

METABOLIC RESET

Eating Hygiene



Glycemic index

**Low Glycemic Index
(55 or less)
Choose Most Often**

Apple
Apricot (Fresh, Dried)
Avocado (Unripe)

**Medium Glycemic Index
(56 to 69)
Choose Less Often**

Banana (Ripe, Yellow)
Cherries (Bottled)
Cherries (Fresh)
Gojiberries (Dried)

**High Glycemic Index
(70 or more)
Choose Least Often**

Banana (Brown, Overripe)
Watermelon



Eating Hygiene

Eating hygiene refers to the practices and habits that promote cleanliness, safety, and good health while eating or preparing food. It encompasses actions that prevent the spread of germs, ensure proper digestion, and promote overall well-being. It's a combination of personal, environmental, and food-handling hygiene practices. It's not just what you eat, but how you eat.

Key Aspects of Eating Hygiene

1. Personal Hygiene

- **Handwashing:** Always wash hands with soap and water before eating to remove dirt and germs.
- **Mouth and Teeth Care:** Brush your teeth regularly to maintain oral health, which can influence digestion and overall health.
- **Avoid Touching Food Directly:** Use utensils instead of your hands when appropriate to minimize contamination.

2. Table Hygiene

- **Clean Eating Surfaces:** Ensure tables, plates, and utensils are cleaned before use.
- **Avoid Sharing Utensils:** This minimizes the spread of bacteria and viruses, especially in group settings.
- **Cover Food When Not Eating:** Prevent flies, dust, and other contaminants from contacting food.

Eating Hygiene

3. Eating Practices

- **Chew Food Properly:** Chewing thoroughly aids digestion and reduces the risk of choking.
- **Avoid Eating Too Quickly:** Eating slowly allows your body to signal fullness and reduces indigestion.
- **Avoid Talking with Food in Your Mouth:** Prevents choking and promotes polite dining behavior.

4. Food Safety and Hygiene

- **Wash Fresh Produce:** Always rinse fruits and vegetables under clean water to remove dirt, pesticides, or bacteria.
- **Cook Food Thoroughly:** Ensure meats, eggs, and other perishable items are cooked to safe temperatures.
- **Store Food Safely:** Keep food at the correct temperature (refrigerate perishables promptly) to prevent spoilage and contamination.

5. Environmental Hygiene

- **Avoid Eating in Dirty Environments:** Eating in clean surroundings reduces the risk of contamination.
- **Proper Waste Disposal:** Dispose of food scraps and packaging responsibly to avoid attracting pests.

Eating Hygiene

6. Social Hygiene

- **Cover Mouth When Coughing or Sneezing:** If you're eating with others, this helps prevent the spread of germs.
- **Avoid Eating When Sick:** If possible, avoid group meals when you're unwell to reduce the risk of transmitting illness.

Why Is Eating Hygiene Important?

- **Prevents Illness:** Reduces the risk of foodborne diseases and infections.
- **Improves Digestion:** Proper eating practices support your digestive system.
- **Promotes Overall Health:** Clean habits while eating contribute to better physical well-being.
- **Enhances Social Etiquette:** Demonstrates respect for others when eating in group settings.

By practicing good eating hygiene, you not only protect yourself but also contribute to a healthier and more pleasant eating environment for everyone around you!

Eating Hygiene

100 Action Steps

Preparation and Planning

1. Plan meals a week in advance.
2. Create a balanced grocery list.
3. Stick to your grocery list to avoid impulse buying.
4. Incorporate seasonal produce into meal planning.
5. Shop for fresh, minimally processed ingredients.
6. Buy in bulk to save money and reduce packaging waste.
7. Choose whole foods over processed ones.
8. Stock your pantry with healthy staples (e.g., grains, nuts, spices).
9. Pre-cut fruits and vegetables for easy snacking.
10. Cook meals at home as often as possible.

Eating Hygiene

100 Action Steps

Meal Timing and Scheduling

1. Eat breakfast within an hour of waking up.
2. Stick to regular meal times.
3. Avoid late-night snacking.
4. Stop eating 2-3 hours before bedtime.
5. Space out meals to maintain energy levels.
6. Schedule snacks to avoid binge eating.
7. Start with a light, healthy breakfast.
8. Include a mid-morning snack to prevent overeating at lunch.
9. Avoid long gaps between meals.
10. Keep a food diary to track timing and portions.

