



FOODCURE NUTRITION COUNSELING LLC

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General Tips:

- Listen to your body and pay attention to hunger cues. Stop eating before feeling of fullness/feeling stuffed.
- Do not skip meals - you will be less likely to overeat later in the day.
- Practice mindful eating -- eat slowly and chew every bite well, eat at the table and not in front of the TV/in the car/in the bedroom, pause after a few bites to assess the level of fullness.
- Drink plenty of water. Ask yourself - am I truly hungry or maybe just thirsty? Drink a glass of water as soon as you wake up, and 20 minutes before the meal.
- Plan your meals ahead of time (create a menu for the week, and stick to it). Make a grocery shopping list based on the menu to avoid impulse buys. Do not shop hungry.
- Cook without fat - bake, broil, roast, boil. Use a non-stick skillet.
- Use non-caloric sweeteners in drinks (Stevia)
- Avoid keeping high calorie snacks in the house - remember, out of sight out of mind!
- Use smaller plates, bowls, serving spoons, and glasses.
- Fill at least ½ of your plate with non-starchy vegetables first, then add protein and starch.
- Do not put serving dishes on the table (to avoid getting seconds), and put your plate away as soon as done eating.
- Put a salad dressing on the side, then dip your fork in the dressing before taking a bite of salad.
- Include protein source for breakfast (eggs, turkey sausage, protein shake)
- If you tend to eat to suppress negative emotions (stress, boredom, sadness, loneliness) - try to do something else instead (call a friend, take a walk, listen to music, take a bath).

Foods to Focus On:

- Non-starchy vegetables – greens, peppers, tomatoes, cucumbers, summer squash, broccoli, cauliflower, asparagus, cabbage etc.
- Low glycemic fruit – berries, cherries, grapefruit, apples, plums, pears, tangerine, apricots, peaches.
- Lean meats – chicken/turkey, fish, pork tenderloin, lean cuts of beef.
- Dairy – Greek yogurt, low-fat cheese, cottage cheese
- Eggs (whole eggs are just fine).
- Beans and legumes
- Nuts and seeds (no more than ¼ C portions)
- Water, seltzer water, unsweetened tea, green tea, kombucha.

Foods to Eat in Moderation:

- Whole grain breads and pastas, white and brown rice, gluten-free grains and pastas, popcorn, oatmeal.
- Potatoes, sweet potatoes, winter squash, beets, corn.
- Nut and seed butters.
- High glycemic fruits – bananas (green-ish bananas are ok – avoid overripe ones), watermelon, pineapple, mango, grapes, oranges.

Foods to Avoid:

- Sugar – candy, cakes, chocolate, soda, frappes, ice cream, milkshakes...
- Sweetened breakfast cereals
- White bread and baked goods – bagels, croissants, donuts, cookies...
- Alcohol – try hard seltzer instead of beer/wine.
- Soda, including diet soda.
- Fruit juice (eat a piece of fruit instead).
- High fat meats (bacon, high fat cuts of beef/pork, chicken skin)
- Processed meats (ham, bacon, sausage) – uncured turkey/chicken is ok
- Sweetened coffees, lattes, mixed drinks, sweet tea.

Healthy Low-Calorie Snack Ideas:

- Veggies and hummus
- Greek yogurt and berries
- Apple slices with cinnamon
- Tuna pouch (70 kcals packs) or sardines
- Hard-boiled eggs
- A few slices of deli turkey
- Low fat cheese sticks
- Cottage cheese with cherry tomatoes
- Fruit & vegetable smoothies

Menu Ideas:

- Breakfast:
 - Day 1: scrambled eggs (2) over sautéed spinach, red peppers and mushroom
 - Day 2: ½ C Greek yogurt, ½ C mixed berries (frozen or fresh), ¼ C granola (look for low-sugar options - no more than 5-6 g of sugar per serving)
- Mid-morning snack:
 - Day 1: smoothie - ½ C almond milk or 2% regular milk, ½ banana, ½ C mixed frozen berries, ½ C frozen kale, 2 scoops collagen powder
 - Day 2: boiled egg
- Lunch:
 - Day 1: Tuna over salad - 1C spinach, 1 C Romain lettuce, sliced radishes, a few cherry tomatoes; 3-4 oz tuna; 1 tbsp homemade dressing (apple cider vinegar, olive oil, salt & pepper)
 - Day 2: Turkey burger (frozen options are just fine) between Romain lettuce leaves with red onions and sliced tomatoes
- Mid-afternoon snack:
 - Day 1: ¼ c almonds
 - Day 2: Medium apple
- Dinner:
 - Day 1: 4 oz baked chicken breast (seasoned with olive oil, salt & pepper, Italian seasoning, and garlic powder); sautéed broccoli and carrots (1-1/2 c)
 - Day 2: 4 oz grilled/baked salmon with lemon garlic asparagus and ¼ C cooked basmati rice