

# KING INDUSTRIES



Thursday, April 19th

Wellness At



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our most important element

## A Real-Life Approach To Healthy Eating

Presented by: King Industries and  
Comprehensive Nutrition

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comprehensivenutrition  
healnaturally

**Loryn Galardi, M.S.**  
specializes in individual and  
group nutrition, fitness, and  
the mind/body connection.



Loryn is owner and president of LG Nutrition, LLC; better known as Comprehensive Nutrition in Wilton, Connecticut, which focuses on helping clients achieve optimal health and wellness through education, behavior modification and continuous personalized support.

She specializes in all aspects of health including weight loss, weight gain, hormonal imbalances, digestive disorders, cardiovascular issues such as cholesterol and blood pressure reduction, diabetes, food allergies and intolerances and much more.

She is a member of the Professional Nutritionists Association, American College of Nutrition (ACN), the International and American Associations of Clinical Nutritionists (IAACN) and the Total Life Care Center in Norwalk CT.



# How Good Foods Turn Bad



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**PROTEIN:** (Steer clear of MSG, antibiotics and hormones)

**Protein provides the framework for every cell of the body. Body tissue needs a steady supply of protein to build and rebuild organs, muscles, antibodies, hormones, and enzymes. At eight months or eighty years, all bodies need protein.**

- Chicken or Turkey Breast (No Skin)
- Deli Turkey, Chicken Ham or Roast Beef Slices
- Fish: Shell Fish: Clams, Shrimp, Scallops, Crab
- Canned Fish: Tuna, Salmon, Sardines
- Eggs
- Turkey Bacon
- Beans Black Bean Soup (organic canned or homemade)
- Hummus (Chick Pea Spread)
- Yogurt – (Low Fat Greek, Low fat Stonyfield)
- Cottage Cheese (Low-Fat)
- Milk – 1 or 2 %



## COMPLEX CARBOHYDRATES:

**Carbohydrates provide energy to all cells. Brain and red blood cells prefer to run on glucose, a type of sugar that comes from eating carbohydrates. Muscles use glucose as their main source of fuel.**

**VEGETABLES:** (Fresh/frozen/organic whenever possible)

Spinach, Broccoli, Dark Green Lettuce, Onions, Tomatoes, Asparagus, Cucumber, Cauliflower, Beets, Green Beans, Peas, Carrots, Leeks, Mushrooms, Cabbage, Kale, Peppers (Any Color), Zucchini, Celery, Eggplant, Brussels Sprouts

**FRUIT:** (Fresh/frozen/organic whenever possible)

Apple, Banana, Plum, Berries, Peach, Pear, Orange, Blueberries, Mango, Pineapple, Papaya, Lemon, Lime, Grapes, Cantaloupe, Honeydew, Watermelon. Plum. Grapefruit, Mango, etc



## FATS: (USE IN MODERATION)

Healthy fats such as nuts, seeds and avocado provide energy, cushions your organs and allow the body to absorb necessary nutrients such as vitamins A, D, E and K. Fats help to keep us feeling full and satisfied from our meals.

### **OILS:** (1-2 Tablespoons)

Olive, Grape seed, Coconut oils

Flaxseed, Sesame, Walnut oils (do not use for cooking)

### **CHEESE: Low Fat** (1 Tablespoon / 1-2 ounces)

Grated Parmesan/Romano, Ricotta, Cheddar,

Swiss, Mozzarella, Provolone, Feta, Goat

### **NUTS:** (1 ounce - raw, unsalted only)

Walnuts, Almonds, Cashews, Pecans, Brazil,

Hazelnuts, Chestnuts, Pine nuts, Pistachios

### **SEEDS:** (1-2 Tablespoons - raw, unsalted only)

Ground Flax, Chia, Sesame, Pumpkin, Sunflower

### **NUT/SEED BUTTERS:** (1-2 Tablespoons)

Almond, Cashew, Sesame seed

### **OTHER:** (1-2 Tablespoons)

Mayonnaise, Butter, Green/Black Olives

Avocado, Peanuts/Natural Peanut Butter

