

SESSION 3

EAT TO LIVE

“The fork is mightier than the sword.” –Jadie Campbell

Green Light Foods

Green light foods are unprocessed or minimally processed, whole plant foods. They are bursting with nutrients that heal the body in more ways than we can count.

Green Light Foods include:

- ★ Vegetables
- ★ Legumes (beans, peas, and lentils)
- ★ Fresh fruits
- ★ Unrefined whole grains
- ★ Whole food fats (nuts, seeds, olives, avocado, coconut)



Test Your Knowledge

- 1 _____ is a nutrition superstar found in plant foods, but not in animal products. It's the roughage part of the plant that can't be digested or absorbed.
- 2 Which of the following tasks does fiber help accomplish?
 - a prevents constipation
 - b lowers blood sugars and fights insulin resistance
 - c helps with weight loss
 - d helps prevent heart disease
 - e fights against cancer
 - f all of the above
- 3 Although women need _____ grams of fiber each day and men need _____, the average American only eats _____ grams per day.



“

*Don't eat less. Eat **healthy**.*

”

A low fiber intake increases the risk for diabetes, obesity, heart disease, cancer, and many other diseases. But the good news is that you can get plenty of fiber by eating green light foods!



4 Which of the following foods help fight insulin resistance and lower blood sugars?

- a non-starchy veggies
- b beans
- c avocados
- d all of the above

5 It's impossible to get enough protein on a plant-based diet.

- a true
- b false

 **Reflect**

In what ways can green light foods help you feel more alive?

Telicia's Story

 **Reflect**

Telicia suffered for years because her own thoughts were holding her back. Now she realizes those thoughts weren't true. What thoughts have held you back? How can you replace them with healthy thoughts?



Yellow Light Foods

Yellow means slow, and that's the best way to approach yellow light foods. These foods aren't nearly as nutritious as green light foods. Only a small percentage of your calories should come from these foods. In fact, we recommend avoiding some yellow light foods altogether, especially animal products.

Yellow light foods include:

- ★ Processed whole grains (whole-wheat or whole-grain grain bread, pasta, crackers, or cereal)
- ★ Processed fruits and veggies
- ★ Meat substitutes
- ★ Virgin oils
- ★ Organic, low-fat dairy products
- ★ Cold water fish
- ★ White meats



*No one is more influential in your life than **you** are because no one talks to you more than you do.*

—PAUL DAVID TRIPP





*The doctor of the future will no longer treat the human frame with [only] drugs, but rather will cure and **prevent** disease with **nutrition**.*

–**THOMAS EDISON**



 **Test Your Knowledge**

- 1 Whole wheat bread is a green light food.
a true
b false
- 2 Whole wheat bread is a better choice than white bread
a true
b false
- 3 Low fat dairy products are associated with an increased risk in _____.
- 4 Which of the following is a yellow light food?
a apples
b apple pie
c applesauce
d Applejacks

 **Reflect**

Does the concept of "food as medicine" change the way you want to grocery shop? If so, how will you shop the next time you need to buy groceries?

Red Light Foods

Red light foods are high in calories, but low in nutrition. They raise blood sugars, promote inflammation, raise cholesterol and triglycerides, promote weight gain, and significantly increase the risk of many different diseases. Ideally, red light foods should be completely avoided, but if you do choose to eat them, make sure it's on a very limited basis.

Red Light Foods include:

- ★ Refined grains
- ★ Refined sugars
- ★ Regular oils
- ★ Fried foods
- ★ Cheese and full fat dairy
- ★ Red meat
- ★ Processed meat

The average American gets about 70% of their total calories from refined grains. Switching to green light grains is a huge step to reclaim your health.

“

*A little more persistence, a little more effort, and what seemed hopeless failure may turn to **glorious success**.*

—ELBERT HUBBARD

”

Test Your Knowledge

1 When a grain is refined, it loses _____% of its vitamins and minerals, _____% of its fiber, and _____% of its phytochemicals.

2 Refined grains cause low grade _____ in the body.

They are broken down to sugar, so once absorbed, their impact is similar. Refined grains are linked to increased abdominal fat, atherosclerosis, diabetes, and early mortality.



3 How much sugar do most American's consume daily?

- a 5 teaspoons
- b 15 teaspoons
- c 25 teaspoons
- d 30 teaspoons

4 This sugar consumption totals _____ calories, which is 25% of the calories most people need in a day.

5 Oils are full of _____ but very low in nutrients.

6 High fat dairy products increase the risk of heart disease, diabetes, and many other illnesses.

- a true
- b false

7 Increasing red meat consumption by just half a serving per day, increases diabetes risk by _____% in the following four years.

8 Processed meat can lead to diabetes, cancer, and premature death.

- a true
- b false



 **Reflect**

Red light! Green light! Identify a favorite red light food that you can replace with a green light food. Get creative! It's actually much more feasible than you'd think. For example: replace French fries with baked sweet potato wedges. Or switch your meat-based meals with legume-based meals.



Your Kitchen Makeover

Test Your Knowledge

1 There are no good foods or bad foods:

- a true
- b false

2 List the 3 steps to your kitchen makeover:

STEP 1 Take out the _____! Say goodbye to refined carbs and sweets, unhealthy processed and packaged foods, red light meats, full fat dairy and eggs, oily foods, foods high in salt and sugar, and red light beverages.

STEP 2 Stock up on _____ groceries.

- ★ Fresh and frozen vegetables
- ★ Dry or canned beans, hummus, tofu, and milk substitutes
- ★ Intact whole grains such as quinoa, brown, black, or wild rice, barley, and oat groats.
- ★ Starchy vegetables such as potatoes, yams, winter squash and corn.
- ★ Whole fresh fruits such as apples, pears, bananas, oranges, mango, peaches, plums, melons, berries, etc.



Change your can'ts into cans and your dreams into plans.



- ★ Whole food fats such as avocados, nuts, seeds, coconut, olives, and non-hydrogenated nut butters.
- ★ Good choices for yellow light groceries include heavy, whole grain breads, pastas, and crackers, pasta sauce, oatmeal, and healthy meat substitutes.

STEP 3 Connect with _____ resources. Once your kitchen is stocked with healthy foods, you'll need to know how to prepare them. Healthy eating doesn't have to take a lot of preparation. The important thing is to find new food habits that work for you.

Check out the cooking videos and recipes at www.lifeandhealth.org.

At brendadavisrd.com, you'll find healthy recipes and info on Brenda's books. More helpful resources on **page 167**.

 **Reflect**

Visit the websites mentioned and list a few healthy recipes you'd like to try:

- 1 _____
- 2 _____
- 3 _____

8 STEPS TO TRANSFORM YOUR HEALTH

STEP 3 Eat to Live

You learned how specific foods could make or break your health journey. Set a goal to make food your medicine by writing down the food you eat, or by intentionally increasing your “green light food” intake!.

Your Goal:



STEP 1
Change Your Paradigm
Give your mindset a positive shift—your inner voice can make or break you.

STEP 2
Treat the Cause
Take time each day to discover the power of after-meal exercise.

STEP 3
Eat to Live
Make food your medicine by filling your meals with green light foods.

STEP 4
Transform Your Genes
Improve your mood, memory, and weight with deep sleep.

STEP 5
Build Your Team
Find a health buddy—someone to hold accountable and vice versa.

STEP 6
Choose the Best
Get out there—give your genes the Vitamin D advantage.

STEP 7
Dream Big
Reach for your dreams, and involve others to achieve your goals together.

STEP 8
Feed Your Soul
Let go of the things that hold you back, like bitterness, and negative thoughts.