

health and wellness PRINCIPLES

These are the health and wellness principles we encourage to focus on, for not just one aspect of health, but to assess the full picture of wellness holistically. For more information, check out <https://www.brgeneral.org/medical-services/wellness/>



check out the food list on the back

GET REAL

The more processed a food is, the more of a burden it is on your body to digest and absorb. Focus on eating minimally processed foods that are close to how they are found in nature. Think fruits, vegetables, nuts, seeds, meats, and fish to name a few. Look for short simple ingredient lists when choosing a food package.

GRAINS CAN INFLAME

Many of the grains in our food supply are highly refined and processed and left without any nutritional value. Processed grains generate a high insulin response and can complicate blood sugar imbalances. The gluten, lectin, and phytic acid found in grains have been shown to contribute to IBS symptoms in many individuals.

KNOW YOUR OILS

Choose healthy oils like extra virgin olive oil, coconut oil, and avocado oil. Healthy fats in these oils support appetite control and metabolism and help to support heart health and reduce inflammation. Avoid oils that increase inflammation like soybean oil, canola oil, and corn oil.

AVOID ADDED SUGAR

Added sugars contribute to many health issues like high blood pressure and high blood sugar. Additionally, excess sugar can decrease your immune system and increase your waist circumference. Artificial sweeteners like aspartame and sucralose can negatively impact your metabolism and gut health. Opt for natural sweeteners like stevia, monk fruit, or Swerve when needed.

EAT THE YOLKS

Egg yolks are a great source of healthy fat and contain important vitamins and minerals. Egg yolks, butter, and other animal-based items like meat and cheese provide key nutrients. Only a small amount of the cholesterol from these foods is absorbed into the bloodstream so don't worry about them raising your cholesterol.

DON'T STRESS

Healthy eating helps create a positive relationship with you, food, and your body. Focus on eating better instead of counting calories. Once you are in the habit of healthy eating, you can relax and enjoy an occasional treat without worry.

GET BALANCED

Be sure to take care of your mind, body, and spirit. Getting enough sleep, balancing life, and trying to reduce stress levels are keys to staying healthy.

IT'S YOUR BODY

Our bodies have to last us for the rest of our lives. What we eat and drink affects us in either a good or bad way. Choose foods that benefit your body. Healthy foods can keep the body working well while preventing sickness and disease.

DON'T GET FOOLED

Food labels can be confusing. Don't believe all packages that say they are "heart healthy," "low fat," "lite," "all natural," "fat free," "low calorie," or "sugar free." Be sure you can pronounce the ingredients before you eat.

JUST MOVE

Sitting can be as unhealthy as smoking. Moving around gives us energy and makes our muscles and minds strong. Take the stairs, walk farther, or use a standing desk.

MEAL PREP

Batch cook some meat and vegetables to have quick and easy lunch and dinner options throughout the week. Pack healthy snacks such as fruits, protein shakes, and nuts to use for fuel throughout your day to reduce impulse eating unhealthy convenience foods. Create a grocery list so you know exactly what you need to get through a week of healthy eating.

PLATE METHOD

Aim for a balanced plate with some protein, non-starchy vegetables, and a side dish of a nutrient dense carbohydrate like fruit, beans or potatoes. Strive to fill half of your plate at lunch and dinner with non-starchy vegetables like broccoli, cabbage, asparagus, spinach, cauliflower, squash, zucchini, or Brussels sprouts to name a few. A balance of protein, fat, and fiber will best support your blood sugar and promote good appetite control.

Healthy Foods

Healthy eating means embracing foods like vegetables, fruits, proteins, and healthy fats while cutting back on grains, starches, added sugars, and unhealthy oils. This process is about moving your body closer to your original “default” settings and reduce the cravings for unhealthy foods. Individuals learn to appreciate food and food quality and cut back on processed and refined foods. This is not intended to be another rigid, generic diet. Also, please note this list is not all inclusive.

VEGETABLES

Acorn Squash
Artichoke
Arugula
Asparagus
Beets
Bok Choy
Broccolini
Broccoli Rabe
Brussels Sprouts
Butternut Squash
Cassava
Cauliflower
Collard Greens
Napa Cabbage
Carrots
Celery
Cucumber
Eggplant
Green Beans
Kale
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Onions
Parsnips
Peppers
Plantain
Pumpkin
Radish
Snap Peas

Snow Peas
Spaghetti Squash
Spinach
Sprouts
Sweet Potato
Swiss Chard
Tomato
Turnips
Turnip Greens
White Potato
Yellow Squash
Zucchini

LEGUMES

Black Beans
Broad/Fava Beans
Butter Beans
Chickpeas
Field Peas
Green Peas

Note: 1/2 cup portions; soak beans for 24 hours prior to cooking

FLOURS

Almond
Arrowroot
Cassava
Coconut
Plantain
Tapioca

FRUITS

Apples
Apricots
Bananas
Blackberries
Blueberries
Cherries
Figs
Grapefruit
Grapes
Kiwi
Lemons/Limes
Mangos
Melon
Oranges
Nectarines
Papaya
Peaches
Pears
Pineapples
Plums
Raspberries
Strawberries
Tangerines
Watermelon

FAT SOURCES

Almonds/Almond Flour
Avocado
Avocado Oil
Brazil Nuts
Butter/Ghee
Cashews
Coconut Butter
Coconut Flour
Coconut Oil
Egg Yolks
Flax Seeds
Hazelnuts
High Quality Animal Fat
Macadamia Nuts
Macadamia Oil
Natural Nut Butters
Natural Seed Butters
Olives
Olive Oil
Palm Oil
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sesame Oil
Sunflower Seeds
Unsweetened Coconut Flakes

PROTEINS

Beef/Bison, Buffalo
Beef Protein Powder
Collagen Peptides
Eggs/Egg Whites
Egg White Protein Powder
Fish/Seafood/Shellfish
Organ Meats
Other Meats (*Wild Boar, Ostrich, Lamb, Elk, Venison, Goat, Moose*)
Pork
Poultry (*Chicken, Turkey, Duck, Quail, Pheasant*)
Bacon/Sausage/Jerky (*Preservative-free*)

BEVERAGES

Fruit Infused Water
Coffee
Unsweetened Almond Milk
Unsweetened Coconut Milk
Unsweetened Tea
Water (*Plain & Sparkling*)

HERBS/ SPICES

Note: All fresh herbs and spices are encouraged. Read the label on pre-mixed spices and seasonings

Optional Foods

These foods lie in a gray area. Individual goals and tolerances should be assessed before deciding whether to include these foods daily. This list is not all inclusive.

DAIRY

Cottage Cheese
Cream Cheese
Heavy Whipping Cream
Goat Cheese
Greek Yogurt (*unflavored*)
Kefir
Natural Cheeses
Sour Cream
Whey
Whole Milk

GRAIN

Rice
Steel Cut Oats
Quinoa

SWEETENERS

Coconut sugar
Erythritol
Honey (*raw*)
Maple Syrup
Molasses
Stevia (*Green Leaf or Extract*)
Monk Fruit

**Whole fat dairy is preferred*



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