

# Healthy Eating Tips & Tricks



# Table of Contents

click on the photo and go straight to the page!

# Easy to Follow Rules



## Healthy Drinks

Water is a major component of every body cell, tissue and organ. It plays an important role in almost every body function and so it is very important to keep our body hydrated all day.

Generally speaking, people should consume approximately 2 to 3 liters of fluid each day (water preferably). Day-to-day activities may also increase ones need for fluid.

Besides drinking water, we take in a lot of fluids from the food that we eat. Many fruits and vegetables have a high water content, another reason

why we should eat a lot of fresh produce.

One of the most important steps in starting to eat healthy is to eliminate completely soft drinks from our diet. Among other unhealthy substances, soft drinks contain large quantities of refined sugar which we all know is dangerous. Sugar free drinks are even worse as they usually contain aspartame which is a very bad substance that can harm our body on a long term consumption. Here is a list with some delicious drinks which are healthy and filled with nutrients! Enjoy!

## Juices

The human body ideally needs no less than one kilogram of fruit/vegetables for each 50 weight kilos per day. The problem is, it is very difficult to eat so much fruits and veggies. Juices are a great way to add many vitamins and minerals in our body. Another benefit of fresh juices it is that they make food easier to digest, so as the nutrients can be better and easier assimilated and used by the organism. Juices must be drunk fresh and they should be prepared in moderate quantities.

For vitamin boost try: beets, berries and pomegranate!



## Tea

Personally, I am a huge tea drinker! I drink tea from all kinds of plants not just regular tea. There are many benefits of drinking tea. Some plants are used in alternative medicine and can treat diseases. Tea contains antioxidants and boosts your immune system. Tea is also recommended in diets as it is calorie free.

Detox plants: dandelion, corn silk, heartsease

Energy boosters: green tea, mate, ginger

Perfect sleep: lavender, chamomile,

## Lemonade

Lemonade is the perfect drink for weight loss. Rich in vitamin C and very refreshing, lemonade reduces the appetite and helps digestion. The best sweetener is stevia extract. A couple of drops and your lemonade is ready. You can also use honey, but only honey bought from safe sources not supermarkets. Honey bought from large stores usually comes from sugar fed bees and it's even healthier than sugar, so be careful!



## Smoothies

Fruit smoothies make delicious, nutrient-rich snacks or meals. They are perfect for breakfast as they will offer you an instant energy boost! Try green smoothies. Chlorophyll is wonderful for detox diets and will surely help you lose those extra pounds. Berry smoothies are also great as they are rich in antioxidants and vitamin C.

Check out some really healthy and nutritious smoothie recipes on Gourmandelle. Click here.



## Non-Dairy Milk

I love non-dairy milk, especially almond milk. The recipe is pretty simple: 1 cup raw almonds, 3 cups water, 2-3 dates, 1/2 tsp vanilla extract (optional) and for some extra Calcium add 1 tbsp raw sesame seeds. Add all ingredients in the blender and that's it! Strain and drink. With the remaining pulp you can make some delicious raw bonbons. How? Easy! Add 5-6 dates to the dry almond pulp. Add in blender and blend well until smooth. Make small balls and dip them in cocoa or coconut flakes. Yum!





## Good Carbs / Bad Carbs

Carbohydrates are found in a wide array of foods—bread, beans, milk, potatoes, cookies, spaghetti, soft drinks, corn and many more. They also come in a variety of forms. The most common and abundant forms are sugars, fibers, and starches.

Some popular diets treat carbohydrates as if they are bad, the cause of all body fat and excess weight. There is some evidence that a low-carbohydrate diet may help people lose weight more quickly than a low-fat diet, although that

is on short term. The human body uses carbohydrates for energy production. It's not a good idea to avoid all carbs, even if you're trying to lose weight. There is a huge difference between the natural, wholesome, 'good' carbs and the unnatural, highly-processed, 'refined' carbs.

For optimal health, get your good carbs from foods such as whole wheat bread, brown rice, whole grain pasta, quinoa, whole oats, legumes, leafy greens and beans.

Good carbs generally are high in fiber, lower cholesterol levels, help remove toxins from the body, have a low glycemic index and are high in nutrients ( vitamins, minerals, enzymes).

Bad carbs are refined, processed carbohydrate foods that have had all or most of their nutrients and fiber removed in order to make them taste better. Most baked goodies, white breads, pasta, snacks, candies, and soft drinks fit into this category.

