

Triumph Wellness

Where the difference between Try and Triumph is just a little umph!



Eat This Today

Daily Nutrition Checklist for Feeding Your Fabulousness

by Emily Segal, MA, CHHC

Instructions: Plan your meals and snacks around this list. Whatever you add in above and beyond, such as animal proteins or soy, is up to you and your lifestyle. If this list seems daunting and remotely impossible, start with one thing you feel you can reasonably accomplish. For example, begin by adding in one cup of leafy green vegetables each day. When you are comfortably doing that, increase to 3 cups. Then move on to the next item you need to upgrade. Before you know it, you will be eating a fabulously healthy diet and you will be so full and nourished that those daily cravings for junk will be a thing of the past.

If you don't know what an item is, Google it! If you want more support that's exactly what my [3-month Program](#) is for! I'll even take you on a health food store tour or teach you to cook these things if you want! Just email me at healthcoachemily@gmail.com.

Disclaimer: Everyone is different. What works for one, might be disastrous for another. Always consult a physician or nutrition professional when in doubt. If something makes you feel bad or goes against what you know about yourself, then don't do it. That said, sometimes, when we are upgrading to better nutrition, we can feel a bit sick after eating a healthy new food and become convinced that we need our former junk to make us feel better. Stick with it and allow your body to heal and detox.

One final gas-prevention tip: Go slowly when adding a lot of fiber to the diet to give your body time to adjust. Small portions at the beginning and chew thoroughly! Digestive enzymes can help if you know you have a weak or damaged digestive system.

A huge index of delicious recipes using the following ingredients, can be found on my blog [HERE](#).

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- **Dark Green Leafy Vegetables** - Minimum of 3 cups per day: some raw, some cooked. One Green Smoothie plus one salad would be one way to meet your minimum. Examples are: Lettuces, Spinach, Kale, Swiss Chard (Mangold), Baby Leaves, Arugula (Rocket), Parsley, Cilantro (Cusbara) and Bok Choy, just to name a few. **WHY?** Greens are full of protein and minerals including calcium and vitamin K which help build strong bodies and calm minds. **Exceptions:** Folks with low thyroid should stick to more cooked greens than raw and a lower total daily intake.
- **Fresh Fruit** - Minimum 1-2 cups daily. Eat the Rainbow! Try a new fruit each week until you run out of weeks, then begin again. **WHY?** Fresh fruit is full of fiber and cancer-preventing vitamins. Fruit's sweetness also helps satisfy our sweet tooth without resorting to sugar or harmful artificial sweeteners. **Exceptions:** Eating fruit after other foods often causes gas and bloating. Eat fruit alone if this is a problem. Diabetics and sugar-sensitive people watch your blood sugars and stick to low-glycemic fruits if necessary.
- **Cruciferous Vegetables** - Minimum 1/2 cup daily. Broccoli, Cauliflower, Cabbage, Brussels Sprouts and Kale. **WHY?** These veggies help detoxify the liver and have been shown to contain substances that prevent cancer. **Exceptions:** Low-thyroid people, eat cruciferous veggies less frequently but eat some every week.
- **Other Veggies** – Minimum 1 cup daily. All non-starchy vegetables such as tomato (I know it's a fruit), cucumber, jicama, kohlrabi, carrots, eggplant, onions, peppers, sprouts, garlic and onion... **WHY?** Aside from being high in fiber, which makes you fuller and encourages regular elimination, each different vegetable contains a different health-promoting, disease-preventing quality. **Exceptions:** Some people with arthritis and joint inflammation, have had good results eliminating night shade vegetables such as tomatoes, eggplant, onion and peppers.
- **Essential Fatty Acid Rich Seeds** - minimum 1 Tablespoon daily. Vary between ground flax, chia, pumpkin, and hemp seeds. Other sources are purslane (regilah in Hebrew), algae, or a high-quality fish oil supplement for fish eaters. **WHY?** Heart health, brain health, hormone balance, and emotional stability just to name a few.
- **Healthy Fat Rich Foods** - RAW nuts and seeds, (not commercially roasted!) avocado, coconut or olives are best. The oils of these are the next best, but inferior to the whole food itself. Minimum 1 Tablespoon per day, more if you are a vegan eating no animal fats. **WHY?** Fats are needed by your body and brain, but poor quality fats, like heated oils, are all most of us ever eat. Add these healthy fats in and watch your overall health, plus your skin and hair, improve! **Exceptions:** Measure portion sizes if you are trying to lose weight – a little goes a long way!

