

A photograph of three women with blonde, dark, and light brown hair looking down at a document or menu together. The image is faded and serves as a background for the title.

How to Make Better Choices

Basic Dietary Guidelines for a Better Life

The choices we make on a daily basis not only determine our outcomes but help guide the direction of our lives. We have the opportunity to make choices every day. The question is do we make them consciously or unconsciously? If we choose to make them consciously we have the ability to change our lives. The path to wellness involves making choices in the way we **move**, **eat** and **think**.



How to Make Better Choices - *Basic Dietary Guidelines for a Better Life*

You have heard it before but maybe don't quite understand it. **You are what you eat!** The macro and micro nutrients of the foods we consume determine the composition of our cells. Your blood, hormones, muscles, organs, ligaments, bones, even your brain is composed of the nutrients we absorb from the foods we eat. If you want to be a real person you have to eat real food. The reality is most people are garbage cans with hairy lids. They consume all types of man-made, synthetic food-like substances and wonder why they can't function at their highest levels.

Your body uses the foods that you consume to replace billions of cells on a daily basis. Research has shown that eating well is an important part of reducing your risk for chronic lifestyle diseases and improving your genetic expression. With the vast amount of information available, people are often confused about where to begin and how to continue in making proper food choices. Life shouldn't be about counting calories or searching for the next diet fad to hit the market. This step of the process helps bring clarity to the confusion. We share with you how to make better choices with the foods you consume to enhance your overall health.

If you're not satisfied with your current reality then you have to make some different choices!



Following are two food lists to help you make better choices. This info was taken from our [Purification Programs](#), and provides the basic guidelines to improving the choices you make regarding the foods you eat.

In the fruit section, we are referring to a whole meal replacement shake like SP Complete which again is part of our [Purification Programs](#). We have listed two options; **Phase II** is a great place to begin and **Phase I** is for the overachiever...the choice is yours.

Remember, it's not about perfection it's about progression!



Body Workz Wellness

304-292-6465

www.bodyworkzwellness.com



Dietary Guidelines



VEGETABLES

3% or less carbs

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower
Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kale
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

MISCELLANEOUS

In Limited Amounts

Butter
Dressing - Oil / Cider
Vinegar only
Nuts, RAW (except Peanuts)
Oils - Butter, Coconut oil,
Olive, Sesame Seed Oil,
Macadamia Nut Oil, (no
Canola oil) preferably
cold-pressed

VEGETABLES

6% or less carbs

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra
Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

VEGETABLES

7-9% or less carbs

Acorn Squash
Artichokes
Avocado
Beets
Brussels Sprouts
Butternut
Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter Squashes

BEVERAGES

Bouillon - Beef, Chicken
(no MSG)
Herbal (Non-caffeine) Teas,
Green Tea is an excellent
choice. (Don't worry about
the small amount of caffeine in
green tea unless you find you
cannot tolerate it.)
Filtered or Spring Water

FRUIT

Only to be used in shakes

Apples
Berries
Cherries
Grapes
Papaya
Peaches
Pears
Plums

MEAT & PROTEIN

*You can enjoy meat within
these guidelines:*

- Portion size is the size
and thickness of your palm.
- 2-3 servings per day
- Eat twice this portion
of vegetables or more.

Fowl (chicken, turkey etc.)
Red meat (grass fed if at all
possible-If you are not able
to get free range organic
meats, choose leaner
options)
Cold water fish
Eggs (organic and free
range if possible)

Note to the patient:

During the 10-Day program
(and beyond if your objective
is to lose weight) follow the
Phase 1 plan. Once you have
completed the 10 days, if you
are just trying to improve your
overall eating, transition to
the Phase 2 plan.



Dietary Guidelines



VEGETABLES

3% or less carbs

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower
Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kale
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

VEGETABLES

6% or less carbs

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra
Olives
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Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

VEGETABLES

7-9% or less carbs

Acorn Squash
Artichokes
Avocado
Beets
Brussels Sprouts
Butternut
Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter Squashes

VEGETABLES

12 - 21% carbs

(On Limited Basis Only 2-3 X/ wk)

Celery
Chickpeas
Grains, Sprouted
Horseradish
Jerusalem Artichokes
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Potatoes
Seeds, Sprouted
Soybeans
Sunflower Seeds

BEVERAGES

Bouillon - Beef, Chicken

(No MSG)

Herbal (Non-caffeine) Teas,
Green Tea is an excellent
choice.

Filtered or Spring Water
Red Wine only

(Max 1 glass per day)

GRAINS

Low glycemic grains (2-3 times
per week max)

Quinoa
Sprouted Grains
Wild Rice

Avoid higher glycemic grains:

Amaranth, Barley, Brown or White
Rice, Millet, Wheat

FRUIT

Limited quantity on limited basis
(shakes or snacks)

Apples
Berries
Cherries
Grapes
Papaya
Peaches
Pears
Plums

MEAT & PROTEIN

You can enjoy meat within these
guidelines:

- Portion size is the size and thickness of your palm.
- 2-3 servings per day
- Eat twice this portion of vegetables or more.

Fowl (chicken, turkey etc.)
Red meat (grass fed if at all possible-If you are not able to get free range organic meats, choose leaner options)
Cold water fish
Eggs (organic and free range if possible)

MISCELLANEOUS

(In Limited Amounts)

Butter
Cottage Cheese
Dressing: Oil/Cider Vinegar
Kefir (liquid yogurt)
Milk, raw if at all possible
(Watch for food allergy to dairy!)

Nuts, raw (no peanuts)

Oils, preferably cold-pressed:
Butter, Coconut oil, Olive (no Canola), Macadamia Nut Oil

Note to the patient:

This food plan is designed to help balance your body chemistry and aid the body in returning to its normal function. Your practitioner may modify this plan to best suit your needs and objectives.



Dr. Bennett has worked diligently to forge a relationship with Standard Process to provide state-of-the-art Whole Food Nutrition to his clients and is a co-developer of the 10-Day Programs. As no stranger to wellness care and with his extensive experience in clinical nutrition; he has developed an extremely successful chiropractic wellness model. Dr. Bennett is committed to developing empowering relationships with other health providers to educate them on building successful wellness offices to better serve their patients.

Not sure what program is right for you? Have questions about this program or more of what we offer, Contact [Body Workz Wellness](http://BodyWorkzWellness.com) for more information.

Are you ready to start on a path to wellness?

At Body Workz Wellness, the path to wellness involves making choices in the way we **move**, **eat** and **think**.

Move Well

Eat Well

Think Well



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