

Source Health Center's **GUIDE TO Eating Well!**



Protein

TO EAT:

Eggs, lamb, beef, turkey,
pork, chicken, fish

TO AVOID:

Beans, dairy, soy (NOT
good sources of protein)

**Eat good protein three times a day
(at meals) with vegetables.**

For meal combinations:
Protein + Veggies = **Good**
Protein + Starches* = **Bad**

*Starches include: Breads,
pastas, rice, and potatoes

Good Fats



TO EAT:

- Unlimited butter
- Olive oil (best in dark bottles)

TO AVOID:

Margarine, vegetable oil,
Pam, trans fatty acids,
soybean oil, Crisco

Fruit & Vegetables



TO EAT:

- ALL fresh fruit
- ALL fresh vegetables (except for potatoes)

TO AVOID:

- Juice and dried fruit
- Mixing fruit with other foods (i.e. protein and vegetables)

**Eat fruit between meals, at least
one hour away from each meal.**

Snacks



Try to eat every two hours
(fruits, vegetables, etc.)



Water

Drink one liter of distilled
water per day, for every 50
pounds of body weight

ALWAYS TRY TO AVOID:

- **Wheat, dairy, soy, corn, & sugar**



Examples include:

- Rice, potatoes, cereal, pastries
- Ice cream, candy, soda
- Cakes, cookies, pies
- Bread, flour, pasta
- Artificial or natural sweeteners