



ANWAN Wellness Medical Centers P.C.

Pediatrics + Internal Medicine + Preventive Medicine + Anti-Aging
+ Gastroenterology + Geriatrics + Physical Therapy + Podiatry

www.ANWANwellness.com

Name: _____ D.O.B.: _____

NATURAL CARBOHYDRATE NUTRITION PROGRAM

- Eat **No** processed foods – white flour products like pastries, donuts, bread, crackers, cookies, bagels, cakes or pastas.
- Eat whole wheat or multigrain breads (early morning)
- Eat Nuts – preferably raw cashews, almonds, walnuts, and peanuts – limit to a handful.
- Eat plenty of fruits.
- Eat plenty of fresh vegetables, limiting starch vegetables to no more than two 4oz servings daily ex: potatoes, rice, corn, beans, and peas.
- Eat two 4oz servings of protein per day. ex: fish, beef, chicken (remove skin).
- Use natural herbs/spices ex: garlic, basil, parsley, cilantro, oregano, curry.
- Use 100% olive oil or canola oil. Avoid frying foods.
- Use Only Stevia or xylitol for sweeteners. **No** sugar, honey or Splenda.
- No soda or commercial fruit juices.
- No alcoholic beverages on a regular basis.
- Drink 120 ounces of purified water daily.
- Instead of processed dessert, have a fruit smoothie made with 8 oz. Soy milk and ice.
- Take one Healthy Weight supplement 3x/day before meals.
- Get daily exercise.

DAILY EXERCISE SCHEDULE

- Cardiovascular exercise 3x/week
 - Walk, jog, Stairmaster, treadmill, swim or bicycle for 30 minutes
- Strength training 2x/week
 - Push ups, squats, lunges, pull ups, etc for 10minutes then free weights—bicep curls, military press, triceps curls, leg press, leg extension, shoulder flies, etc for 15minutes.

Donovan Christie, MD, MS, CPE, FAAP
President and Medical Director

HAPEVILLE

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TUCKER

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Good Health Through Nutrition. Exercise and Stress Management.