

Special Report Number 3

**It's all a
Matter
of
Making
the
Right Choices
as simple as
A,B,C**

The Right Food Choices for Health

YOU may not be aware of it but the human body regenerates itself at the rate of 50,000 cells per second automatically! A continuous replacement of the body's old and dying cells takes place without any interference from us. On its own, the human body continually replaces old cells and gets the raw material for new cell construction from the foods we eat. We are therefore the physical representation of the various types of food we have eaten over the years.

If you eat unhealthy, fatty foods it is only logical that you will also have an unhealthy and fat body! However, if your food choice is more of the lean, high grade food variety you will also surely have a leaner, muscular, stronger, healthier and more energetic body.

Sounds simple right? The problem however lies in the fact that we are not aware of what to choose because of all the different and seemingly healthy choices available. How do we determine which foods fall into the excellent, good, fair, poor and very poor food categories?

This report is a simple and straightforward food rating system that you can use as a guide in making the correct food choices so that you can get started on the road to healthy eating and good health – without starving yourself.

You can then compare your current eating habits and make the necessary modifications to your benefit and thereby improve your health and lifestyle.

It does not mean that you have to go without particular types of food rather it means that you should eat more of the good type but less of the not-so-good type in order to achieve equilibrium and health.

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The ABC of Food Choices

Grade A+ Foods

Foods that belong in the Grade A+ category are the best that you can eat! They are natural, extremely dense in nutrients, are full of vitamins, minerals, antioxidants, carotenoids, phytochemicals, essential fatty acids and fiber that are exceptionally good for the human body.

The micronutrients of Grade A+ types of foods are released slowly into our bloodstream as glucose which makes them the top carbohydrates choice of athletes, medical experts and fitness gurus.

Grade A+

Carbohydrates

Asparagus
Barley
Beans
Black-Eyed Peas
Broccoli
Brown Rice
Brussels Sprouts
Kale
Lentils
Oatmeal
Red Peppers
Spinach
Sweet Potatoes
Tomatoes
Yams

Proteins

Herring
Salmon
Trout

Fats

Fish Fat
Flax Seed Oil

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Grade A Foods

The second-best food choice belongs to the Grade A classification. They are 100% natural, unrefined and unprocessed; they have a fairly high nutrient density and low calorie density. Like their Grade A+ counterparts, they are equally high in nutrients, vitamins, minerals, antioxidants, carotenoids, phytochemicals, essential fatty acids and fiber. They contain all the essential amino acids our body needs and are naturally high in Omega-3 and other healthy essential fatty acids content.

Grade A

Carbohydrates

Brown Rice (Instant)
Carrots
Fresh Fruits
Red Potatoes
White Potatoes

Yams

Proteins

Chicken Breast
Non-Fat Cottage Cheese
Egg Whites
Fish and Shellfish
Top Round Steak, Eye or Round
Turkey Breast
Whey Protein

Grade B Foods

These foods are slightly processed but are generally considered as natural.

Grade B

Carbohydrates

Breads (100% Whole Grain or Whole Wheat, Rye)
Cereals (unsweetened)
Cream of Rice

Proteins

Non-Fat Cheese and Cream Cheese
Low Fat Chicken Breast
1% Low Fat Cottage Cheese

Fats

Canola Oil
Natural Peanut Butter
Nuts and Seeds

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Carbohydrates

Red Potatoes
Pasta
White Rice

Proteins

Flank Steak
Extra Lean Sirloin
Low Fat Sour Cream
Low Fat Turkey Breast

Fats

Olive Oil

Grade C Foods

Grade C foods neither poor but they are not good either. Breakfast cereals produced from whole grain oats that are sweetened with white sugar fall into this classification.

Any type of food sweetened or which includes refined sugar is automatically downgraded to a grade C classification. These food types are commonly moderate in fat, processed or cured with flavor enhancers, sodium additives and/or preservatives. They are not recommended food choices if you are trying to lose weight and body fat.

Grade C

Carbohydrates

Bagels
Unsweetened Breakfast
Cereals
Unsweetened Fruit Juice

Low Fat Yogurt
Sweetened/Flavored
Oatmeal
Regular Pasta
Raisin Bran
Enriched Wheat Bread

Proteins

Chicken Thighs
2% Low Fat Cottage
Cheese
2% Low Fat Cream
Cheese
Turkey Dark Meat
Low Fat Ham

Low Fat Sausage
2% Low Fat Sour Cream

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Grade D Foods

Grade D food types are definitely bad for your health. They normally contain high amounts of refined sugars or are manufactured primarily from bleached white flour. They also have high total fat and/or saturated fat content, are highly processed and refined and contain flavor enhancers, food preservatives and additives.

Grade D

Carbohydrates

Sweetened/Flavored
Cereals
Crackers
Enriched White Bread or
White Bread Products
Muffins, Pies and other
baked goods

Proteins

Ground Beef

Ham
Red Meat

Roast Beef

Fats

Whole Fat Cottage
Cheese
Cream Cheese
Sour Cream

Grade F Foods

Grade F foods, as the classification implies are disastrous, in dieting circles they are more commonly known as cheat foods! While it is alright to eat them once in a while to satisfy your cravings, it is best if you do not make them a regular part of your diet. Grade F foods generally contain all or some of the following unhealthy ingredients which the body stores as excess fat: trans fats, saturated fats, processed or refined high fat meats and pure refined sugar.

Foods High in Saturated Fats/Trans Fats

- Whole Milk Dairy Products
- Deep Fried Foods
- High Fat Cuts of Red Meat
- Hydrogenated Oils, Palm Kernel Oil, Palm Oil

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Foods with White Sugar/Refined Carbohydrates

- Beverages, Soda
- Candy
- Chocolate
- Cookies
- Sweets

Baked Foods that contain Fats/Sugars

- Cakes
- Cinnabons
- Croissants
- Doughnuts
- Éclairs
- Pastries
- Pies

Foods High in Refined Carbohydrates/Saturated Fats

- Doughnuts
- Fettuccine Alfredo
- Hamburgers
- Peanut Butter (sweetened)
- Potato Chips

High Fat Content Processed Meats

- Bacon
- Beef Jerky
- Ham
- Hot Dogs
- Salami
- Sausage

What you now have is a straightforward alphabetical guide to choosing and eating healthy food without sacrificing taste. Making the right choice is almost

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always difficult in the initial stages but as time goes by and you get used to it, it will become a habit which will be the foundation of your new and healthy life.

Begin by eating more food that belong to the A, B and C's category and learn to do without foods that belong to the D and F group. Before you know it, you will be choosing mostly foods that belong to the A's and the B's.

Bear in mind that the secret to success lies in maintaining and sustaining the change to a healthier eating habit and in learning your ABC's.