

10 Tips for Healthy Nutrition for the Whole Family

1. **Avoid the “health robbers”** such as preservatives, food dyes, chemicals and “funny fats” that steal nutrients from our bodies. Common robbers are boxed cereals, processed breads, crackers, muffins, ketchup, margarine and luncheon meats.
2. **Eat a rotation diet.** In addition to eating the wrong foods, most people eat the same foods all the time. Rotate foods so that you are not eating any one food more than 4 days per week.
3. **Approach food changes in a positive manner** rather than begrudgingly. Kids will pick up on your attitude and mimic it. Healthy foods can be delicious and fun.
4. **Become a label reader.** Take note of the shelf life of products you are purchasing and the number of unpronounceable ingredients on the label. If you cannot pronounce it then do not eat it!
5. **Shop the perimeter of the grocery store.** All of the nutritious foods are located along the outside aisles. The aisles in the middle commonly contain packaged and processed foods. If you avoid this area you will not be tempted.
6. **Eat fruit alone.** By itself, fruit is incredibly cleansing for the body (especially when eaten in the morning). Eating fruit at the end of a meal ferments the other food that has just been eaten, and this makes digestion sluggish.
7. **Chew your food well.** Remember that digestion begins with chewing-gulping down food causes digestive problems and a lack of digestive enzymes.
8. **Avoid products with the following words listed in the ingredients: bleached, fortified, refined or enriched.** These processed and altered foods are void of critical nutrient value and will do very little to fuel and energize your body. Eat as close to the original food as possible.
9. **Eat only whole grains** including spelt, buckwheat, quinoa, amaranth and brown rice. When eating wheat try “sprouted” whole wheat bread. Make sure the bread label says “unrefined” even if it claims to be whole wheat.
10. **Check for the amount of sugar** listed in the food sources. If the first or second words are glucose, sucrose, white sugar, fructose or high fructose corn syrup, the product is loaded with sugar and can impair your immune system. Remember that 4g of sugar equals 1tsp of sugar.

Following these 10 tips will get your family on the road to health and well being!

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