

We recently had an opportunity to discuss the launch of Samantha Harris' new book, *Your Healthiest Healthy*. One important topic she covers in the book involves changing to a healthier diet.

CHANGING to a HEALTHIER DIET



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any people think that healthy spells the

end of delicious, satisfying food. We asked her how long it took for her palette to change and realize that real food really does taste a lot better than the sugar-packed, processed food she was eating.

That's a really good question. I would say it's a matter of consistency over a few weeks. You need at least 3 weeks of those changes for your palette to start to change. With kids, for example, it takes eight to ten tries with new food to get them to actually like it. We're the same way as adults. We just have to keep trying it.



PAIRING IT UP

One trick I suggest is to pair something that you're not fond of with something you know you do like. I used to think kale was too bitter. I started to just use a little bit mixed with some romaine and spinach in my salads. From there, increase the dosage, if you will. It really is a matter of training your taste buds.

WHY ARE WE SO HOOKED ON BAD FOOD TO BEGIN WITH?

The food industry is kind of like big pharma. Big dairy and all the other interests—the food industry—are there



to make money. Sadly, I thought our government had our back. I thought the FDA and USDA were there to protect us as consumers, and unfortunately, they're not truly there for us.

They have a lot of people on their committees and making rules for, say, the food pyramid, who were paid by big food agencies. The sugar industry, specifically, paid scientists to do studies to prove that sugar was not the enemy and pin it on something else (saturated fat). Then, those scientists were named to head-up the committee that came up with the food pyramid.

LABELS ARE IMPORTANT

When you look at food and think, "Okay, this stuff is good for me because it's in a package and it says on the box 'Made with whole grains,' or 'Heart healthy.'" We need to learn how to read a food label, particularly how to read the ingredients list and the nutrition information. What are the ingredients? What are they hiding?

Ingredients are listed from top to bottom by weight, so the most heavily

used ingredient is going to be number one, and the ingredient used in trace amounts in that product will be at the very bottom of the list. Knowing this, you can catch them playing games to fool you.

For instance, if a company or manufacturer doesn't want sugar to be listed in the number one, two, or three positions—because the first three slots are definitely the most important to pay attention to—they might add maltodextrin, sucrose, fructose, barley syrup, or a number of other synonyms for sugar into the product so that they can have sugar listed lower—but they still have the same amount of sugar in the product. Understanding [how labels are constructed is] really important.

FLIP IT UP AND REVERSE IT

One of the best pieces of advice [for changing your eating habits] I have come from a nutritionist I once worked with: "Flip what is on your plate." At every meal, load at least half the plate with veggies, and then fill in the rest with, ideally, plant-based protein.

If you're still at the beginning of your journey to your healthiest healthy, then at least reduce the portion size of your animal protein and make sure that it's clean: ideally organic, but pasture-raised if possible. Then make sure to include a little fat, but make sure it's healthy fat: avocado, olive oil, nuts, or seeds. That made a huge difference for me.

