



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 2 - Part 3 Action Step Plan

What Are Healthy Proteins, Fats and Carbs?



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| WHAT ARE HEALTHY PROTEINS, FATS AND CARBS?

Here's your success checklist:

Eat healthy proteins:

- Meat and poultry
- Wild Seafood
- Eggs (add back in after 30-Day Elimination Diet)
- Seeds: Quinoa, chia and hemp
- Gluten-Free Grains: Buckwheat, amaranth (add back in after 30-Day Elimination Diet)
- Raw and Fermented Dairy*: Plain, full-fat yogurt and kefir (add back in after 30-Day Elimination Diet)

*NOTE: Dairy is not recommended for people with autoimmune issues.

Remember, soy is not a healthy source of protein. It's best to keep it out of your diet.

Eat healthy fats:

- Animals fats: Lard/pork fat, tallow/beef fat, duck fat, schmaltz/chicken fat, lamb fat
- Full-fat, raw and fermented dairy: Plain, full-fat yogurt and kefir (add back in after 30-Day Elimination Diet)
- Oils: coconut, palm, olive, flax, sesame, walnut, macadamia, avocado
- Pastured butter and ghee
- Raw nuts and seeds (nuts - add back in after 30-Day Elimination Diet)
- Avocado (the exception)

Eat healthy carbs:

- Fresh, low-glycemic fruits
- Fresh and fermented, low-glycemic vegetables
- **Some** beans and grains (after the 30-Day Elimination Diet)

Avoid the unhealthy carbs:

- Alcohol: beer, wine, cocktails
- Sugars: sugar cane, coconut sugar, date sugar, agave, maple syrup, Equal, NutraSweet, Splenda, Sweet One, Sweet’N Low, Truvia/bleached stevia. (See the Clean Eating Success Guide for a list of healthier sweeteners.)
- Starches: processed grains, white potatoes, corn products