



Natural Health Chiropractic & Wellness Centre
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Reading a Nutrition Label

***8-ounce container of plain, fat-free yogurt*

Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
Calories 127	Calories from Fat 4
% Daily Value*	
Total Fat <1g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 175mg	8%
Total Carb 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- **Serving Size:** is usually less than most people eat. When comparing foods, be sure to compare foods that have the same serving size.
- **Calories:** measure energy use. No more than 25% of your calories should come from fat.
- **Fat:** total amount of fat per serving. Limit saturated fat intake and eliminate trans-fats.
- **Cholesterol:** eat less than 300mg each day.
- **Sodium:** eat less than 2200mg each day.
- **Carbohydrates:** energy rich source of fuel. They are found in starches, fruits, and vegetables. Minimize sugars when losing weight.
- **Protein:** build muscle & increases metabolism. Choose protein sources that are low in saturated fat.
- **% Daily Values:** recommended based on a 2,000 calorie diet. Eat no more than 100% of each nutrient each day.
- **Vitamins & Minerals:** recommended amount of certain vitamins & minerals in the food. Reach 100% for each vitamin & mineral every day.

These values are dependent on individual variations such as gender, weight, age, and other measures of body composition!

Top 10 Foods to Stimulate your Metabolism

1. **Water** – at least one litre each day. The colder it is, the more calories your body will burn warming it up. Add lemon or lime juice for better taste but don't add any sugar or artificial sweeteners and stay away from those new enhanced waters!
2. **Fiber** – **Soluble:** works to slow the rise of sugar in the blood (preventing fat storage). **Insoluble:** acts like a broom sweeping through the intestines, taking waste products with it.
 - a. Legumes and lentils: peas & beans (kidney, navy, black, chickpeas etc)
 - b. Oats, rye and barley
 - c. Greens: broccoli, green beans, spinach, beet greens, kale, collards, swiss chard
 - d. Root vegetables: sweet potatoes, pumpkin, squash
 - e. Nuts & seeds: almonds, Brazil nuts, walnuts
 - f. Fruits: blackberries, cherries, cranberries, apples, citrus, raspberries
3. **Nuts & Seeds:** protein, healthy fats, fiber, vitamins & minerals. Tip: Avoid added salt & oil.
4. **Green Vegetables:** fiber and antioxidants
5. **Beans & Legumes:** fiber, protein, iron & folate. Great way to fill up & reduce food cravings.
6. **Eggs:** Protein-rich, vitamin-packed, and very easy to prepare.
7. **Green Tea:** promotes fat loss (elevates body heat production), protects lean muscle tissue & stabilizes blood sugar levels.
8. **Omega-3 fatty acids:** improves metabolism.



9. **Garlic & Onion:** cleansing action in the body; they promote contraction of smooth muscles in your intestinal wall, pushing contents farther along the digestive tract.
10. **Negative calorie foods:** high in fiber & water and low in fat. They therefore burn more calories than they add to the body.

Vegetables	Fruits
Asparagus, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Endive, Green Beans, Onion, Papaya, Radishes, Spinach, Zucchini	Apple, Blueberry, Cantaloupe, Cranberry, Grape Fruit, Honey Dew Melon, Lemon, Lime, Orange, Pineapple, Strawberry, Watermelon

Baseline Naturopathic Recommendations & Supplements to Lose Weight

- **Capsicum (Cayenne pepper), Ginger, and other spicy foods:** studies have shown that eating a very spicy meal can actually speed up the metabolism by about 25%....for up to 3 hours.
- **Cinnamon:** cinnamon reduces blood sugar levels and increases natural production of insulin as well as lowering blood cholesterol as well.
- **Protein powder:** a high-quality protein powder is an easy way to boost your protein intake, which is important for fat-burning and muscle-building.
- **Glutamine:** research shows that regular glutamine supplementation prevents muscle breakdown, increases protein synthesis, improves intestinal health and decreases cravings for sugar and alcohol.
- **Green Tea & Omega 3 supplementation:** as mentioned above

Mary's Bio

Mary received her Doctor of Naturopathic Medicine degree from the Canadian College of Naturopathic Medicine in 2006. Prior to pursuing her career in Naturopathic Medicine, Mary received her Bachelor of Science with concentrations in Biology, Psychology, and Chemistry at Dalhousie University in 2003 and her Bachelor of Commerce at Dalhousie in 2001.

During the four-year, full-time naturopathy program, academic and clinical education combines conventional medical topics with specialized training in the use of natural therapeutics. Naturopathic Doctors are trained to perform screening physical exams and to assess the need for referrals to medical specialists for appropriate work-up and diagnosis.

Mary brings her enthusiasm and passion for Naturopathic Medicine to every patient visit. She looks forward to working with you to determine the cause of your condition; this will help you to understand your health and increase your quality of life. Through education and empowerment using dietary changes, nutritional supplementation, detoxification, homeopathic medicine, hydrotherapy, acupuncture, and botanical medicine, she is able to affect substantial change in the quality of her patient's lives. Mary maintains memberships in both the Ontario Association of Naturopathic Doctors and the Canadian Association of Naturopathic Doctors. She is a licensed and Board Certified Naturopathic Doctor.

Did you know?
International Truck & Engine Corp
Employees have \$500 to spend towards
Health Care expenses each year?

For more information on Mary and
what she does call the office today
to book your
Free 15 minute consult!

