



# **10 Steps to Adopting and Maintaining a Healthy Lifestyle**

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**Step 1**



**Make  
physical  
activity a  
priority.**

- ❑ Plan physical activity into your day so you don't have to think about it.
- ❑ If possible, start your day with fitness – walk, run, bike, swim, do a fitness class or play a sport. Otherwise, select a time that works best for you.
- ❑ Authorities suggest at least 150 minutes a week. Ideally, aim for 60 minutes a day.
- ❑ Include a balance of aerobic, strength and flexibility.





# My Fitness Routine

- ☐ Run every other day - sometimes blade or x-country ski
- ☐ Fitness class every other day
- ☐ Weights every other day
- ☐ Yoga once or twice a week
- ☐ Walk most days

# You've Got This!

- Any amount of added exercise is will be of benefit.
- If you are sedentary, start with a 10-minute walk around the block each day – gradually increase distance and/or speed. You might eventually add 5 minutes of weights and a light stretching routine.
- If you are already active, take stalk of your activities. If you do mostly cardio, add in some strength and flexibility exercises.





**Step 2**



## **Eat a nutrition-packed breakfast.**

While the jury is out regarding breakfast being the most important meal of the day, people who eat breakfast:

- have better metabolic health markers
- are more physically active during the day

# What is a healthy breakfast?

- ❑ Nutrient-dense
- ❑ High in fiber and prebiotics
- ❑ High in protective components such as phytochemicals and antioxidants
- ❑ Features unprocessed or minimally processed whole plant foods
- ❑ Includes vegetables or fruits, whole grains, and protein-rich legumes, nuts and/or seeds.



# My Everyday Breakfast

- ☐ Kamut berries and lentils
- ☐ Berries, other fruit
- ☐ Chia pudding or unsweetened cashew yogurt
- ☐ Seed mix
- ☐ Granola
- ☐ Fortified cashew or soy milk



# Whole Grain Hierarchy

## Intact whole grains

e.g., wheat, kamut, or spelt berries, barley, oat groats, quinoa



## Broken whole grains

e.g., steel cut oats, cracked wheat



## Rolled whole grains

e.g., rolled oats, barley, rye



## Shredded whole grains

e.g., shredded wheat



## Ground whole grains

e.g., whole wheat flour products



## Flaked whole grains

e.g., flaked cereals



## Puffed whole grains

e.g., puffed wheat, rice, millet



# You've Got This!

- If you are tight on time, make your breakfast the night before – put it in a mason jar so you can bring it with you.
- If you are attached to less healthful choices such as a highly processed ready-to-eat cereals or toast with jam, start by moving toward the most healthful choices in these realms.
- If you are not hungry in the morning, skip breakfast. Listen to your body.



# Easy Swaps

□ **SWAP** packaged cereal and dairy milk FOR muesli and fortified, unsweetened, nondairy milk. Add berries and other fruits, and top with omega-3-rich seeds.

□ **SWAP** white toast and jam FOR sprouted whole grain toast with almond butter and banana slices. Add in a piece of citrus fruit.





Step 3



## **Eat a full meal salad most days.**

- Most people think of lettuce, tomatoes and cucumbers when they think of salad. It is not terribly appealing or satisfying.
- Full meal salads are in a whole different league. They are colorful, delicious and filling.



**By including a full meal salad, you boost the most protective components available and give yourself a huge antioxidant boost.**

# Eat a Rainbow of Vegetables and Fruits



- 3 green

- 2 orange/yellow

- 2 red/pink

- 1 purple/blue

- 1 white/beige

# My Standard Full Meal Salad

- ❑ Dark greens
- ❑ Vegetables of every color
- ❑ Sprouts
- ❑ Starchy food – grains, corn, squash or sweet potatoes
- ❑ Protein sources – beans, lentils, chickpeas, tofu
- ❑ Seeds – pumpkin or sunflower
- ❑ Dressing – tahini/hemp



# You've Got This!

If this seems like a lot of work, here are tips to lighten the load:

- Buy triple washed wild green mixes.
- Prepare a large salad to last 3-4 days – add fruits or vegetables that discolor just before serving. Store covered in the refrigerator.
- Prepare grains or starchy vegetables to last 3-4 days.
- Make a dressing to last 1-2 weeks.





