

# GENERAL NUTRITION GUIDANCE TO SUPPORT YOUR BODY

---



- Choose as many whole foods as possible. This includes: fruits, vegetables, beans, legumes, whole grains (quinoa, rice, oats, whole wheat, for example), free range meat and fish, nuts, and seeds. These are the most nutritive foods that can be used to heal and fuel your body. The less time between harvesting a food and eating it, the more nutrient rich it will be.
- Aim to make half of your plate fruits and vegetables, one fourth whole grains, and one fourth lean protein. All macronutrients (carbohydrate, fat, protein) are essential.
- Drink lots of water. 8 x 8 oz glasses per day is recommended. If water is not your favorite, try adding fresh herbs and/or fruit to your water. Some of my favorite infusions are fresh basil leaves, berries and basil, cucumber slices, mint, or freshly squeezed lemon or lime. If you crave bubbles, you can infuse carbonated water.
- Read the nutrition labels of things you buy in a package or pre-made. Choose foods with less ingredients and foods with ingredients that you know. The likelihood of the ingredients you don't know or can't pronounce being additives, harmful chemicals, and/or preservatives is high. Avoid foods with hydrogenated or partially hydrogenated oils.
- Eat slowly – it takes about 20 minutes or so for your body to signal that you are full. Consuming food too quickly can lead to frequent over eating. Some helpful tips to do this are putting your fork down between bites, completely chewing and swallowing before taking the next bite, take a sip of water every few bites, and be present. Enjoy your food! Take time to notice the texture and taste of what you are eating; if you are with company, put your fork or spoon down and converse every few minutes.
- Aim to eat until you are satiated rather than full. Tune into your body!
- While some foods are more nutrient rich than others, all foods are neutral. When we label foods as “good” or “bad” we often times place that judgement on ourselves. Food is just food. Your body needs adequate food everyday to keep you going.

# HIGH QUALITY MACRONUTRIENTS: protein, carbohydrate, and fat

---



All three macronutrients are essential for your body. Here are some examples of the three groups:

## **Proteins**

Tofu or tempeh  
Hemp seeds  
Quinoa  
Nutritional yeast  
Peanuts  
Legumes  
Lean meat or fish  
Eggs or egg whites

## **Complex carbohydrates**

Legumes  
Whole grains (whole wheat, quinoa, oats, brown rice, etc.)  
Potato (sweet or white)  
Root vegetables

## **Fats**

Avocado  
High quality oils (in moderation)  
Nuts and seeds  
Nut or seed butters

# PORTION SIZE EXAMPLES

---

**It's okay (and encouraged) to consume more than one serving size of any given food.**

Use these ballpark numbers as a reference point when thinking about food portions and serving sizes:

1 serving of legumes =  $\frac{1}{2}$  to  $\frac{3}{4}$  cup

1 serving whole, cooked grains =  $\frac{1}{2}$  - 1 cup

1 serving hummus =  $\frac{1}{4}$  cup

1 serving salad dressing = 3 tablespoons

1 serving oil (as a dressing) = 2 teaspoons

1 serving avocado =  $\frac{1}{2}$  avocado

1 serving tempeh = 3-4 ounces

1 serving tofu =  $\frac{1}{4}$  extra firm block (size of palm)

1 serving nuts =  $\frac{1}{2}$  - 1 ounce (about  $\frac{1}{4}$  cup)

1 serving nut butter = 1-2 tablespoons

1 serving of meat/fish = 2-3 ounces

## QUICK TIPS

---

- Your body is unique. This means that what it needs will also be unique. Working one-on-one with a registered dietician is the best way to learn how to support your body through food. There are several non-diet, body affirming dietitians you can check out in the non-diet food and nutrition section on my resource page under “other health professionals that I follow”.
- Food is just food - no judgements. If you are struggling with your relationship with food, remind yourself of that regularly. You can also keep a journal with you as you eat to write down your emotions, struggles, and experiences.
- By choosing as many foods as possible that are nutrient rich (foods as grown), you are optimally fueling your body and giving it what it needs to heal from the inside out.

Feel free to email us with any food questions at [christa@cocumelliwellnesscollective.com](mailto:christa@cocumelliwellnesscollective.com). We would love to help you problem solve or point you in the right direction.