



WEEK 4: RDM FOOD RULES PART I



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How do you eat like a Rockstar Doggy Momma? It all starts with consuming a diet focused on eating whole foods.

A whole foods diet is when you eat foods in their natural state, like fruits, vegetables, whole grains, legumes, nuts and seeds. In addition, you may include fish and lean meat in your diet.

Let's begin by going through the first set of our RDM Food Rules, which will make following a whole foods diet simple for you and your pup.

RDM Food Rule 1: Eat the Colors of the Rainbow

The bulk of your diet should consist of fruits and vegetables, the true fountain of youth. Strive to eat four to five servings of vegetables and two to three servings of fruit per day. Greens in particular are amazing for youthful skin, weight management, immunity and natural detoxification, while colorful vegetables and fruits contain powerful antioxidants that protect against cancer, heart disease, obesity and diabetes. Further, instead of focusing on giving up processed foods, this allows you to naturally crowd them out of your diet over time.



RDM Food Rule 2: Shop the Peripheries of the Supermarket and Stay Out of the Middle

Think about your neighborhood grocery haunt. Fresh food, like produce and lean meat, resides on the outer edges of the grocery store. You need to venture down the center aisles to find your overly processed foods. Therefore, as a general rule of thumb, keep to the edges of the store and you are more likely to wind up with real food in your shopping cart.

RDM Food Rule 3: Avoid Food Products Containing More Than Five Ingredients

Overly processed foods may contain over 20 ingredients. Many of which require a Google search to decipher and pronounce. Remember, the more processed the food the more far away from its natural state and what Momma Nature intended. Have you ever seen a commercial advertising heart healthy kale or broccoli?!

RDM Food Rule 4: Cook like Grandma Betty

My Grandma Betty got it right when she cooked everything from scratch and used real ingredients. In other words, forgo the margarine and use a little butter. All those frozen diet dinners, packaged snacks, carry-out and fast food items are highly processed, not to mention calorie dense and nutrient poor. Meaning you are taking in lots of calories, but getting absolutely no nutritional benefit, which is problematic for your waistline and your ability to interact physically and mentally with your pup. Make time in your schedule to cook some of your meals because nothing beats homemade.



RDM Food Rule 5: Forgo Sugary Beverages and Hydrate with Water

Avoid sugary beverages such as soda, vitamin water, artificially flavored sparkling water and sports drinks. In addition, eat your fruit. When fruit is juiced its fiber and most of its nutrients are lost, while its sugar content becomes more concentrated. In other words, forgo the orange juice and eat the orange.

Instead replace your beverages with water, fruit-infused water and green or herbal teas. We do not function at full capacity when we are dehydrated. Many experts agree that 8 glasses of water per day is a great approximate number for most women. You can buy a pitcher and/or water bottle with a fruit diffuser, and add strawberries and citrus fruit to your water to give it some flavor.

RDM Food Rule 6: Practice Portion Control

An easy way to shed a few excess pounds quickly and keep your weight in check is to practice portion control. By understanding the average portion size of different foods, you can avoid overeating whether you are cooking at home or eating out.

Here is a simple chart to help you visual portion sizes:

RDM Portion Size Guide



3 oz (75 g) Cooked Chicken
or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream:
tennis ball



31 oz (30 g) cheese
4 dice or 1 domino



medium piece of fruit:
baseball



1 teaspoon (5 ml) butter or
margarine:
one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)



2 tablespoons (30 ml) peanut butter,
jam, salad dressing:
golf ball



1 oz (30 g) of chocolate:
a packet of dental floss

RDM Portion Size Guide

The following are general estimates for a variety of foods:

- **Protein:** one serving is no larger than the size of your palm, or 3 oz., 1 egg, 8 oz. or 1 cup dairy (milk/yogurt)
- **Starchy side dishes:** the size of a tennis ball or ½ cup
- **Medium piece of fruit:** tennis-ball size
- **Berries:** ½ cup fresh or frozen
- **One ounce of cheese:** pair of dice or ¼ cup shredded
- **Non-starchy Vegetables:** 1 cup raw, one-half cup cooked
- **Dark leafy greens:** 1 cup raw
- **Potato (sweet, red, baked) or yam:** medium sized or 1 cup cooked, size of a computer mouse
- **Water:** 6 to 8, 8-oz. glasses per day
- **Beans and legumes:** ½ cup cooked
- **Hummus:** ¼ cup
- **Whole grains:** 1 slice whole-wheat bread, ½ cup cooked grains, oatmeal, cereal or pasta
- **Healthy Fat (olive oil, flaxseed oil, coconut oil, Udo's oil, butter, flax seeds, chia seeds, hemp seeds):** 1 tablespoon or tip of your thumb
- **Nuts:** 1 oz. (1/8 cup) or 10 almonds, cashews or walnut halves
- **Wine:** 5 oz. (or half the pour you think!)
- **Air popped popcorn:** 3-cup serving (Use 1 1/2 tablespoons of kernels to make 3 cups of popped popcorn.)
- **Whole-grain crackers:** 4 Ak-Mak, 6 brown rice snaps

A few extra tips:

- Invest in a scale to measure out protein ounces.
- Use measuring cups for whole-grains, legumes and beans.
- Fill-up on non-starchy vegetables. The more the merrier.
- Portion out your snacks, do not eat directly from the bag or box!
- Read labels carefully for the recommended portion sizes.
- Buy a portion control container kit to make it effortless.

RDM Food Rule 7: Practice Mindful Eating

Countless studies have shown that keeping a food journal encourages you to eat fewer calories and make healthier choices because it increases your awareness of what, how much, and why you are eating. For example, you may not realize how many extra calories you are consuming from the office candy dish, wine, bread basket, condiments, or stealing a few bites of your friend's meal.

Start by keeping track of everything you eat and drink. Do not focus on the calories. At this juncture, it is more important to be aware of what you are putting into your body and identifying your patterns. Record what you are doing when you are eating: driving, working at your desk, watching television, eating at your dinner table or at a restaurant. Are you alone, with your pup, friends, or family? Describe how you are feeling when you eat: angry, sad, happy, nervous, anxious, starving or bored? How do you physically feel after you eat?

Do you notice any patterns? For instance, after a stressful meeting at work, do you regularly eat a bag of cookies or chips at your desk? Do you have a tendency to skip breakfast and then over eat later in the day? Do you have cravings after too much wine or a night of little sleep? Do you feel bloated and tired after you eat the same meal?



RDM Food Journal

For the next week keep track of your daily food and drink intake. Keep in mind how your physical and emotional state impacts your eating. The focus is to identify any patterns that may be preventing you from reaching your lifestyle goals.

Remember this is a judgment free exercise. The idea is to gather information.



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