



Eating Guidelines

GOOD DRINKING TIPS

- **Drink lots of water**

You should drink 2 – 4 quarts of water each day, depending on your body size and weight. (1 cup = 8 ounces. 4 cups = 32 ounces = 1 quart. 4 quarts = 128 ounces.)

- **Drink frequently**

Your body needs 4 ounces (half cup) of water every half hour just for basic functions. Your digestive system can only absorb this amount under normal conditions, so drinking 2 quarts all at once won't help. Drinking less than 4 ounces every half hour will thwart your body's attempts to heal or regenerate. 8 ounces every hour on average is a good guideline to strive for. So, drink 1 – 2 cups of water every morning upon arising, 1 cup of water half an hour before both lunch and dinner, and the rest spread evenly throughout the rest of the day, drinking 8 – 16 cups (2 – 4 quarts) per day.

- **Drink bottled or filtered water**

Avoid tap water and be wary of well water. Fluoride and chlorine found in tap water, and iron, manganese, calcium and other minerals found in well water can be harmful. When using a filter, make sure it eliminates heavy metals, chemicals, bacteria, and a good percent of all minerals. Drinking water that is pure is much better than water that is impure.

- **Avoid Nalgene water bottles**

Although the colorful, durable and lightweight Nalgene water bottles have been the hydration choice of outdoor enthusiasts, scientific evidence has shown the plastic used to make the bottle may pose serious health hazards. Plastics that are safer to use for storing food and beverages, none of which are known to leach harmful substances include: Polypropylene, designated "#5 PP", High-density polyethylene, designated "#2HDPE", Low-density polyethylene, designated "#4 LDPE".

- **Avoid fluids with meals**

Drinking fluids with meals can compromise your digestion. Sip warm fluids with meals if needed and never ingest cold fluids, as they inhibit digestion. If you drink a glass of water 20 - 30 minutes before a meal, you will probably find that you won't feel the need to drink during the meal.

- **Avoid certain drinks**

Coffee, black tea, pop, beer, liquor and wine all require that you drink additional water to process them. However, pop, beer, liquor and wine should be avoided altogether and coffee and black tea should always be organic.

GOOD EATING TIPS

- **Eat *before* you get hungry**

Hunger is usually a sign that your blood sugar is dropping.

- **Eat at the right time**

Eat breakfast within one to two hours of rising, lunch approximately four hours later, and dinner within six hours of lunch. If you have a day job, eat dinner before 7 pm. Ironically, you should not skip meals if you are trying to lose weight. Eating properly increases your metabolism, which burns more calories.

- **Eat snacks**

If you tend to get hungry before or between meals, have a snack. A protein snack just before bed can often help you sleep better.

- **Eat in peace**

Distractions such as reading, watching TV, noisy environments and dinner table arguments have very harmful effects on digestion. If you are upset, calm yourself and relax before eating.

- **Chew well**

Chewing is perhaps the most important part of the digestive process, so chew more than you think is necessary and avoid swallowing un-chewed food.

- **Eat slowly**

Enjoy the flavors and textures of every bite.

- **Stop before you're full**

You'll feel full about 10 minutes after a meal if you stop eating when the food begins to lose some of its taste.

- **Stick to your Eating Plan food list**

Stick to your Metabolic Typing Eating Plan food list.