

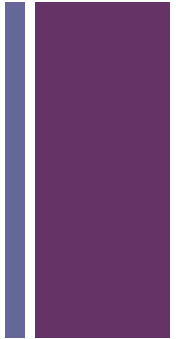


HEALTHY EATING

USING FOOD AS MEDICINE TO OPTIMIZE
YOUR HEALTH

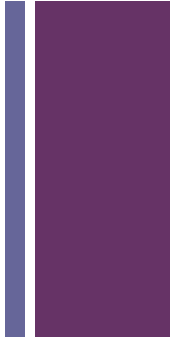


Sharon Fast B.Sc. R.D.
Registered Dietitian





THE KEYS TO HEALTHY EATING



- FOOD QUALITY
- MEAL COMPOSITION
- MEAL TIMING
- NUTRIENTS OF FOCUS

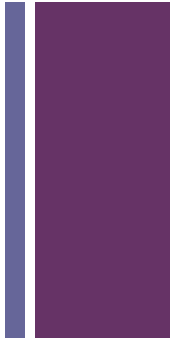
+ FOOD QUALITY

■ WHOLE FOOD FOCUS





WHOLE FOODS



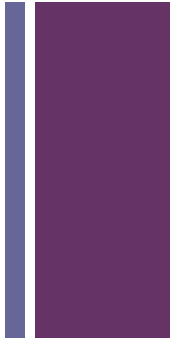


Processed Refined Foods





MEAL COMPOSITION BALANCE BLOOD SUGARS





MEAL COMPOSITION

PROTEIN FAT FIBER



+

PROTEIN FAT FIBER



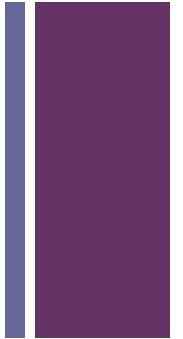


PROTEIN FAT FIBER



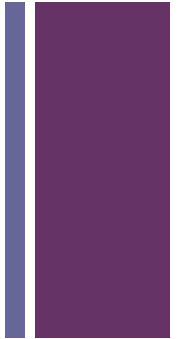


FOCUS ON COLOR at least 3 per meal





MEAL TEMPLATE



■ PROTEIN



■ FAT



■ FIBER



■ COLOR

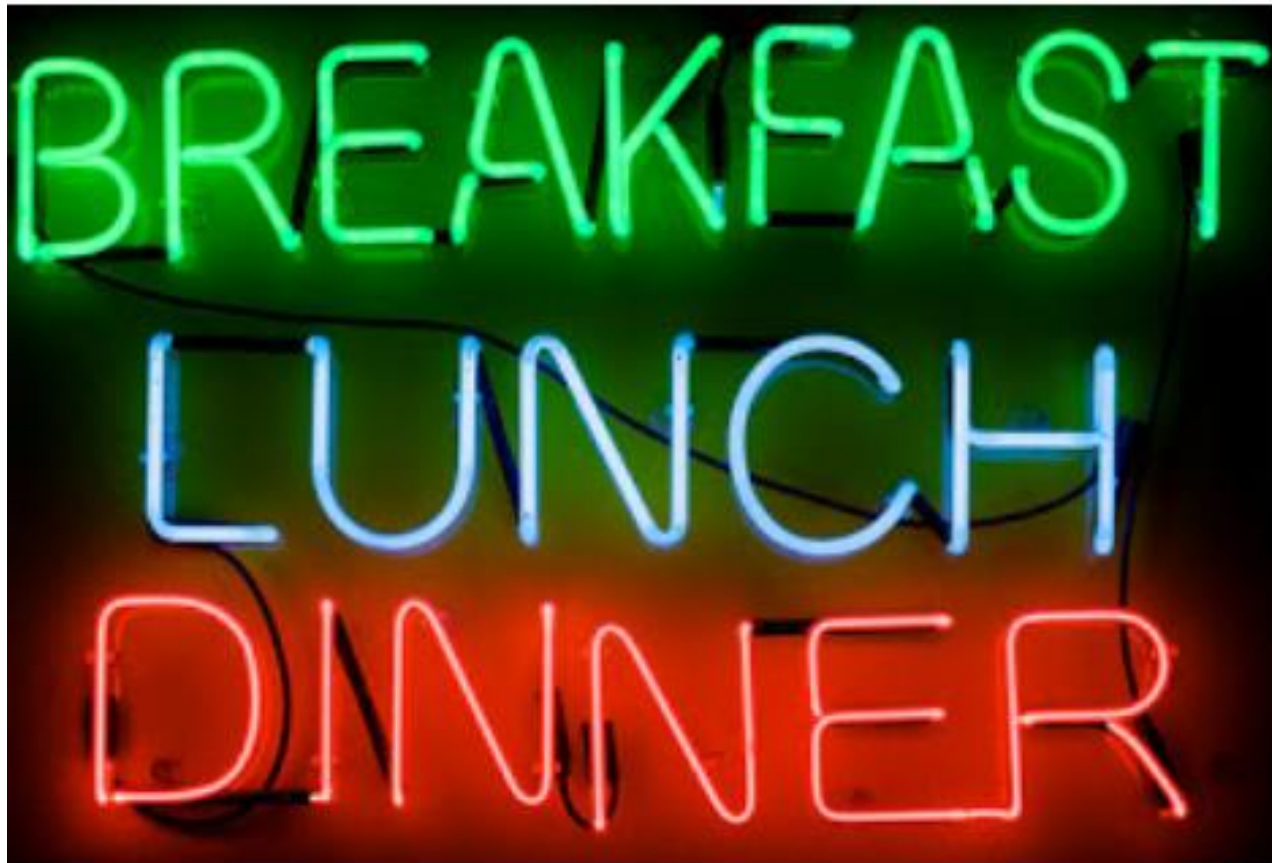


+ DRINK WATER





MEAL TIMING



+ NUTRIENTS OF FOCUS



+ OMEGA 3



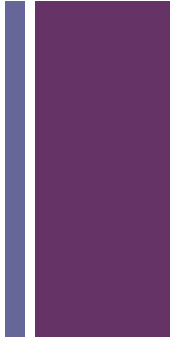


MAGNESIUM

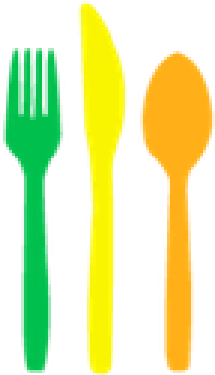




FOOD AS MEDICINE



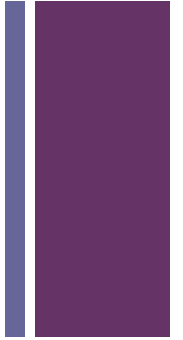
■ FOOD CHOICES MATTER



•live well•eat well•be well•



HEALTHSTYLE SOLUTIONS



- INSTAGRAM DIETITIAN SHARON
- FACEBOOK HEALTHSTYLESOLUTIONS
- WEBPAGE www.healthstylesolutions.com