



Profound Wellness of Vail
Christine Pierangeli, CMNT
Certified Master Nutrition Therapist
Christine@profoundwellness.fit
www.profoundwellness.fit

Foundations of Nutrition

Eat Whole, Nutrient-Dense, Real Food. Shop the perimeter of the grocery store and avoid pre-packaged/processed foods. Go for fresh!

Limit Sugar and Refined Carbohydrates. Eliminate Artificial Sweeteners Avoid added sugar and limit refined carbohydrates as much as possible. Focus on whole fruits and vegetables as your main source of carbohydrates. Aspartame is linked to a number of health conditions and should be avoided.

Eat Healthy Fats/Avoid Trans-Fats. Ditch the hydrogenated oils and conventionally-raised meats. Eat avocados, nuts/seeds, extra virgin olive oil, coconut oil and grass-fed, organic meat.

Eat a High-Quality Protein and a Healthy Fat With Every Meal and Snack. Keeping blood sugar in balance is the key to sustained energy and feelings of well-being. Adding a little protein and a healthy fat to every meal and snack is key in keeping blood sugar stable. Think veggies and hummus/guacamole or apples and almond butter for snacks. Salmon and veggies or eggs scrambled with mixed vegetables for meals are great options.

Digest and Rest. Our bodies need time for processes other than digestion. If we maintain a short “fasting” window from after dinner until breakfast (“break the fast”), it gives our body time to build our immunity, work on brain health, repair our cells and much more! Try to give yourself at least 12 hours between dinner and breakfast most days of the week.

Eat Intuitively and Mindfully. Really listening to our bodies is so important. Be sure to eat WHEN YOU ARE HUNGRY! If balancing blood sugar is challenging for you, it may be best to eat every 3-4 hours. If you find you feel great eating only 2 meals a day great, just be sure to avoid imbalanced blood sugar. Eating fewer meals is easier when we are eating more healthy fats and reducing or eliminating refined carbohydrates. Take time to sit down and eat mindfully. Enjoying your meals with family and friends will help you feel truly nourished by your food and achieve your health goals!

Eat a Rainbow of Fruits and Vegetables With Each Meal. Loaded with antioxidants to fight free-radical damage and fiber for sustained energy and heart health these should be the cornerstone of your healthy regime!

Drink At Least Eight 8 Ounce Glasses of Filtered Water Each Day. Clean water keeps you properly hydrated and supports detoxification. Add lemon for extra flavor and detox benefits.

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Buy Organic. Eliminate pesticides, antibiotics, hormones and herbicides in your food. Organic also tastes better and provides more phytonutrients to support good health. Check www.ewg.org for lists of The Dirty Dozen (fruits and veg to only buy organic) and The Clean Fifteen (fruits and veggies that you can be more lenient in buying organic).

Eat Probiotic Foods. A healthy gut microbiome is the key to good digestive health, which modulates immunity and helps fight disease. Eat Kim chi, miso, sauerkraut, Kombucha tea and/or take a good probiotic supplement daily.

Drink Caffeine and Alcohol in Moderation. The highs and lows of drinking too much coffee and alcohol are deleterious to hormonal balance and optimal health. 1-2 cups of coffee/day and 2-4 drinks a week can be part of a healthful and balanced plan.