

SUBJECT LINES:

1. The one healthy food you're probably eating too much of
2. 5 healthy foods that might be **hurting your weight loss goals**

PREHEADER:

- Don't get me wrong...this is a great food. But it's easy to go overboard with it.
- Striving for optimal health? Don't miss out on these tips for enjoying your favorite foods in moderation.

BODY:

{{first_name|default:'friend'}},

While there are many healthy foods that I love eating in abundance —

Things like berries, fish, and a rainbow of veggies,

There are *some* healthy foods that should only be enjoyed in moderation.

And just like with me, they're probably some of your favorites.

But from my experience seeing *thousands of patients over the years...*

I can tell you that **balance** will open up a whole new level of wellness for you. And it doesn't involve giving up your favorite foods!

The following five foods are all healthy choices that can be part of a balanced diet:

Avocado

Avocado is a nutrient-dense food rich in healthy fats, fiber, and vitamins.

What's the catch?

It's also high in calories. So if you're watching your weight, this should definitely be eaten in smaller portions.

A serving size is 1/4 to 1/2 of a whole avocado, depending on its size.

Nuts

Nuts are hands down one of the **best snacks**, and they're **chock full** of healthy fats, protein, and minerals.

But just like with avocados, they're *really high* in calories.

So don't give yourself free access to them throughout the day.

Instead, try sticking to a serving size of nuts once or twice a day — which is about 1/4 cup (roughly a small handful).

Choosing unsalted nuts is a great way to avoid excess sodium.

Dark Chocolate

Dark chocolate is a superfood, there's no doubt about it.

It's loaded with flavanols, which can reduce oxidative stress. And it's packed with stress-reducing magnesium.

But at the end of the day...It's still chocolate.

To keep your sugar and calories in check, stick with about an ounce of dark chocolate a few times a week.

Cheese

Cheese is one of the tastiest and easiest ways to get key nutrients like protein and calcium.

But thanks to high levels of saturated fat and sodium, this treat also falls into the "consume in moderation" category.

A serving size of cheese is about 1 ounce, or a small cube.

You can try out goat cheeses, which can be **lower in calories and fat** than cow cheese. But the safest bet is to purchase single-serving portions like string cheese.

Red Meat

I've always been a big red meat guy, and eat it weekly myself.

It's one of the best sources of **protein**, and the grass-fed varieties can be very health promoting.

But it's also high in saturated fat and cholesterol.

I recommend choosing lean cuts of beef to limit **excess fat and calories**, and I'll always highlight the importance of getting grass-fed meat.

Grass-fed has more omega-3's and vitamins, plus none of the antibiotics or hormones found in conventional meat.

Consider limiting red meat to once or twice a week.

Now are there times when I break my own rules and indulge in these treats?

Absolutely.

There's no harm in having another serving or handful every now and then.

Just be mindful that you don't do it *too often*.

A good rule of thumb for eating these foods in moderation is to balance them out with more fruits or veggies.

And if you're really struggling with the temptation to eat more than you know you should...

Drink a glass or two of water.

Our bodies often mistake thirst for hunger, and the extra water in your stomach can send *satisfaction signals to your brain*.

Let's get healthier one day at a time,

Dr. Travis Stork