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/](https://www.brgeneral.org/medical-services/wellness/)

**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.

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

### 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
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- Kiwi
- Lemons/Limes
- Mangos
- Melon
- Oranges
- Nectarines
- Papayas
- 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
- 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)

### HERBS/SPICES
- Beets
- Bok Choy
- Broccoli Rabe
- 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

### 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

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

For education and information purposes only. Before starting any nutrition or fitness program, please speak to your primary care physician or a Baton Rouge General healthcare provider.

(225) 819.1175