



Rania Dempsey MD, LLC
Empowering Whole Health

Take Steps Toward Healthy Eating

1) Eat Mindfully

2) Add in non-starchy vegetables

-Fill half your plate with non-starchy veggies at each meal; Consider Organic for the Dirty Dozen

3) Drink water (instead of soda, juice, or sugared beverages)

4) Make white sugar and white flour “special occasion only” foods
-Expand your grain repertoire to include oats, spelt, brown rice, amaranth, quinoa, barley, buckwheat etc.

5) Choose foods closest to their form found in nature

6) Choose unprocessed or minimally processed meats
-Consider meat a “condiment” to you meal; consider one or more meat-free meals per week

7) Focus on nutrient-rich power foods

8) Add in probiotic foods and beverages

9) Avoid artificial additives in food

10) Avoid GMOs