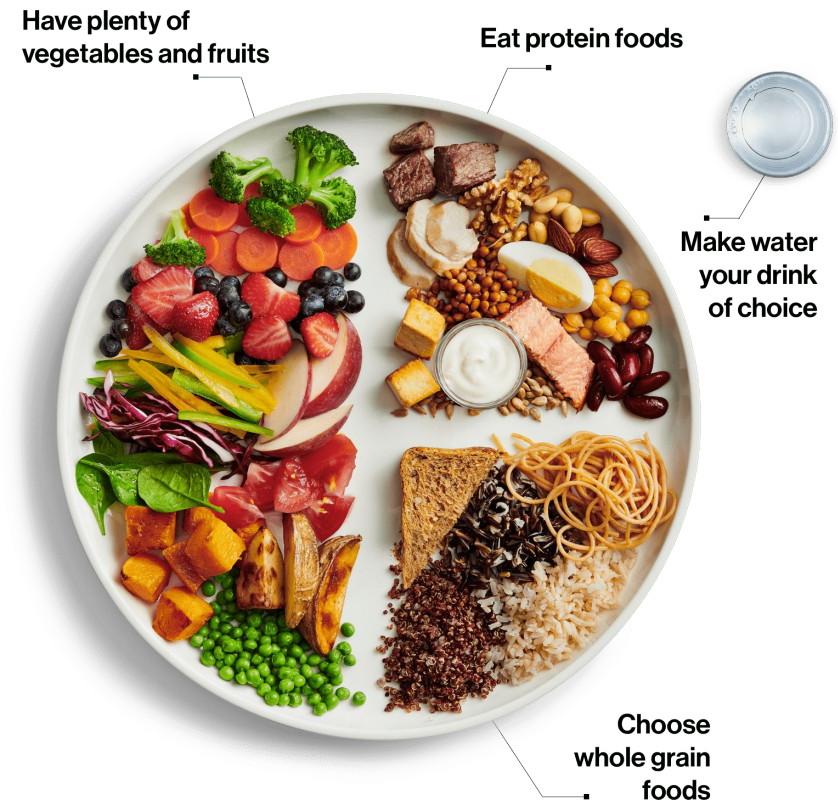
**Step 4**



**Get  
creative  
with  
dinner.**

# Building a Nourishing Main Meal

- ❑ Make half your plate (or more) vegetables and fruits.
- ❑ Include leafy greens (raw in salad or cooked) with every dinner meal.
- ❑ Make  $\frac{1}{4}$  of your plate whole grains or starchy vegetables (or slightly less).
- ❑ Make  $\frac{1}{4}$  of your plate beans, lentils, tofu or other protein-packed plant food.
- ❑ Include a sprinkle of nuts or seeds.
- ❑ Be generous with herbs and spices.





# My Favorite Dinners



# You've Got This!

- If you eat a lot of prepared foods, simply add one home prepared item to your meal – some steamed vegetables, some curried chickpeas, or some baked tofu. Slowly replace prepared foods with homemade.
- When you make a batch of tofu, beans, grains or veggies, make extra. Use for lunch, your next evening meal, or freeze for later use.
- When you prepare chili, stews or soups, make enough for several days.
- Be adventurous – try a new recipe once a week.
- Take a plant-based cooking class.



Step 5

# Crowd Out Less Healthful Choices.

If you are addicted to hyperpalatable foods such as highly processed products laden with fat, sugar and salt, begin to crowd out these foods with more healthful options.



# How to Avoid Temptation



- ❑ Don't keep these foods in your home.
- ❑ Bring along healthy snacks when away from home so you have something to ward off hunger.
- ❑ Keep healthy fun foods handy.
- ❑ Distract yourself with a walk or a game.
- ❑ Plan your meals.
- ❑ Eat regular meals to avoid being famished.
- ❑ De-stress.
- ❑ Eat before grocery shopping!