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- **Probiotic and prebiotic containing foods** - 1/2 cup kombucha, sauerkraut, or kim chee, or 1 Tbsp miso, yogurt (non-dairy or dairy), Jerusalem artichoke, or a good quality supplement containing 7 billion organisms per day. **WHY?** You can eat the greatest diet in the world, but if you're not digesting it well, you will still experience poor health. Long-term use of birth control pills, antibiotics and chemical exposure are just a few of the ways our gut flora can get out of whack. These foods will bring you back to the healthy germ zone.
- **Sea Vegetables** - 1 tsp or 5-10 grams per day, minimum. **WHY?** This will be new for many of you but give it a try. Sea vegetables are high in iodine and minerals not present in modern foods and sorely needed by our bodies. Heads up low thyroiders - eat your sea veggies! Nori, Wakame, Hijiki, Kombu (Kelp) can be added to salads, soups, and cooked dishes. Kelp powder is great in a post-workout smoothie. Supplements of kelp or spirulina are also possible if you hate the sea veg taste.
- **Water** - 8 glasses a day. Herb tea counts too. The human body needs water to carry out all it's functions, including detoxification and fat release. Drink up!
- **Legumes or Beans** - 1 cup minimum 2-3 times per week. Lentils, peas, garbanzos, aduki, mung, black, red, kidney, pinto, so many beans! Soy beans or edamame are great too. **WHY?** Fiber, fiber, fiber. Cancer prevention. Cholesterol lowering. Filling. Delicious! Vegetarians and vegans -eat legumes or beans DAILY!
- **Non-glutenous grains** - have at least 1 cup 2-3 times per week. Examples are quinoa, millet, oats, amaranth, teff, brown rice, and corn. **WHY?** Grains have lots of health benefits, like essential enzymes, iron, fiber and the B-vitamins. Non-glutenous grains will be better tolerated by most people. Lay off of bread and pasta for a week and eat these instead and see if you don't look and feel a whole lot better! Hint: Quinoa, millet and amaranth are not actually true "grains" but rather seeds. Still good!
- **Root vegetables, squashes, and tubers** - these are great sources of nutrition and comfort if you have eaten everything else on the list and are still hungry. Sweet potatoes, winter squashes and pumpkins, turnips, rutabaga, carrots, daikon radish.... all are especially helpful to people who are struggling with a sweet tooth.

Final Note: Please don't be overwhelmed. Even if your diet is nowhere close to this, just make a start. There is no need to change everything overnight and you have better odds at sticking with it if you take it slowly. As for your family, if they would out-right reject these foods, just make them for yourself and make them delicious. Once they see the changes in you, they will most likely take a taste as well. Be patient. Be kind. No Food Fighting please!

On the next page is the same list in chart form, minus the explanations, for you to hang in your kitchen.



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Start with these items and add in protein, fats and other starches as your nutritional needs and lifestyle dictate:

- Dark Green Leafy Vegetables - Minimum of 3 cups per day
- Fresh Fruit – 1-2 cups daily, minimum
- Cruciferous Vegetables – ½ cup daily, minimum
- Non-starchy Vegetables – 1 additional cup daily, minimum
- EFA Seeds (or Fish Oil) – 1 Tbsp daily, minimum
- Unheated Healthy Fats – 1 Tbsp daily, minimum
- Water -8 cups daily, minimum
- Probiotic and prebiotic containing foods – some daily
- Sea Vegetables - 1 tsp daily, minimum
- Legumes and Beans – 1 cup 2-3 times weekly, minimum
- Non-glutenous Grains – 1 cup 2-3 times weekly, minimum
- Root vegetables, Squashes and Tubers – as desired after everything else

For special circumstances such as low-thyroid and diabetes, please see the previous explanation pages. This list is my personal opinion and does not represent medical advice. Any changes to your diet should always be made with the knowledge and approval of a trained medical professional.