



Healthy Eating

NUTRITION GUIDE



BECKY LATORRE | HOPEFOUND WELLNESS

Nutrition for Healthy Eating

TRY THESE STRATEGIES...

01

Always Eat Breakfast

Breakfast is truly the most important meal of the day, especially when it comes to stabilizing blood sugar and balancing hormones. A healthy balanced breakfast rich in fats & protein will help keep your blood sugar balanced throughout the day, reducing stress and supporting healthy hormone production.

02

Eat Lots of Nutrient-Dense Wholesome Foods

We're talking plenty of vegetables & quality animal products with every meal. These foods are rich in nutrition and provide the basic building blocks necessary for strong cell integrity and healthy immune system. Foundational imbalances can be triggered from nutrient deficiencies. Prevent this by eating a well balanced, nutrient-dense diet!

03

Avoid Processed Foods

Processed foods (breads, pastas, crackers, chips, sweets, etc.) are full of nutrient-depleting ingredients like refined sugars & flours, preservatives, food colorings and other additives that create stress & inflammation on the body which is an underlying factor to many common conditions such as diabetes, heart disease and cancer.

04

Eat Plenty of Healthy Fats

Fats have gotten a bad rap for far too long. Hormones require fat, specifically cholesterol to be produced. Fats are also necessary for nutrient absorption, cellular health & detoxification! So please don't be afraid to eat healthy fats in the forms of wild-caught fish, grass-fed meats, eggs, dairy as well as coconut oil, olive oil & avocados. Variety is key!

05

Avoid Vegetable Oils

Vegetable oils (aka seed oils like canola oil, sunflower oil, grapeseed oil & soy oil) are highly inflammatory on the body which can lead to added stress and inflammation. Cook with high-quality fats at home and be careful when eating out at restaurants.

06

Eat Lots of Cruciferous Vegetables

Cruciferous vegetables (broccoli, cauliflower, cabbage, kale, brussel sprouts etc.) support the healthy metabolism & detoxification. They are also packed with vitamins and minerals, and provide a great source of fiber which helps to stabilize blood sugar levels & keep you regular.

07

Eat lots of Antioxidants

Antioxidants prevent or slow damage in the body. Intake of antioxidants are essential for optimal health and can be found in a nutrient-dense whole food based diet rich in fruits, vegetables and high quality animal products.

08

Eat Plenty of Fermented Foods

Fermented foods are rich in probiotics which add beneficial bacteria and enzymes to your gut intestinal flora, supporting healthy digestion and enhancing the immune system.

Healthy Lifestyle Habits

BEYOND NUTRITION, THESE ASPECTS ARE ALSO VERY IMPORTANT TO SUPPORT HORMONE BALANCE

09

Prioritize Sleep & Avoid Excess Screen Time Before Bed

Sleep is critical for hormone production & management. Melatonin is a very protective hormone that helps to regulate our Circadian Rhythm. Blue light emitted from screens can disrupt Melatonin production and interfere with hormone balance resulting in issues like insomnia and a decreased stress response.

10

Make Sure You're Pooping Daily

Daily bowel movements are necessary for flushing out excess hormones & toxins in our system. If you aren't going at least once per day, you are constipated and should consider finding ways to support your digestive health & more frequent bowel movements. Try incorporating more fiber into your diet and prioritizing hydration.

11

Eat Mindfully

Pay attention to your food. Notice the taste and focus on the sensation of eating. Chew your food slowly & completely. Count to five between bites. Do whatever is necessary to slow down and support the digestion process.

12

Decrease Exercise Intensity & Focus on Light, Frequent Movement

Excessive cardio puts a lot of stress on the body resulting in inflammation and hormone imbalances. Instead, prioritize frequent movement and lighter intensity workouts like yoga, weight lifting, & walking.

13

Prioritize Stress Management

Stress is one of the biggest problem-makers. Stress can interfere with the communication between our brain and our endocrine system resulting in function and decreased hormone production. Find ways to manage your stress daily whether that be through meditation, exercise, journaling or simply taking out time just for yourself each day. Adaptogenic herbs can also help support a healthy stress response.

14

Avoid Endocrine-Disrupting Chemicals

Certain chemicals found in common beauty & household products can put a burden on our immune system and interfere with our natural hormone balance. Opt for natural or homemade products that are free of parabens, phthalates, preservatives & other toxic chemicals.

15

Stay Hydrated

Water plays a vital role in many functions in our body like regulation of body temperature, keeping joints lubricated . Try to drink 1/2 of your body weight in ounces of water a day. Drinking more than a gallon is not recommended.

16

Get in Touch with Nature

Fresh air and sunshine does wonders for you health. Getting outdoors reduces stress, enhances the immune system, and improves mood. Exposure to sunshine helps your body produce vitamin D.



BASIC SMOOTHIE

1 CUP

+

1 CUP

+

1 CUP

LEAFY GREENS

- spinach
- kale
- swiss chard
- napa cabbage

LIQUID

- almond milk
- coconut milk
- cashew milk
- coconut water

FRUIT

- frozen berries
- apples
- frozen 1/2 banana
- frozen cherries

BOOST IT

- chia seeds
- flax seeds
- anti inflammatory spices
- cacao
- nuts
- collagen
- nut butter
- MCT oil
- Flax oil



BASIC SALAD

2 CUP

+

6 OZ

+

1 CUP

LEAFY GREENS

- spinach
- baby kale
- swiss chard/argula
- romaine/bib lettuce

PROTEIN

- grilled chicken/steak
- shredded pork
- nitrate-free cold cuts
- safe catch tuna

EXTRAS

- mixed fruit
- broccoli sprouts
- grilled veggies
- cooked quinoa

BOOST IT

- nuts
- shredded cabbage
- tomatoes
- avocado
- shredded beets
- shredded carrots
- cucumbers
- jicama
- herbs



BASIC POWER BOWL

2 CUP

+

6 OZ

+

1 CUP

BASE

- cooked riced cauliflower/broccoli
- cooked zoodles
- cooked butternut squash

PROTEIN

- grilled chicken/steak
- shredded pork
- grilled shrimp
- safe catch tuna

EXTRAS

- soaked cooked lentils
- grilled veggies
- soaked cooked quinoa

BOOST IT

- guac/avocado
- marinara sauce
- sprouted hummus
- pesto
- cooked beets
- sesame seeds
- salsa
- olives
- herbs

RESOURCES

RESOURCES

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Teichloz, N. (2014). The Big Fat Surprise. Simon & Schuster. New York, NY.

Ballantyne, Sarah. (2017). Paleo Principles. Victory Belt Publishing. Las Vegas, NA.

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3587394/>

<https://kresserinstitute.com/gut-hormone-connection-gut-microbes-influence-estrogen-levels/>

HEALTHY RECIPES RESOURCES

BLOGGERS

- Castaway Kitchen
- UnboundWellness
- Danielle Walker
- The Defined Dish
- The Whole Cook
- 40 Aprons
- The Whole Smiths
- The Paleo Running Momma
- The Real RDS

BOOKS

- Against All Grains- Danielle Walker
- Practical Paleo
- Nourishing Traditions
- Real Life Paleo
- The Nutrient-Dense Kitchen

DO YOU WANT

Even More?



Work With Me!

Work with me 1-on 1 for a more customized plan based on your health concerns & goals. I'm passionate about the power of real food and helping my clients feel their best. Contact me to see how I can support you on your health journey.

[CONTACT ME HERE!](#)