# My Favorite Swaps...

| Instead Of:     | CHOOSE                                                                              | This:                                  |
|-----------------|-------------------------------------------------------------------------------------|----------------------------------------|
| Iceberg lettuce |                                                                                     | Dark greens such as kale and collards  |
| Boxed cereal    |                                                                                     | Cooked intact grains or steel cut oats |
| White flour p   |  | ole grain or legume pasta              |
| White flour b   |                                                                                     | outed grain breads and bagels          |
| Potato chips    |                                                                                     | hydrated kale or beet chips, popcorn   |
| Pretzels        |                                                                                     | sted chickpeas                         |
| Milk chocolat   |                                                                                     | dark chocolate                         |
| Salted and oil  |                                                                                     | n, unsalted nuts                       |
| Store-bought    |                                                                                     | hemade nut or seed-based dressings     |
| Creamy dips     |                                                                                     | a and/or guacamole                     |

# You've Got This!

- ❑ Crowd out less healthful choices by stocking your pantry and refrigerator with delicious, healthy foods.
- ❑ Cut up veggies for quick snacking.
- ❑ Keep a variety of fruits on hand.
- ❑ Keep a bowl of nuts in the shell on your counter.
- ❑ Balance meals with fiber-rich choices and a protein source.
- ❑ Keep your blood sugar levels in check.





**Step 6**



**Eat at Home.**

# Advantages of Preparing Food at Home

- ❑ You control the amount of salt, sugar, and fat.
- ❑ You eliminate additives, preservatives or colors.
- ❑ You control the quality of ingredients – organic, local, fresh...
- ❑ You select the method and length of cooking.





# My Homemade Picks

- ☐ Granola
- ☐ Muesli
- ☐ Baked goods
- ☐ Patties
- ☐ Soups
- ☐ Hummus
- ☐ Sandwich spreads
- ☐ Salads
- ☐ Baked tofu
- ☐ Crackers

# You've Got This!

- Start by replacing one item you would normally purchase with a homemade version – (e.g., store bought muesli for homemade).
- Make large enough batches of homemade items to freeze for later.
- Add one homemade item each week. Once you switch, don't look back!





**Step 7**



**Drink water.**



# Pick Beverages for Health.

- ❑ Make water your beverage of choice. Water is the most healthful beverage; it quenches thirst without adding calories.
- ❑ Enjoy herbal teas.
- ❑ Regular tea and coffee can be consumed in moderation.
- ❑ Prepare fresh pressed green or vegetable juices. Go lightly on added fruits.
- ❑ Limit fruit juice; stick to fresh pressed.
- ❑ Avoid all beverages with added sugars such as soda and iced tea. This includes sport's beverages unless you are a competitive athlete.
- ❑ Minimize beverages with noncaloric sweeteners.

# Avoid or Minimize Alcohol

- ❑ Alcohol is a group 1 human carcinogen – in the same category as cigarettes and processed meat. For cancer prevention, there is no safe level of intake.
- ❑ Alcohol acts as a solvent, easing the entrance of carcinogens into cells.
- ❑ Alcohol generates free radicals.
- ❑ If consumed, drink as little as possible – no more than 1 drink per day for women and 2 drinks per day for men.





# My Favorite Drinks

- ☐ Water, plain or flavored
- ☐ Soda water with a juice cube (frozen pomegranate or blueberry juice)
- ☐ Herbal tea

# You've Got This!

- ❑ If you are a soda drinker, switch to soda water and fresh fruit or cucumber slices, a splash of juice, or a fruit cube.
- ❑ If you are a coffee or tea drinker, be selective about additions such as sweeteners and “creams”. It is best to avoid sweeteners, and to use a non-dairy milk as a creamer.
- ❑ Have a water bottle on hand at all times – even when out and about.





**Step 8**



**Eat  
mindfully.**



# Make Meals Special

- ❑ Set a table.
- ❑ Light a candle.
- ❑ Play quiet music.
- ❑ Eat slowly. Savor every bite.
- ❑ Be aware of where your food comes from.
- ❑ Think of all those who had a hand in bringing food to your table.



# Listen to Your Body.

- When it comes to eating, respect your body's natural hunger cues instead of eating out of habit.
- Keep snacking to a minimum unless you need snacks to maintain or gain weight.



## **Food Behaviors that Work for Me**

- ❑ Regular meals, seldom snack
- ❑ Fill plate or bowl before going to the table.
- ❑ No eating after dinner (12-14 hour fast overnight)
- ❑ Moderate portions

# You've Got This!

- Think about your greatest challenges around eating.
- Make a list of at least 3 food behaviors that you will change over the next 3 months.
- Write down strategies that will help you ensure success.





**Step 9**

# Sleep, Rest, and Renew

- Adequate sleep is critical to health.
- Rest and renewal are also fundamental to health.