Eating Hygiene

100 Action Steps

Portion Control

1. Use smaller plates for meals.
2. Serve appropriate portions to avoid overeating.
3. Eat half of your restaurant meal and save the rest.
4. Avoid eating directly from packages.
5. Measure portions with a food scale or measuring cups.
6. Learn to recognize when you're full.
7. Share large meals with a friend when dining out.
8. Avoid second helpings unless you're still truly hungry.
9. Balance portions of carbs, proteins, and fats.
10. Understand portion sizes for calorie-dense foods like nuts and oils.

Eating Hygiene

100 Action Steps

Mindful Eating

1. Sit down while eating.
2. Avoid eating in front of the TV or computer.
3. Take small bites and chew thoroughly.
4. Eat slowly to recognize fullness signals.
5. Savor the taste and texture of food.
6. Practice gratitude before meals.
7. Focus on eating, not multitasking.
8. Take breaks between bites.
9. Avoid rushing meals; allocate enough time to eat.
10. Recognize emotional triggers for eating.

Eating Hygiene

100 Action Steps

Hydration

1. Drink water before meals to avoid overeating.
2. Keep a water bottle handy throughout the day.
3. Avoid sugary drinks like sodas and energy drinks.
4. Opt for herbal teas instead of caffeinated beverages at night.
5. Infuse water with fruits or herbs for added flavor.
6. Limit alcohol consumption.
7. Avoid drinking too much water during meals to aid digestion.
8. Start the day with warm water and lemon.
9. Track daily water intake to meet hydration goals.
10. Replace sugary beverages with water during meals.

Eating Hygiene

100 Action Steps

Food Quality and Choices

1. Choose whole grains over refined grains.
2. Incorporate a variety of vegetables into meals.
3. Aim for at least 5 servings of fruits and vegetables daily.
4. Opt for lean proteins like chicken, fish, or legumes.
5. Include plant-based proteins like tofu and lentils.
6. Limit red and processed meat intake.
7. Choose healthy fats like avocados, nuts, and olive oil.
8. Avoid trans fats and limit saturated fats.
9. Use fresh herbs and spices instead of excess salt.
10. Select low-sugar options for snacks and beverages.

Eating Hygiene

100 Action Steps

Healthy Cooking Practices

1. Use steaming or baking instead of frying.
2. Replace butter with olive or avocado oil.
3. Cook in bulk to save time and effort.
4. Freeze leftovers for future meals.
5. Experiment with healthy recipes to make eating enjoyable.
6. Add more vegetables to soups and stews.
7. Avoid overcooking vegetables to preserve nutrients.
8. Use non-stick cookware to reduce oil usage.
9. Minimize the use of pre-packaged seasonings.
10. Incorporate fermented foods like yogurt, kimchi, and kefir.



Eating Hygiene

100 Action Steps

Digestive Health

1. Eat fiber-rich foods like oats, legumes, and vegetables.
2. Include probiotics like yogurt and kombucha.
3. Avoid overeating, which can burden digestion.
4. Take time to chew food properly.
5. Drink plenty of water to aid digestion.
6. Avoid lying down immediately after meals.
7. Incorporate natural digestive aids like ginger or peppermint.
8. Limit greasy and heavy meals.
9. Avoid combining too many different types of food in one meal.
10. Practice stress management techniques to improve digestion.

Eating Hygiene

100 Action Steps

Hygiene and Safety

1. Wash your hands before eating.
2. Rinse fruits and vegetables thoroughly.
3. Store perishable foods in the refrigerator promptly.
4. Keep raw and cooked foods separate.
5. Use separate cutting boards for meats and vegetables.
6. Cook meat to the proper internal temperature.
7. Store leftovers in airtight containers.
8. Avoid reheating food multiple times.
9. Check expiration dates before consuming packaged foods.
10. Clean kitchen surfaces and utensils regularly.

Eating Hygiene

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Sustainability and Environment

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These steps cover all aspects of good eating hygiene, from planning and preparation to consumption and sustainability. Implementing these habits will ensure long-term benefits for your health and the environment!