

## **Roberta Mittman's Healthy Eating Guidelines**

Below are suggestions from my current research based on the history, challenges, and success of hundreds of patients from the Park Avenue Center for Wellbeing and clients across the country. There is no "one size fits all" when it comes to health—and especially food, eating, and tastes—so please use your best judgment or ask me for clarification as questions pertaining to you arise at [support@robertamittman.com](mailto:support@robertamittman.com) or call 212 686 0939. In a perfect world, these recommendations should be personalized just for you, your life, and your preferences.

The cornerstone of this plan is to include the following category of foods: proteins, vegetables, whole grains, dairy, healthy fats, and treats as noted.

Foods choices should contain a maximum of 5 grams of sugar per serving and a minimum of 2 grams of fiber. Nutrition label reading is a must. Organic is preferred. Know your portions. Add spices to taste.

While there is no food that is totally eliminated, reserve less-healthy, higher-calorie treats for special occasions and always exercise moderation and you will find that this plan is easily sustainable to keep for life.

### **recommendations for success:**

- ✓ Keep a food journal
- ✓ Plan meals out for the week
- ✓ Cook as often as possible
- ✓ Look at menus before going out and create a plan of attack
- ✓ When eating out choose ONE: wine, pasta, bread or dessert
- ✓ Exercise - interval Training is Best
- ✓ Stay Hydrated

### **guidelines for eating:**

- ✓ eat from small plates, i.e. salad plates
- ✓ chew food and eat slowly
- ✓ pause ½ through meal and self-check for fullness
- ✓ sit down when eating
- ✓ check in to be sure you are really hungry
- ✓ don't wait more than 4 hours between meals
- ✓ keep snacks light and not an extra meal

### **please minimize:**

- Sugar, sweeteners, flavored drinks, desserts
- wheat products including bread, pasta, baked goods
- alcohol
- sauces and salad dressings other than oil and vinegar and spices
- diet products, fat-free products
- processed foods with additives and chemicals
- large ocean fish such as swordfish
- dried fruits such as raisins, dried cranberries
- fruit limit 1-2 servings day
- whole grains limited to 1-2 servings/day
- potatoes, sweet potato preferred

Suggestions –mix and match as desired...

### **Breakfast**

- Eggs (any style)
- cottage cheese
- plain Greek Yogurt
- walnuts
- berries
- protein shake
- chia seeds
- green drinks
- turkey sausage
- veggies, including avocado
- 100% whole grain bread or ½ whole grain English muffin or Wasa cracker with nut butter, small portion cheese, butter, or cream cheese,
- cereal within guidelines above

### **Lunch**

- sliced turkey and cheese wrapped in whole wheat tortilla or lettuce leaf
- salad with protein and veggies, avocado
- leftover protein and veggies from dinner
- ½ sandwich or wrap of protein and veggies with minimal bread (keep other ½ for later)
- burger ½ bun or none
- fish, poultry, or beef w/ steamed veggies
- protein shake

### **Dinner**

- beef (pref. grass fed) grilled, roasted, or stir fried, with salad or veggies
- chicken or turkey roasted, baked, or sautéed with salad or veggies
- fish or shellfish (preferably not swordfish) with salad or veggies
- 1 cup whole grain (quinoa has the most protein) with salad or veggies

### **Snacks**

- hard- boiled egg
- small handful nuts
- protein shake if not for breakfast/lunch
- small fruit
- string cheese
- celery and veggies with hummus
- ½ apple with nut butter
- small cottage cheese with nuts and/or berries
- small Greek yogurt with nuts and/or berries
- 1-2 squares chocolate (dark)
- small fruit, preferably berries, if not eaten during day