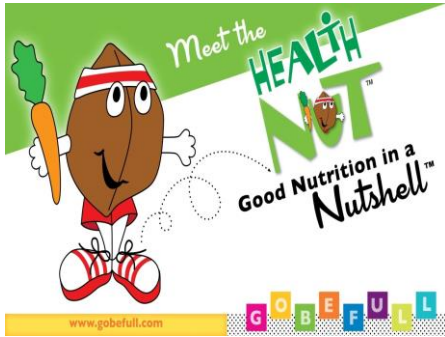




Healthy Eats Breakfast Bar

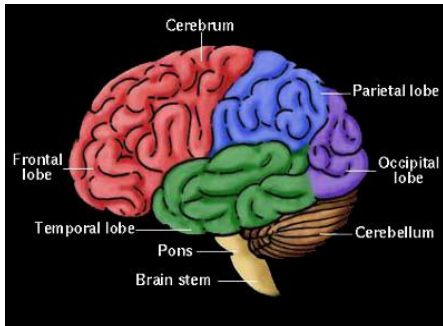
June 24, 2014
Judy Caplan, MS, RDN
Gobefull.com





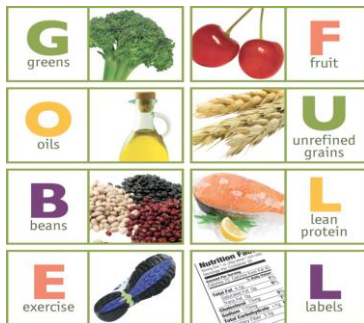
Is Food Powerful Enough to Prevent Disease?





What is the Healthiest Way to Eat?

- Atkins
- Carb Free
- Cleanses
- Flexitarian
- Intermittent Fasting
- Juicing
- Low Fat
- Paleo
- See Food Diet
- South Beach
- Vegan
- Vegetarian





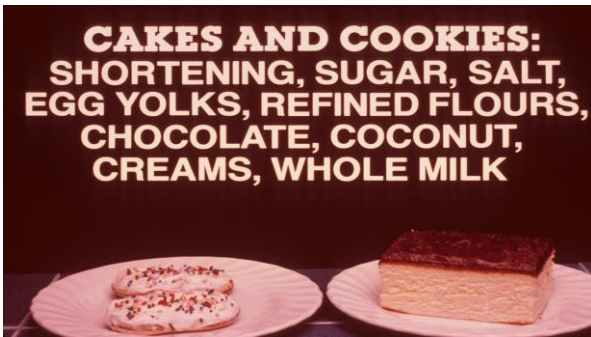


Can an Oil Change
Help Your Brain?









**5 Grams of Fat
= One Serving
Need 50-80 Grams
Per Day**

OLIVE OIL & OTHER
HEALTHY FATS

Servings a Day **5**

One serving is:

- 6 almonds
- 2 tbsp. avocado
- 1 tsp. canola oil
- 6 cashews
- 8 black olives
- 1 tbsp. sunflower seeds
- 1/2 tbsp. natural peanut butter
- 10 peanuts

GO BE FULL

Omega 6 Fatty Acids = Inflammatory Fats



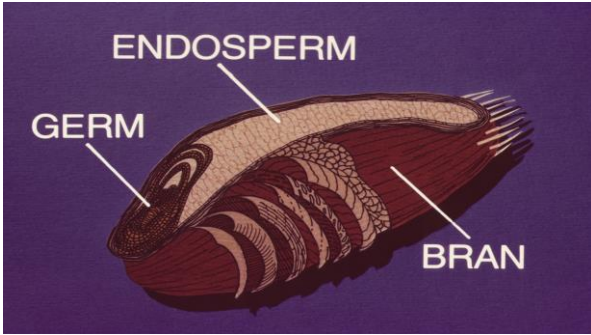
**Corn Oil
Safflower Oil
Soybean Oil
Sunflower Oil**

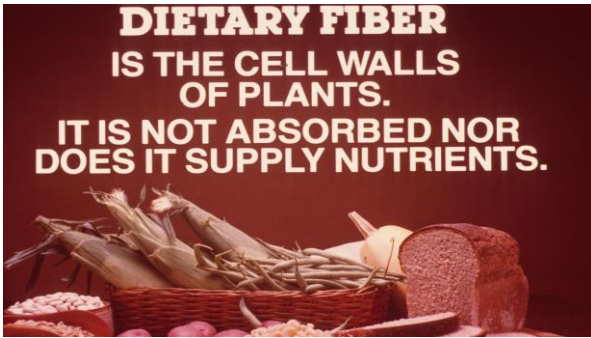


What About Carbs?









UNREFINED GRAINS
 & OTHER CARBS **Servings a Day**

One serving is:

- 1 slice whole-grain bread
- 1/4 bagel
- 1/3 cup brown rice
- 3 gingersnaps
- 3 chocolate kisses
- 1/3 cup whole-wheat pasta
- 1/2 cup oatmeal
- 1/2 cup corn

GO BE FU LL

**EVERYTHING THAT GROWS
CONTAINS A CERTAIN
AMOUNT OF PROTEIN, BUT
THERE ARE DIFFERENT
KINDS OF PROTEIN**



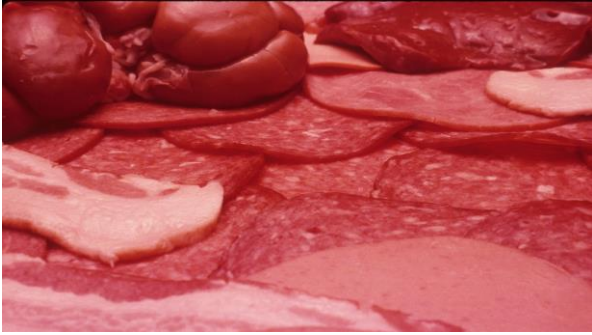
i **BEANS**
Serving a Day

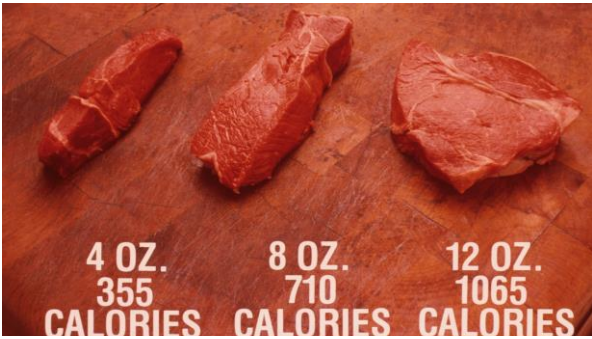
One serving is ½ cup cooked:

- adzuki
- black
- garbanzo
- kidney
- lentils
- pinto
- soybeans
- split peas

GO BEFULL







4 Servings a Day

FRUIT

One serving is:

- 1 small apple
- 12 cherries
- 1 kiwi
- 3/4 cup blueberries
- 2 tbsp. raisins
- 1 small orange
- 1 pear
- 17 grapes

GO BE FULL



EXERCISE

Serving a Day

One serving is 60 minutes:

- biking
- hiking
- pilates
- running
- soccer
- walking
- weight training
- yoga

Don't forget to wear
sunscreen & helmets

GO BE FULL



