



# The healthy eating Compass – Instructions



The evidence supporting the recommendations below is available on [fabdelta.com](http://fabdelta.com)

## Decide how many meals a day you want to have

- While flexibility is very important, it's definitely a good idea to decide in advance what your normal number of meals per day is
- The healthy eating Compass includes space for the three main meals (breakfast, lunch, dinner) and two snacks
- The recommendation is to plan at least the three main meals. Snacks are optional and depend on your needs and preferences.

## Do not plan quantities

- Learn to eat portions that are right for you without having to count calories or weigh your food

## Share your Compass with the rest of your family

- While the Compass can be an individual tool, if you have a family, it's a good idea to have a shared one

## Eat every day:

- Whole grains
- Vegetables
- Fruits
- Nuts and seeds
- Probiotic foods

## Avoid, or occasionally:

- Refined foods (white bread and pasta, white rice, etc.)
- Red meat
- Processed meats

## Eat real, unrefined whole foods

- Always eat whole unrefined foods: the process of refining food involves the removal of valuable healthy nutrients from their natural form and creates a more nutritionally poor product

## Eat weekly:

(recommended number of times per week\*)

- **Legumes** (3-7)
- **Soy products\*\*** (2-3)
- **White meat** (1-3)
- **Eggs** (1-3)
- **Fish** (2-3)
- **Dairy products** (2-5)
- **Mushrooms** (1-3)

Fill in: your objective in number of times per week


## VARY, VARY, VARY!

- **Vary the foods you eat as much as possible.** For example, for whole grains (and pseudo-whole grains) you can vary between wheat, spelt, various types of rice, oats, rye, barley, quinoa, amaranth, millet, buckwheat, kamut, etc.
- **Vary the “format” of the foods you eat.** For example, you can eat cereals as pasta, bread, grains, flakes, etc.
- **Vary your cooking methods:** pan cooking, baking, air frying, boiling, grilling, microwave cooking, pressure cooking, steaming, etc.
- **Vary the food distribution during the week:** for example, if you decide to eat white a certain food 3 times a week, avoid eating it on consecutive days

Print and fill in the table on this page and the Compass on the next page →  
... and remember to play the joker! Allow yourself one or two free meals during the week 😊

\*These frequency recommendations are directional only and are based both on scientific evidence and on my own experience. You may just use this list as a reminder to eat each of these foods a few times per week.

\*\* Tofu, soy sauce, tempeh, miso, soy milk, soybeans, edamame, etc.



# The healthy eating Compass



EVERY DAY:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Whole grains



Vegetables



Fruits



Nuts and seeds



Probiotic foods



*Breakfast*

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*Snack*

EVERY WEEK:

Legumes



Soy products



White meat



Eggs



Fish



Dairy products



Mushrooms



*Lunch*

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*Snack*

*Dinner*

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**VARY, VARY, VARY!**

**Foods**

**Formats**

**Cooking Methods**

**AVOID OR OCCASIONALLY:**

**Refined foods**



**Red meat**



**Processed meats**



*The healthy eating Compass v0.5 - Fabelta.com*

Find the latest version at [fabelta.com/mealplanner](https://fabelta.com/mealplanner) | Download the Healthy Grocery Shopping List at [fabelta.com/grocerylist](https://fabelta.com/grocerylist)