**Wellness - 7 Steps to Lifelong Wellness and Vitality, Part 1**

Wellness can be yours if you follow these seven steps:

1. **Do your FATS *right*! This is one of the most powerful nutritional strategies available to protect your health!**
   * Strictly avoid trans fats: partially hydrogenated oils (found in some processed and fast foods), stick margarine, and shortening.
   * Minimize saturated fat: fatty cuts of beef, pork, and lamb, whole dairy products, butter, and palm oil.
   * Consume the majority of your fats from the monounsaturated oils: extra virgin olive oil, canola oil, nuts/seeds, and avocados.
   * Strive to have a serving of omega 3 fats daily: oily fish (salmon, tuna, mackerel, herring, and sardines), walnuts, canola oil, flaxseeds, omega 3 eggs, wheat germ, and small leafy greens (arugula, watercress, etc.).
   * If you do your fats right, you can:
     + Lower your risk of heart disease and stroke
     + Lower inflammation in the body
     + Improve neurologic/mental health
     + Reduce the risk of some cancers
     + Decrease LDL (bad) cholesterol and increase HDL (good) cholesterol
     + Reduce the risk of type 2 diabetes
2. **Do your CARBS *right*! The type of carbs you consume has a profound impact on your health, especially metabolic health.**
   * Minimize consumption of the highly refined, high glycemic load white carbs – white flour products, white rice, white potatoes, sugar, and products containing them.
   * I refer to these foods as the “Great White Hazards” because they promote obesity, increase your cardiovascular risk, promote type 2 diabetes, promote certain cancers, and lead to rapid fluctuations in blood glucose that aggravate the brain.
   * Consume the majority of your carbohydrate calories from the following 4 categories: whole grains, beans/legumes, fruits, and vegetables (the “right carbs”). These carbs improve and protect your health!
   * If you do your carbs right, you can:
     + Lower your risk of heart disease
     + Improve your gastrointestinal health
     + Lower your risk of cancers of the stomach, mouth, colon, gall bladder, and ovary
     + Protect against type 2 diabetes
     + Have greater success with a healthy weight
     + Lower inflammation in the body
3. **Eat as many and as much a variety of fruits and vegetables as possible– this is the simplest strategy of all!**
   * Strive to have 7 servings (about 4 cups combined) a day – but any improvement counts!
   * The [phytochemical power](http://www.drannwellness.com/video.cfm?VideoID=78) in fruits and vegetables is extraordinary – your “magic bullet”
   * The superstar fruits – berries, cherries, plums, any whole citrus, cantaloupe, kiwi, mango, red grapes, and apples.
   * The superstar vegetables – all cruciferous (broccoli, cabbage, cauliflower, Brussels sprouts, kale, collards), carrots, garlic, onions, sweet potatoes, all dark leafy greens, tomatoes, winter squash, asparagus, and red/orange/yellow bell peppers.
   * If you do your fruits and veggies right, you can:
     + Reduce your risk of heart attacks and strokes
     + Protect against and lower high blood pressure
     + Improve your gastrointestinal health
     + Prevent age related vision loss (cataracts and macular degeneration)
     + Have greater success with a healthy weight
     + Reduce your risk of some cancers
     + Make meals beautiful, delicious, and exciting