# Sleep

- Make getting adequate sleep a priority. Many people that get food and fitness right, shoot themselves in the foot by undervaluing sleep.
- A lack of sleep can lead to:
  - Weight gain
  - Reduced physical and mental performance
  - Increased risk of chronic disease
  - Premature death





## Getting a Good Night Sleep...

**7-9 hours per night  
(more for children).**

### Practice sleep hygiene:

- Get daily exercise.
- Don't overdo caffeine, energy drinks, or alcohol.
- Avoid computers and other screens 30-60 minutes before bed.
- Establish regular bedtime and wake-up times.
- Have a pre-bedtime routine.
- Create a comfortable, cool, dark, quiet sleep environment.
- Turn off your cell phone and other electronics.

# Rest and Renewal

- We are living in a digital world that demands constant attention.
- Resting and renewing means unplugging from that world – even if only for a few minutes – and taking a break.
- Get into nature as often as possible.
- Rest and renewal promotes mental health, boosts creativity, increases productivity, reduces stress, improves mood, and promotes overall well-being.



A close-up photograph of a red panda with reddish-brown fur and white markings on its face, sleeping peacefully on a thick, green bamboo branch. The panda's eyes are closed, and its body is relaxed. The background is a soft-focus green, suggesting a natural habitat.

# My Sleep Strategies

- ☐ Bed by 10:00 pm
- ☐ Dark, cool, quiet bedroom
- ☐ Bath before bed
- ☐ Book in bed
- ☐ No cell phone or other electronics in room
- ☐ Sleep mask

# You've Got This!

- If you don't get enough sleep, you may not be making it enough of a priority. Put it in the same category as healthy food and fitness.
- If you have difficulty sleeping or stay asleep, get the help of a sleep specialist.





**Step 10**

A young woman with long dark hair is smiling broadly, looking upwards. She is wearing a white long-sleeved shirt and has her hands clasped behind her head. The background is a lush green environment with sunlight filtering through the leaves, creating a bright and cheerful atmosphere.

**Think Positive.**

# The Power of Positive Thinking

**Positive thinking has proven health benefits:**

- Increased life span
- Less depression
- Greater resistance to the common cold
- Better psychological and physical well-being
- Improved cardiovascular health
- Enhanced coping skills during hardships and times of stress



# How to Move from a Negative to a Positive Mindset



- Identify areas to change. Focus on one area at a time (e.g., work, a relationship, family)
- Self check. Stop and evaluate your thinking a few times a day.
- Surround yourself with positive people.
- Laugh. Have a sense of humor, even during difficult times.
- Practice positive self-talk. Be gentle and encouraging to yourself.
- Think about all you are grateful for.

# Practice Positive Thinking

- If you are a cup half empty type of person, don't expect to become an optimist overnight.
- With practice, positive self-talk and stress management, you too can enjoy the benefits of positive thinking.



# My Strategies

I was born a positive, cheery person, so I am grateful for that.

Whenever something happens that is stressful or challenging, I count my blessings. I think of my beautiful, loving family, my friends, my home, and my country. I think about how privileged I have been in my life.

I also think of all the people in the world who are not as fortunate. I think of all the animals suffering in CAFOs and slaughterhouses.

I remind myself that I have a lot to be grateful for, and a lot to do to help make this world a kinder place.



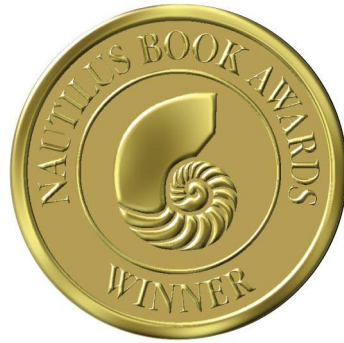
# You've Got This!

## At the end of every day:

- Think of the thing you are most grateful for that day. If you are so inclined, keep a gratitude journal and write down what you are grateful for. You may wish to jot down 3, 5 or 10 things each day.
- Think of the thing you might would differently if you could have a do-over of the day. What would you change?