### *Tips:*

Avoid or limit your intake of refined-flour baked goods. Replace the processed, high-sugar breakfast cereals with whole-grain cereals and oatmeal. Choose organic foods whenever possible. Organic foods are free of pesticides and other bad substances.

Try to cut out as much 'junk food' from your diet as possible.

Eat lots of vegetables and fruits!





## Salt and Spices

Highly refined salt is recognized by our body as poison and so it accumulates water in and around the cells to protect them from this invading substance. This process causes swelling, edema, and cellulite. Salt in its refined form is basically nutritionally dead and it is also linked to a wide variety of diseases, such as high blood pressure, osteoporosis, kidney problems and edema.

On the other hand natural salt is healthy in moderate quantities. Crystalline salt helps the regeneration of cell membranes. Some antioxidants

are also enhanced in their effectiveness when this natural salt is present.

I recommend you to try Himalayan salt or sea salt. They're both good for your body. Avoid iodized salts from supermarkets. Buy only natural ones so you can get the most of their nutrients.

Remember: Moderation is the key!

The use of fresh organic spices and herbs are a must in cooking! Not only they give amazing taste to your recipes but also are known for their powerful ability to heal the body, mind and spirit. They provide anti-inflammatory benefits, act as anti-oxidants, balance blood sugars, and improve circulation and cardiovascular health. Even more, these benefits are available to all without calories.

Ginger: decreases motion sickness and nausea; also relieves pain and swelling associated with arthritis.

Cinnamon: lowers blood sugar, triglycerides, LDL, and cholesterol. Add some on your morning cereals or in tea!

Turmeric: contains curcumin, which can inhibit the growth of cancer cells. Curry powder contains turmeric, among other healthy spices.

Garlic: destroys cancer cells and boosts your immune system.

Paprika: contains capsaicin, whose anti-inflammatory and antioxidant effects lower the risk of cancer







## Meat and Dairy Products

Meat is one important source of proteins, but it also proved to be poor in minerals, vitamins and carbohydrates. Through various scientific researches, it has been proven that eating meat produces multiple disorders in our bodies.

Animal fats such as cholesterol cover the blood vessels' walls and as the person that is constantly eating meat ages, the diameter of these vessels decreases even more. The blood pressure increases, resulting in higher vulnerability to heart diseases.

One of the reasons why people who eat meat are more vulnerable to cancer is the following: we all know that a few days after killing the animal its meat turns to a gray-green olive unhealthy color; to prevent this degradation, the meat industry currently uses different substances such as nitrates and other preservatives to make it artificially (but unhealthy) appear red. Research in recent years has also demonstrated several times that these are profoundly carcinogenic preservatives.

On the other hand, to bring as much profit as possible, animals are often stuffed with growth hormones, appetite stimulants, antibiotics and chemical food mixtures. These chemicals are known to be carcinogenic and still nobody changes anything.

As you all know, the human body is made up of many living cells. The nature of the subtle energies of our living cells is formed depending on the type of food that we eat mostly. If the human body cells grow while feeding with a dead, rotten meat, it is obvious that we will lack the vitality

and good energies needed for an optimal development of our mind and body.

If you want to eat healthy start by eliminating meat from your diet. You can cut off pork, chicken, beef meat and eat only fish and seafood for a while so the transition won't be so hard. Dairy foods should be consumed in moderation and preferably only from safe sources. Growth hormones are transmitted to milk and eggs too.







Hazelnuts act as a general tonic and strengthen the stomach.

Sesame seeds are very high in calcium. In the form of tahini (sesame seed paste) they provide the richest and most bioavailable source of calcium.

Sunflower seeds are high in protein, unsaturated fats and minerals. They are one of the rare plant sources of vitamin D.

Pumpkin seeds are known for their effects against intestinal parasites especially roundworm and

tapeworm.

For sweet snacks try dry and fresh fruits! As they are high in sugar it is best to be consumed during the day and not after 6 pm.

Try dates, figs, prunes as they contain lots of vitamins and minerals. They also help in constipation, intestinal disorders, intoxication.

Don't eat too much dry fruits as they contain lots of calories and may lead to weight gain. 1 date has 20 calories. 2-3 dry fruits per day added in your breakfast cereal are great!

## Healthy Snack Ideas

Nuts and seeds are concentrated sources of protein, fats, B vitamins and minerals. Some of them contain omega 3 fatty acids and help reduce the risk of heart disease.

Nuts can be difficult to digest and it is recommended to soak them overnight.

