

SPRING CLEAN YOUR DIET

Why are fruits and veggies so amazing?

They are **LOADED** with nutrients but **LOW** in calories!

THE POWER OF PHYTOCHEMICALS

Phytochemical is a fancy name for “the good stuff” in plant-based foods. Phytochemicals have developed in fruits and veggies over the years in order for the plants to not only survive but thrive in their native environments. These phytochemicals are passed on to us as we consume fruits and veggies, which in turn allow humans to thrive and live longer! Phytochemicals have an anti-inflammatory response in our bodies which benefits our health because research has shown that excess inflammation is the key driver in almost all chronic diseases.

FILL UP WITH FIBER

Dietary fiber has a well-deserved reputation as a key defense against our most dreaded chronic diseases, but fighting fat is arguably where it shines most brilliantly. Due to its volume and bulking abilities, fiber effectively “fills” your stomach up while providing zero calories. Women should aim for 25 grams of daily fiber in their diet, while men should consume around 30 grams. This may seem like a lot for the average person, but did you know our ancient ancestors likely consumed around 150 grams a day?!

The simple property of fiber is so valuable for hunger management because when it comes to satisfying the human appetite, volume trumps calories. This means the body’s desire for a given volume of food overtakes its calorie demands for appetite control. We have stretch receptors located throughout our stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

VOLUME VS. CALORIES



400 CALORIES OF
OIL



400 CALORIES OF
CHICKEN



400 CALORIES OF
VEGETABLES

OIL
400 CALORIES OF

CHICKEN
400 CALORIES OF

VEGETABLES
400 CALORIES OF

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Feed.Your.Gut

Your gut, or your digestive tract, is home to trillions of bacteria that make up what is called your microbiome. When your microbiome is balanced you get to experience the feeling of a healthy body - clear thinking, good digestion, balanced mood, energy, and glowing overall health!

When your microbiome goes out of balance you can risk symptoms such as brain fog, anxiety, bad skin, fatigue, insomnia – and further down the road can lead to obesity, diabetes, and cancer.

Other factors such as environment, stress, exercise, and sleep can affect your microbiome, but the greatest is diet. How you eat determines which bacteria will live happily in your gut and which will die off and disappear. Incorporating a variety of healthy fruits and veggies will feed your good bacteria, improve your gut health and in turn your overall health.

See Color, Think 

The more deep/rich the color of the fruit or vegetable, the more “good stuff” (aka: phytochemicals) it has! The best way to get the most benefit from a plant-based diet is VARIETY! Consume as much of a variety of fruits and veggies daily for the greatest positive impact to your health!

Aiming for 5+ servings a day will improve your gut health, make you feel more vital and alive, and improve your overall mental health!