With  
Tips & Recipes  
for Bringing Health,  
Joy, & Connection  
to Your Dinner  
Table



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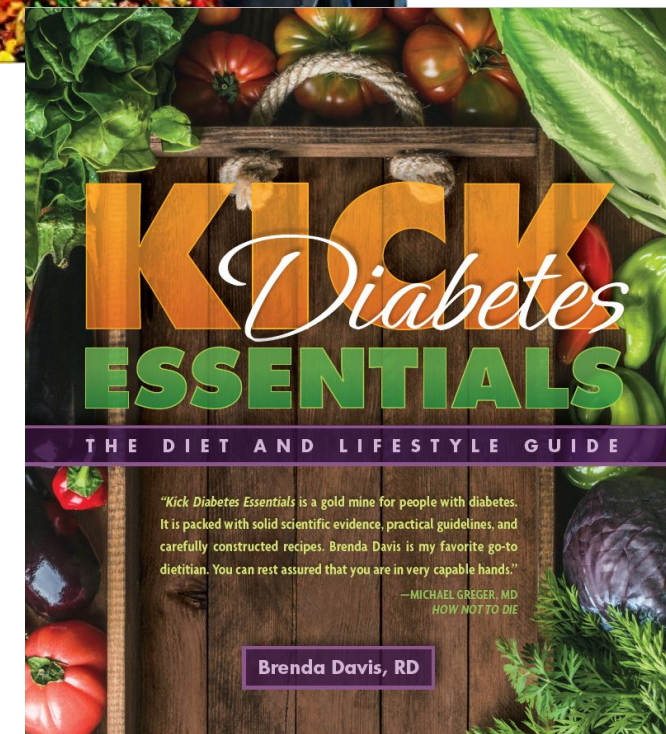
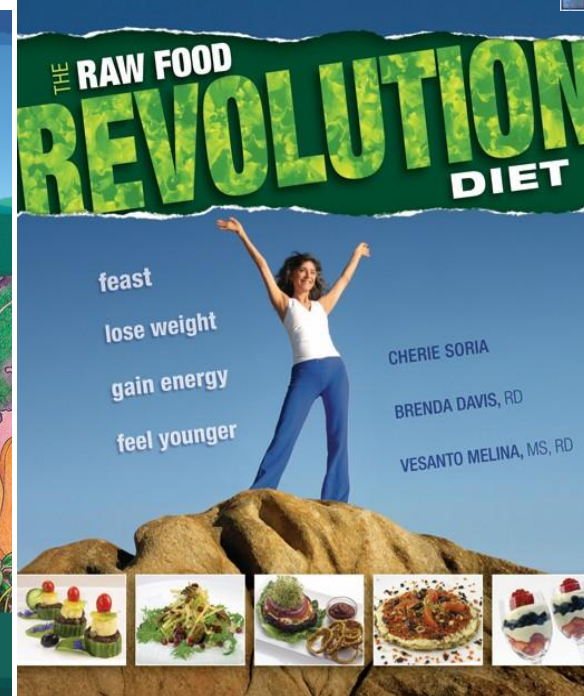
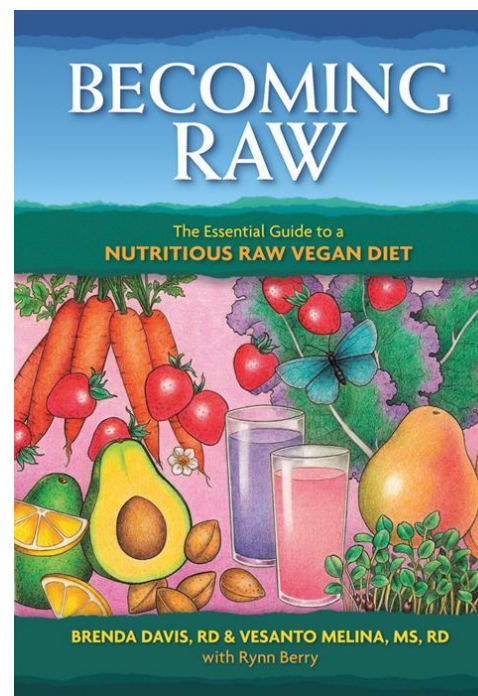
