

## Proven Strategies for Better Eating Habits



**W**hen you eat good food, you feel good. The opposite is true, also. Today we'll present dietary strategies for a good mood, good health and a more enjoyable life.

### Limit Sugar Intake

Sugar and refined carbohydrates are catastrophic for your mood and deleterious to your immune system. We as humans are not wired for the sugar load of our modern diets.

In 1800, we consumed about five pounds of sugar per year. Now we consume 150 pounds per year, a 300% increase. This produces stress on our bodies and mind. Gradually, begin limiting sugared food and drink while you find your perfect substitute. Just be on the path to limit your sugar. Next to sleep, this is the most important habit change you can make.

- Essentially all natural real (not processed) foods are okay. Even fruits.
- All processed foods have labels which list the sugar content. Read these and leave the sugary items on the grocery shelf. Avoid high fructose corn syrup, sucrose, syrup, etc.

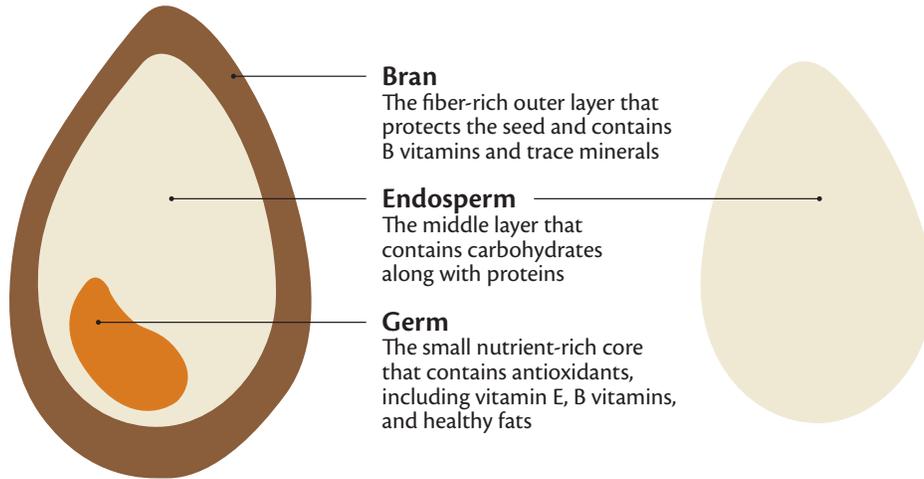
- Soft drinks, energy drinks, and fruit juices contain large amounts of simple sugars. Avoid these. Go with water, flavored sparkling water, club soda and the like. Add a lime or lemon. Leave the sugary drinks on the grocery shelf. Your brain will thank you.
- Limit deserts, cookies, and sugary treats to one night a week at most. A reward on Saturday for a week off sugars is okay. And encouraged.
- Artificial sweeteners are a no-no. They negatively alter your gut bacteria which affects your digestion, your immune system, and your mood. Use them only as a "stepping-stone" if you must, but wean yourself from them over the next two weeks.

### Limit Refined Carbohydrates

These are more easily converted to sugars than real food and have the same effect as sugar. So, be mindful of what you eat and **limit the following**:

- Breads, crusts, and most baked goods.
- Pastas, pizza crust, pastries, snacks, and breakfast cereals.
- White rice and refined grains.

# Whole Grain vs. “White” Grain



## Replace Sugars and Refined Carbs

Substitute with complex carbs, healthy fats and some protein to keep your blood sugar stable and prevent mood swings. Here's what happens when you **limit sugars and refined carbohydrates**:

- You will feel full sooner. This prevents you from overindulging as is common with sugars and simple carbs.
- You'll prevent spikes in blood sugar followed by a “sugar crash,” and avoid mental confusion and panic fueled by sugar.
- You'll have better-looking skin.
- You'll create beneficial “gut buddies” in your gut biome that produce feel-good neurotransmitters and boost your immune system. See this short video on the subject: <https://www.youtube.com/watch?v=a8i7suRwjyA>
- All your systems will become healthier, and you'll feel it. You will literally feel better than before.

## Avoid Fast Foods

These are highly processed and contain simple carbs. It's often hard to wash them down without a sugary drink, also. **Just don't go into a fast food outlet!**

## “Early Protein”

This will prevent the awful swings in your blood glucose that causes the awful swings in your mood. High carb convenient options (muffins, most cereals, and grab and go) save time initially but create chaos and stress later as your blood sugar bounces. A couple of eggs with microwaved leftover veggies

+ a small piece of meat from last night (remember “planned overs”) will take less than 5 minutes. **Simple. Time-Efficient. Effective.**

## The Bottom Line

Good Food = Good Mood



### JOY'S PEARL

Simple-to-remember advice:  
“Eat real food, mostly vegetables.”  
And, “Don't eat anything your (great) grandmother would not recognize.”

## Today's #1 Task •••••

Follow the recommendations in this lesson.

## Today's #2 Task •••••

Go with “Early Protein” to limit those sugar crashes and prevent that ugly frenetic feeling. Here's how at [Early Protein](#).

## Today's #3 Task •••••

Celebrate your successes by having a dessert on Saturday. And, find a way to laugh with someone.