



CLEAN SWAPS

Making the decision to improve your health often includes changing many areas of your life. One powerful way is to clean out and upgrade the food and ingredients you use.

Use this guide to make simple swaps and start feeling better today!

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OILS:

Oils can be health promoting and provide much needed fats or they can be very damaging and cause systemic inflammation in the body.

ditch: margarine, trans fats, vegetable oil, canola oil, PAM

better: pasture-raised butter

best: olive oil, coconut oil, ghee, avocado oil

DAIRY:

The dairy industry has done a wonderful job of “selling” the idea of dairy as a health food. It’s high in protein, yes, and lots of animal fat that is intended to grow a baby calf into a one-ton cow. Lactose intolerance can appear in the form of frequent colds, break-outs/acne, eczema, excess mucus and congestion, constipation, skin rashes.

ditch: milk, cheese, yogurt, ice cream

better: kefir, goat cheese

best: coconut milk, almond milk, etc.

WHEAT/GRAINS:

Wheat is everywhere and in everything in the Standard American Diet (SAD). Because of that, and the high amount of glyphosate sprayed on wheat, many people have developed sensitivities and allergies which can manifest in the form of bloating, breakouts/acne, skin rashes, weight gain and sluggishness.

ditch: white, refined bread, white rice, pasta, rolls

better: whole wheat, barley, brown rice, black rice, wild rice

best: quinoa, sprouted grains, Ezekiel, steel cut oats

SUGAR:

Never before have we consumed so much sugar! On average, 190 lbs per person, per year! It's a common additive to most processed and fast food and is highly addictive. Common connections to sugar consumption is chronic headaches, fatigue, weight gain, overeating and depression.

ditch: refined sugar, bakery items, sweetened drinks, soda

better: honey, maple syrup, coconut sugar

best: stevia, fresh fruit, dates

CAFFEINE:

Like sugar, caffeine artificially stimulates the body's nervous system, putting it in 'fight or flight'. This can lead to adrenal burnout which will present through insomnia, anxiety, and headaches.

ditch: soda, coffee, cheap coffee, energy drinks

better: black tea, grain coffees, organic coffee

best: herbal tea, water, green tea

SOY:

Soy is in many, many processed foods because it's a subsidized crop, and over 90% of soybeans are genetically modified. Studies show GMO soy consumption can effect liver function. Phytic acid found in soy can block absorption of calcium, magnesium, iron, and zinc.

ditch: soy milk, soy yogurt, faux meats

better: Organic tofu/tempeh, organic edamame

best: nut milks, coconut milk / yogurt



VEGETABLE SWAPS:

There are great and not so great vegetable options and many people are confused as to what is considered a vegetable.

ditch: canned vegetables, corn, white potato

better: frozen vegetables, farmer's markets, sweet potato

best: organic, leafy greens, cruciferous veggies

FRUIT SWAPS:

Fruit is possibly more confusing than veggies because while they're good for vitamins and minerals, fruit sugar without the fiber spikes our blood sugar as high as soda.

ditch: canned fruit, fruit juices, dried fruit with sulfites

better: smoothies, banana, watermelon, dried fruit

best: berries, pear, goji berries, golden berries

NUTS / SEEDS:

Nuts and seeds are superfoods, full of protein, fat, and fiber. The health oils need to be protected, so **store them refrigerated in a glass container**. Instead of roasted and salted, stick to raw and organic.

ditch: Plantar's, peanuts, peanut butter, nut butters with sugar

better: nut butters in glass, raw trail mix, cashews

best: raw, organic, seeds, walnuts



MEATS / EGGS:

If you consume a lot of meat and animal products it's good to remember that you're eating what your animal ate. Conventional farming today includes feeding animals GMO feed, foods the animal is not meant to eat along with antibiotics.

ditch: lunch meats, hot dogs, factory farmed

better: organic fed, farmer's market, grass fed/corn finished

best: grass-fed, local farmer, pasture-raised



WATER:

Pure water has life-giving energy and but most of what we consume and cook or bathe in is dead and diseased with cleansers, lawn-care toxins, medications, plastics and more. Improve your health by investing in a quality home purification system.

ditch: Tap, low-grade plastic bottled, Britta

better: Home-use filters - Berkey, AquaTru, Aquasana

best: Store-filled multi-filtered, fresh spring, structured, gel water

Hi, I'm Sue Williams, a holistic nutrition coach and I help people transform their health and how they feel using whole food nutrition and tools that nature has gifted us with.

My twelve week nutrition coaching program guides you through all the core pillars of health, addressing each area that needs attention, needs upgrading, needs detoxing - so that you can feel better than ever .

Let's connect to discuss if nutrition coaching is the next best thing for your health. Use this QR code to schedule your free consultation call.

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