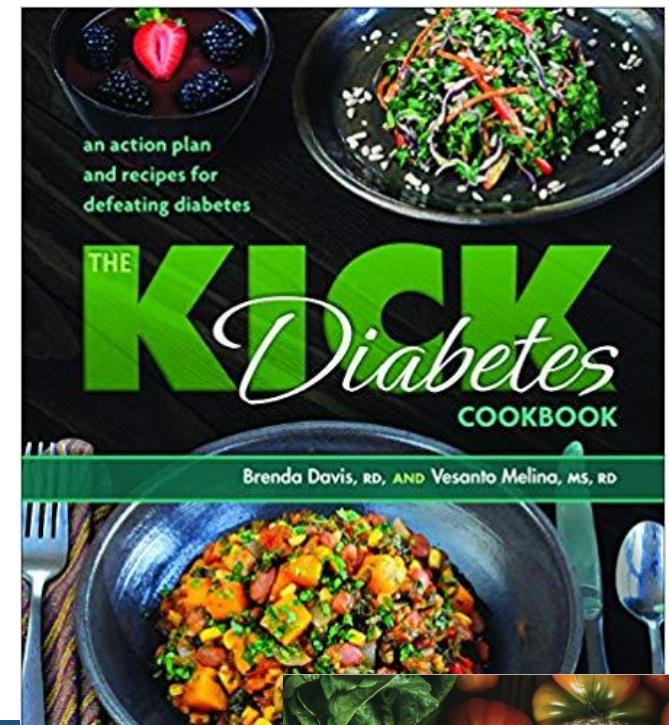
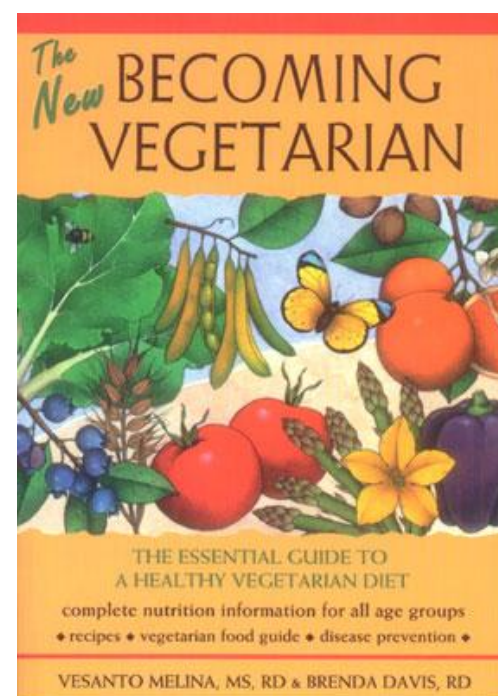
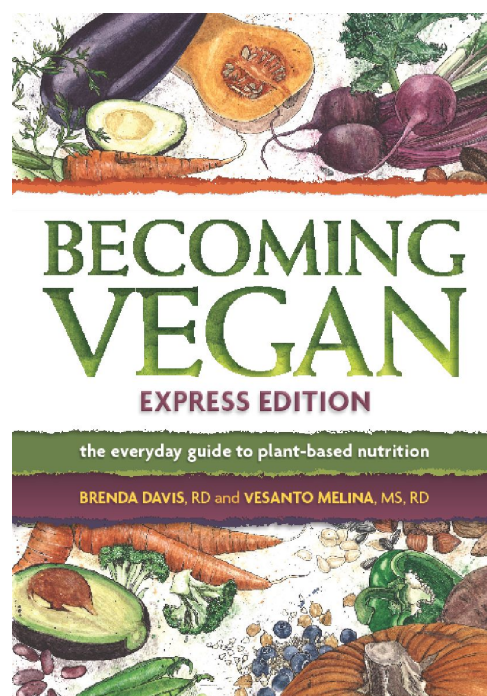
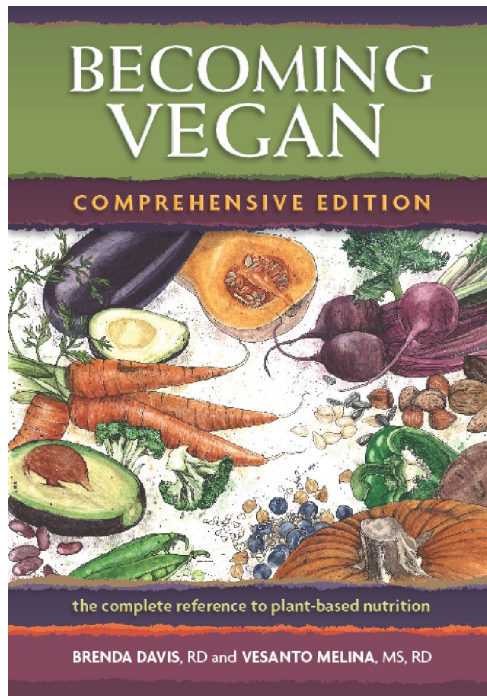
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# QUESTIONS!

