

## NEWSLETTER

# MAGNOLIA ENDOCRINOLOGY

## *Questions for Temple....*

---

### WHAT DO I EAT??

This is probably the most frequently asked question in my clinic from patients whether they are diabetics, thyroid patients or just there to lose weight. Some patients want to know what to eat and some want to know what not to eat. This is the easiest way I know how to explain what EVERYONE should be eating:

**EAT CLEAN!!!!**



### ....EYE ROLL PLEASE....

I know...I know....I am losing some of you. Honestly, eating healthy as a diabetic or to lose weight is just that simple. It is just a matter of changing how you view food and you will see how easy this is!

# “EAT TO NOURISH YOUR BODY.”

## IF YOU CHOOSE POSITIVE....

If you would like for food to have a positive effect on you, good news is...THE WORLD IS YOUR OYSTER!

Well maybe I should say, THE WORLD IS YOUR PRODUCE SECTION! Fresh foods will have a positive effect on your body all the way down to the cellular level which can affect even your DNA!

## FOOD IS A DRUG!!!

OK so here is the trick to changing how you view food. Food is a DRUG! Yes, it's a 4 letter word.

Anything that has an effect on your body is a drug.

Food can have a positive effect or a negative effect. Nonetheless, it will have one or the other. It is not neutral - it is not Switzerland!

So, it is ultimately your choice - positive or negative effect?

## IF YOU CHOOSE NEGATIVE....

Continue to eat everything that is convenient from a fast food restaurant or drive thru or that comes in a box or that can sit on the shelf in your pantry for years and years....which means it will sit in your arteries for years and years!

That is just gross!



ITS SIMPLE. BLACK AND WHITE

# CLEAN EATING

HERE'S ALL YOU NEED TO KNOW:

- **Fresh foods. Nothing Processed.** As I alluded to earlier: Food should rot! That is how you know it is fresh and real! When you walk into the produce department, there are a thousand options. Fresh foods are not processed so therefore, they will have many more nutrients. Remember your body is a machine which will break down over time. We cannot go to the autoparts store and order more parts. We must take care of it. Nutrients from fresh foods will do just that!
- **Simple/minimal ingredients.** Once you get past the produce department, items tend to have more than one ingredient. If it has more than 3 ingredients, I would reconsider it. Reading ingredient lists are a must. Natural, healthier foods don't need many ingredients.
- **Avoid "white foods".** I always encourage patients whether you are diabetic or on a diet or not to avoid "white foods". The reason is white foods are higher on the glycemic index and are usually lacking in the nutrient department compared to "brown foods" or whole grains. (see next page for details on white foods). Whole Grains/Brown foods have more fiber and nutrients, take longer to digest, help keep you full, and do not spike your sugars.
- **Beans!** Please eat beans! For some reason, they have received a bad reputation because they have been considered a source of carbs. They are full of fiber, protein and vitamins.
- **Clean meats.** If you choose to eat meat (yes, you can be healthy without meat), it should be lean and not fried. Obviously, fresh, wild caught fish are the best.
- **Drinks.** Wait...drinks are included in clean eating? That is correct! We are mostly made of water and that should be our focus. Do not be fooled by drinks with "sugar substitutes" or labels of being natural or being told ginger ale is good for your stomach. Water, water, water!

# CLEAN EATING

## Resource

One of my favorite resources is:  
Clean Eating Magazine

This is a magazine subscription that can be purchased or you can visit their website [www.cleaneatingmag.com](http://www.cleaneatingmag.com)

They offer resources to explain what clean eating foods are, how to shop for them and tons of specific recipes.

Here's a great example of specific recipes they offer.  
<https://www.cleaneatingmag.com/recipes/chicken-enchilada-casserole-recipe>

### Chicken Enchilada Casserole

It's here – a family-friendly casserole that's Whole30 compliant! Everyone will dig into this bubbly mix of zucchini and chicken with savory Southwest flavors, while leftovers make fantastic lunches throughout the week.

Beth Lipton · Dec 20, 2019