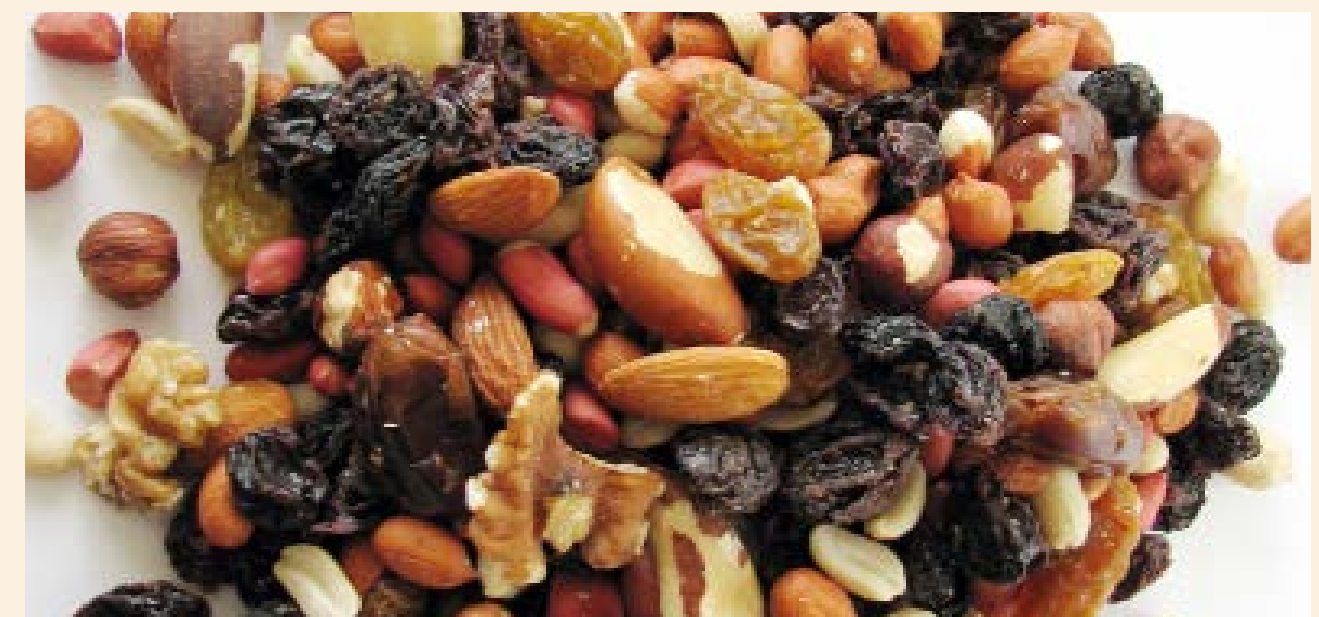
Nuts are best consumed in limited amounts if weight loss is desired.

Almonds are very high in minerals including calcium, magnesium, potassium and iron. Almonds are also thought to contain a compound that is

anti-carcinogenic and for this purpose it is recommended that six almonds are consumed daily.

Brazil nuts are rich in selenium which has an important function as an antioxidant.

Flaxseeds are the richest source of omega 3 fatty acids and thus help to improve immunity and reduce high cholesterol. When consumed as flaxseed flour they prevent constipation. Flaxseeds also help to balance estrogen levels.





# Superfoods

Superfoods are calorie sparse and nutrient dense foods. They are superior sources of anti-oxidants and essential nutrients. Eating these foods regularly makes your body healthier, helps you flush out toxins more frequently and leaves you with a healthy glow.

This is just a shot list with 15 basic superfoods that can be easily found at your local farmers market or at the supermarket. There are more other superfoods that have amazing health benefits but are more expensive and are harder to get. For example goji and acai berries, algae (like spirulina), aloe, royal jelly and bee pollen are very rich and antioxidants and highly recommended!

Try the foods in the list below. They are easy to add in your diet. Fruits can be eaten as they are or added in juices and smoothies to be better assimilated by our bodies. Lentils and black beans are high in fibers and proteins. Sea buckthorn berries are one of my favorite berries as they contain a huge amount of vitamin C and antioxidants. Cranberries do an amazing job in treating urinary infections and they also contain vitamin C and powerful antioxidants. Quinoa is a great food for weight loss as it is high in proteins and low in calories. Add them in your diet and see the benefits yourself!

