

Dr. LaBoube's Tips for a Healthy Diet

- ➔ Eliminate all white carbs except for raw potatoes and rice. Only 20% of your diet should come from carbs... and at least half of that should come from fruit. So don't waste them on sugary drinks or snacks. The remainder of your diet should be 40% protein and 40% fats with a 1:1 ratio of Omega 3's to Omega 6's. One to two pasta meals a week is fine, but use whole grain organic pasta and make your own sauce.
- ➔ Eliminate all vegetable oils. Switch to extra virgin olive oil.
- ➔ Double and triple up on vegetables. Not only are they good for you, but they also fill you up. I suggest buying a vegetable steamer – it's the best way to prepare them. I have a steamer that doubles as a rice cooker and I use it for every meal.
- ➔ Exchange 3-5 meat meals per week for fish meals- more tuna for lunch and salmon for dinner. If you have ham/bacon for breakfast, have tuna for lunch.
- ➔ Keep plenty of healthy snack foods around the house...almonds, edamame, avocado, fruit, raw veggies, sunflower seeds, celery with omega 3 peanut butter.
- ➔ Make your own salad dressing with olive oil and balsamic vinegar. Add spinach to salad - there is more calcium in a cup of spinach than a cup of milk. If you add cheese, also sprinkle in some flaxseed meal... remember your 1:1 ratio of omega 3's to 6's.
- ➔ Buy organic eggs and butter. Buy all organic if possible, but specifically eggs and butter.
- ➔ Make your own tomato sauces and stay away from white cream or butter-based sauces. Use plenty of olive oil. It helps absorption of Lycopene from the skins of the tomatoes. Canned tomatoes work fine.
- ➔ Buy flaxseed meal and put it in everything you eat...cereals, sauces, salad, everything. It has no taste and it's full of anti-oxidants and Omega 3's.
- ➔ Ease up on the alcohol! Even if you're drinking low cal/carb drinks like bourbon, your liver has to spend its time oxidizing alcohol rather than oxidizing fats, which then get distributed locally - i.e. fatty liver and systemically i.e. flabby arms and legs.
- ➔ Drink more water. Do you find yourself getting sleepy throughout the day? It's because you need to hydrate.

*I'm not into counting calories and carbs, but I am into portion control. Eat five smaller meals per day and have plenty of healthy snack foods available.

**A majority of the foods at the grocery store are designed and created for shelf life, not your health. That's why it's important to shop the perimeters and buy organic.

***A diet is NOT temporary... it is a way of life. Get the idea out of your head that you're going on a diet for a couple of months. You need to make these changes permanently. The most difficult thing about this is not the food... it's the time. MAKE THE TIME!! Setting the alarm clock 15 minutes earlier to make a healthy breakfast and lunch could quite possibly prevent disease or pathology 10 years down the road. Cooking a nice meal after work can be quite cathartic. Give it a try.