

introduction to the world's healthiest foods way of eating

I dedicate this section to taking the important concepts presented in Section 1—how the World's Healthiest Foods and their health-protective nutrients contribute to optimizing health—and putting them into practical application by providing you with step-by-step instructions on how to incorporate the World's Healthiest Foods into the World's Healthiest Foods Way of Eating.

We live in a digital age where our phones are smart, our watches are smart, our cars are smart, and even our kitchens are smart. So shouldn't we start to eat smart? I created the Smart Menu to deliver as many health benefits as possible in one easy-to-follow package. And everything you need to get all the nutrients you need each day as well as 13.5 servings of fruits and vegetables is provided for you: what to eat for breakfast, lunch, dinner, and snacks; a shopping list; and recipes. Just follow the Menu and enjoy easy-to-prepare meals and great taste!

Having a rich supply of health-protective nutrients for good health is not a new concept. But what is new is that experts now agree the best way to get these nutrients is through the food we eat. While it was once doubted that you could get all of the nutrients you need from food alone, publications from prestigious universities, such as Harvard, now state that even a low-calorie diet can deliver all the vitamins and minerals you need, with the exception of vitamin D [sunshine vitamin], provided you focus on eating nutrient-rich foods—foods rich in nutrients in relation to their caloric content. It is also recognized that this may require a bit of planning. Yet, that's what I have done for you with the Smart Menu.

If you don't know what foods will deliver all the nutrients you need and if you have difficulty planning how to make great tasting meals, you will find I have done all the work and calculations for you. The Smart Menu is designed to help make the transition to the World's Healthiest Foods Way of Eating easy and enjoyable. With my Smart Menu you will discover everything you need to know to get all the nutrients you need from the nutrient-rich World's Healthiest Foods, even vitamin D, which food experts have said was impossible to do.

If your current meal plan does not deliver the recommended amount of nutrients to optimize your health, try the Smart Menu because it gives you everything you need to take charge of your health and give you peace of mind. It is not a diet or an approach focused on counting calories. Rather, it represents the future of healthy eating with nutrient-rich foods.

You don't have to give up flavor with the Smart Menu. You can find hundreds of healthy recipes in this book, which include fish, beans, vegetables, and crisp salads to vary the Smart Menu as well as recipes for healthy desserts that taste great! Most recipes can be prepared in 7 minutes or less while the snacks don't require any preparation at all.

Here is an e-mail from a Reader about healthy eating:

I have been trying for a long time to put together an ideal and complete eating plan of 10-20 foods that would provide me with 100% of the nutrients I need without eating 100 different foods or by taking supplements. Thank you for your help. - Dave