**Sea Buckthorn**



**Cranberries**



**Walnuts**



**Pomegranate**



**Lentils**



**Green Tea**



**Kale**



**Black Beans**



**Blueberries**



**Fresh Figs**



**Edamame**



**Quinoa**



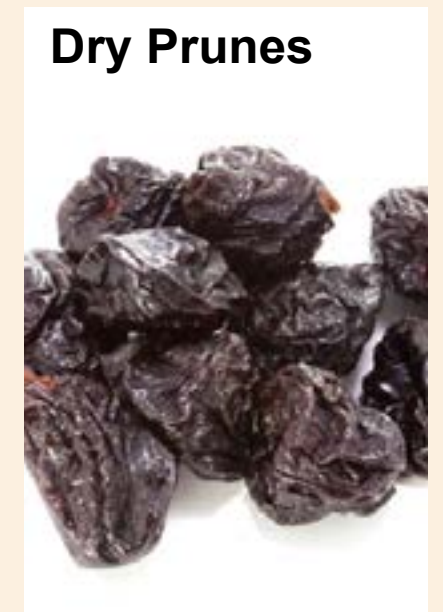
**Mushrooms**



**Cherries**



**Dry Prunes**





# Brain Foods

Did you know that you can increase your mental agility and improve your memory by choosing the right foods?

Blueberries serve a wide range of functions for improving mental function. Regular blueberry consumption has been shown to improve memory function.

Avocados may be rich in fat but it's a healthy fat that promotes blood flow, keeping your mind functioning at its peak. Avocados have also been shown to reduce blood pressure.

Broccoli has been shown to improve memory function as well as slow the aging process. This means a broccoli-rich diet will keep you young

and sharp.

The abundance of vitamin K in spinach contributes greatly to a healthy nervous system and brain function.

Almonds contain phenylalanine, a brain-boosting chemical that improves our cognitive functions. Brussels sprouts are a good source for tryptophan and essential omega fatty acids critical to healthy brain functioning.

Here's a list with 15 highly effective brain foods that improve memory, mood, concentration, and overall clarity.

**Walnuts**



**Blueberries**



**Curry Powder**



**Apples**



**Brussel Sprouts**



**Pine Nuts**



**Spinach**



**Tomatoes**



**Whole Grains**



**Avocado**



**Bananas**



**Ginger Root**



**Cauliflower**



**Almonds**



**Broccoli**





# Healthy Substitutes

Cooking healthy recipes is easier than you think! You can make simple ingredient substitutions to create healthy recipes that don't sacrifice the taste.

Applesauce, fruit butters, and even pureed beans work well to substitute some of the oil or butter.

Greek yogurt help keep baked goods extra moist.

Use natural sweeteners like honey, pure maple syrup, molasses, fruit juices, and Stevia to replace sugar.

Go from white to brown. Eat more whole grains like brown rice which is very healthy.

Replace dairy products with non-dairy foods like tofu or almond and soy milk.

These substitutions will help you reduce the amount of fat, salt, sugar and calories in your meals.

**Oil**



**Greek Yogurt**



**Butter**



**Mashed Avocado**



**White Rice**



**Brown Rice**



**Sugar**



**Stevia**



**Cheese**



**Tofu**





# Eating Out



Eating out is a big dieting challenge. It may sound hard to be able to control what you eat when dining out but it's not! Always remember that you are the customer and you are in charge! You should be able to eat what you want. Eating healthy while dining out is all about one word: preparation. Avoid "all-you-can-eat" places. Choose a restaurant with a varied menu. Any restaurant with a mascot is probably bad news for your diet. Order water right away and start sipping. Most times when we feel hungry we are actually dehydrated.

Try to order first. Listening to everyone else's choices can be tempting. Ask about the size of the dish. This could be important information when watching calories. Watch out for cheese, gravies and special sauces. Ask for your food not to be prepared with butter, cream sauces or oil. Order as many vegetable options as possible. Steamed, stewed or boiled veggies are best, with little or no added butter or oil. Try to never dine out without at least one vegetable on your plate!

Eat your lowest calorie items first. Vegetables are always a good place to start. Potato options are good too. Stick with baked, boiled or roasted potatoes instead of fried potatoes. Concentrate on the conversation, not your food. If you're talking, it takes longer to eat and helps you feel full before stuffing yourself. Don't pick at your food after you've decided that you're done. Eat the amount you would eat at home.

Chew some gum or have a mint after you're done. You can never go wrong with fruit as a dessert, as long as it's not covered in syrup or whipped cream. Sorbet or frozen yogurt are great alternatives to ice cream, but watch the sugar content.



## About the Author

Ruxandra Micu is the founder of Gourmandelle.com. She is an architecture student, freelance graphic/web designer and aspiring nutritionist who started Gourmandelle website at the beginning of 2011.

## Contact Information

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