

BUILD A HEALTHY DIET AND LIFESTYLE

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Use this as a template to build a healthy diet and lifestyle. These are core topics to discuss during phone chat(s). We will discuss where you are now, and plan out ways to improve. Supplemental handouts (PDFs) are available for many of these topics. You may wish to print this page to jot down notes.

TOPIC	COMMENTS	MY SUGGESTIONS
MEAL PATTERN	May be a source of excess calories/energy, particularly if “grazing” often; optimize pattern for blood sugar, weight management and gut health.	_____ meals/day _____ optional snacks/day
DOWNTIME FROM EATING	Taking a break from eating allows the body to process and use energy already consumed. Delaying breakfast, not eating after dinner and/or not snacking between meals are all useful strategies.	Delay breakfast until _____ (time) Avoid eating after _____ (time)
BEVERAGES	May be a source of excess calories, sugar, and/or other harmful ingredients. Refer to handout to see the “Best Choices in Beverages”.	
PROTEIN	Many people don’t get enough protein. Use handouts to see which foods are higher in protein, and look for ways to get more, if needed.	
FATS	Check to see if you are eating the right types of fats, and in the right amounts. Some fat is needed in the diet, but excessive dietary fat = too much energy = excess body weight.	
CARBS	Reducing unnecessary carbs (particularly from ultra processed foods) is an effective weight loss strategy; also important for managing blood sugar. Handouts available to help you make the best choices.	
ULTRA-PROCESSED FOODS	A source of excess sugar/carbs and unhealthy fats/oils + other harmful ingredients. Limit or avoid these completely.	
MEAL PLANNING/INSPIRATION	Home-cooked meals allow you to control the quality of ingredients. Handouts available to inspire healthy meals and snacks; building a healthy pantry; planning weekly meals; recommended websites.	
EXERCISE	Helps you feel better physically and psychologically; helps build lean body mass; plus many other benefits. No gym membership required! Sprinkle it into your day with “micro workouts”. See handout.	
STRESS MANAGEMENT	Body weight, blood sugar and other aspects of health are affected by stress hormones. Manage stress to improve your health.	
SLEEP	Lack of adequate sleep interferes with hormones, blood sugar, body weight, etc. Prioritize sleep!	
VITAMIN D	Know your baseline level, then optimize it with strategic sunshine and/or supplements. See handout.	