

What to eat

Reduce consumption of added sugars

1. Get rid of your sugar bowl
2. Avoid processed foods
3. Read labels – sugar may be labeled as sucrose, glucose, fructose, maltose, dextrose, molasses, hydrolyzed starch, honey, invert sugar, can sugar, glucose-fructose, high fructose corn syrup, brown sugar, corn sweetener, rice/corn/cane/maple/malt/golden/palm syrup and agave nectar
4. Sauces often contain a lot of added sugar
5. If it comes in a package, it probably contains added sugar
6. Dessert options
 - a. Seasonal fruit
 - b. Dark chocolate with > 70% cacao in moderation is surprisingly healthy
 - c. Nuts in moderation
7. Do not replace sugar with artificial sweeteners
8. Don't snack at all
9. Make breakfast optional –
10. Beverages:
 - a. The best options are plain or sparkling water; add lemon, orange or cucumber slices to change it up
 - b. Coffee, in moderation without adding sugar or artificial sweeteners
 - i. Flavoring options: cinnamon, coconut oil, vanilla extract, almond extract, cream
 - c. Tea without adding sugar or artificial sweeteners

Reduce consumption of refined grains

1. Avoid
 - a. White flour
 - b. Processed bakery foods (bread, bagels, English muffins, roti, naan, dinner rolls, bread sticks, Melba toasts, crackers, tea biscuits, scones, tortillas, wraps, muffins, cookies, cakes, cupcakes, donuts)
 - c. Pasta, noodles made from refined grains
2. Good grain options: quinoa, beans, whole grains, oats

Protein

1. Moderate your protein consumption to 20-30% of your total calories
2. Avoid processed high protein shakes/bars

Increase consumption of natural fats

1. Good options: olive oil (extra virgin is unrefined, so good), butter, coconut oil, nuts, full fat dairy, avocados
2. Avoid: highly processed vegetable oils

Increase consumption of protective factors

1. Fiber: fruits, berries, vegetables, whole grains, flax seeds, chia seeds, beans, nuts, pumpkin seeds, oatmeal

2. Vinegar

When to eat – Intermittent fasting

1. Intermittently fast – limit eating to 8 out of 24 hours per day
 - a. For example, if you finish dinner at 7p, the next time you eat anything besides water, coffee, tea or homemade bone broth (which you can add salt to) should be 11a the next day
 - b. Stay hydrated
 - c. Break fast gently with a handful of nuts or a small salad – overeating can lead to stomach discomfort
2. Dealing with hunger – as your body gets accustomed to fasting, your hunger will be suppressed
 - a. Stay busy
 - b. Things you can have when fasting: water, coffee, tea or homemade bone broth (which you can add salt to), chia seeds, cinnamon may be added to teas or coffees and may help curb hunger
3. Exercise: you can exercise while fasting
4. Dizzy? Make sure you are hydrated, and add a pinch of salt to bone broth if things don't get better with increased fluids
5. Muscle cramps? Over the counter magnesium supplements or Epsom salt baths may help
6. Headaches? Try increasing your salt intake
7. Constipation? Increase fiber when you're not fasting
8. Heart burn? Avoid large meals, it is best to break a fast slowly, don't lie down right after eating

Tips

1. Don't tell everyone you are fasting – most people will discourage you as they do not understand the benefits
2. Give it one month – it takes your body time to get used to fasting and the first few times may be difficult. Don't be discouraged, it gets easier.
3. Eat nutritiously when you're not fasting
4. Don't binge: after you break a fast, pretend it never happened and eat normally

Behavior modification

1. Stress reduction
 - a. Regular exercise
 - b. Mindful meditation
 - c. Control pain
2. Sleep hygiene
 - a. Sleep in complete darkness (turn off the TV or better don't have one in your bedroom, cell phones, bright clocks, use a sleep mask)
 - b. Avoid blue light near bedtime (TV, cell phones)
 - c. Get 7-9 hours of sleep per night
 - d. Turn on the lights when you wake up and get natural sunlight exposure during the day
 - e. Sleep in loose fitting clothing
 - f. Treat sleep apnea
 - g. Sleep in a cool room 60-67 degrees Fahrenheit
 - h. Keep regular sleeping hours
 - i. Do not eat food that can cause indigestion near bedtime (spicy, fatty/fried, citrus)
 - j. Make sure you have a comfortable mattress and pillows
 - k. The bed should be used for only sleeping and sex
 - l. Avoid sleep disturbances (e.g. snoring partner, children who wake at night)