

### The Healthy Plate

Visualize your plate divided into sections:

- Half: non-starchy vegetables—raw or cooked, colorful, and fiber-rich
- One-quarter: healthy protein—grilled chicken, turkey, salmon, lean meats, tofu, or beans
- One-quarter: high-fiber carbs—sweet potatoes, quinoa, legumes, or whole wheat pasta
- Optional substitute: Timber Wolf Keto Seeds Bread—high in fiber, very low in net carbs, and lower in sodium than Hero Bread

If you're not lactose intolerant, consider adding fat-free or low-fat dairy such as milk, yogurt, or cheese—or use fortified soy alternatives. These support calcium, vitamin D, and protein needs, especially important for bone and metabolic health.

This balance supports blood sugar stability, weight control, cardiovascular health, and gut function. Avoid fruit with meals if you're overweight—use it as a healthy snack between meals instead.

## **Carbohydrates, Fiber, and Glucose Control**

Limit total carbohydrates to under 150 grams per day. Aim for 50–75 grams of net carbs (total carbs minus fiber). High-fiber carbs absorb more slowly, reduce insulin spikes, and improve weight and glucose control.

To calculate net carbs: subtract fiber from total carbs (e.g., 40g total carbs – 20g fiber = 20g net carbs).

Recommended products:

- Miracle Noodles (Angel Hair) – near-zero calories, high fiber, sodium-free
- Hero Bread – zero net carbs, high fiber, but higher sodium (use with caution on a low-sodium diet)
- Timber Wolf Keto Seeds Bread – low net carbs, high fiber, lower sodium than Hero Bread

Most adults should aim for 25–35 grams of fiber daily and may increase up to 40 grams if well tolerated. Increasing fiber while reducing sugar helps with glucose control, fat loss, and microbiome health.

## **The Role of Protein**

Protein is essential for satiety, muscle maintenance, and metabolic health. It also has the highest thermic effect—your body burns 25–30% of protein calories during digestion.

Include protein in every meal:

- Poultry, fish, lean meats
- Beans, lentils, tofu
- Eggs, nuts, seeds
- Protein powders in oatmeal, yogurt, or smoothies

Suggested supplement: Vital Proteins Collagen Peptides with Naturebell L-Tryptophan 1500 mg (2 servings = 36g complete protein).

Target 1.2–1.5 grams of protein per kilogram of body weight daily unless you have chronic kidney disease with proteinuria (limit to 0.8–1.0 g/kg/day).

## **Calorie Balance and Weight Control**

Weight loss occurs when calorie intake is less than calorie burn. Your total burn includes:

- Basal Metabolic Rate (BMR) – energy used at rest
- Exercise Activity – structured movement
- NEAT (Non-Exercise Activity Thermogenesis) – daily physical activity (walking, chores, etc.)
- Thermic Effect of Food – energy used to digest food (highest with protein)

Use [calculator.net](https://www.calculator.net) to estimate your BMR. To lose about one pound per week, reduce daily intake by 250–500 calories below your BMR.

## **Fruits and Vegetables: Choose Wisely**

Follow the 80/20 rule—eat more vegetables than fruit. Choose lower-sugar fruits like berries over bananas or grapes. Less sugar leads to lower insulin levels and greater fat burning.

## **Monitoring Calories and Nutrients**

Track your intake using a free app like MyFitnessPal to monitor calories, fiber, sugar, and net carbs.

- Recommended sugar intake: less than 10% of total daily calories
- Target sugar intake: under 25 grams daily if managing weight or glucose

Log food consistently for at least 2–3 weeks to understand your habits and adjust accordingly.

## **Fitness, Movement, and Sleep**

Healthy eating is more effective when paired with movement and quality sleep. Use a fitness tracker to monitor activity, steps, sleep, and calories burned.

Recommended devices:

- Fitbit Sense
- Fitbit Charge 5

- Apple Watch
- Google Pixel Watch

Aim for 7–8 hours of restorative sleep per night to support weight control, mood, metabolism, and appetite regulation.

### **Gut Health and the Microbiome**

A fiber-rich diet feeds your gut microbiome—bacteria, fungi, and viruses that support digestion, immunity, glucose control, and mental health.

- Prioritize prebiotic fiber from whole foods
- Add probiotic-rich foods (e.g., yogurt, kimchi, sauerkraut)
- Consider probiotic supplements if digestion or immune issues are present

### **Stress Management and Relaxation Techniques**

Stress contributes to emotional eating. These techniques can help calm the body and reduce cravings:

Ten-Second Relaxer

Close your eyes, inhale deeply, smile inwardly

Say: “Alert mind, calm body”

Exhale slowly, release jaw, tongue, and shoulders

Shoulder Rolls

Lift shoulders, hold, and release

Gently rotate forward and backward

Full Body Relaxation

Tense toes, thighs, arms, and jaw—hold for five seconds—then release completely

### **Recommended Resources**

Weight Loss Motivation

- *The Click* – Sharon Odom
- *Counting Calories* – Jane Olson

- *Calories In, Calories Out* – Aaron Knipp

#### Stretching and Tai Chi

- *Stretching for 50+* – Dr. Karl Knopf
- *Stretching* – Bob Anderson
- *The Harvard Medical School Guide to Tai Chi* – Dr. Peter Wayne
- YouTube: Tai Chi with Helen Liang

#### The Five Agreements – Don Miguel Ruiz

- Be impeccable with your word
- Don't take anything personally
- Don't make assumptions
- Always do your best
- Be skeptical, but learn to listen

#### Product and Information Links

- Timber Wolf Keto Seeds Bread – available at Costco
- [Miracle Noodle](#)
- [Hero Bread](#)

#### Final Thoughts

Healthy eating isn't about restriction—it's about choosing foods that nourish your body and support your goals. Begin with the Healthy Plate. Respect hunger and fullness. Eat mindfully. Move daily. Sleep well. And above all—enjoy the process.

**LR Sanders MD**