

# How to Eat Healthy In Claremont



## The ABC of Healthy Eating



### A. Just Eat Real Food (JERF)

Real food is food that has grown from the ground naturally, has walked on the earth or swam in the sea and eaten the foods that it is supposed to eat. Real food has little or no processing. Meaning, it has not had chemicals added or has been highly processed such as high-fructose corn syrup. Try to eat and drink simple **whole foods**. Doing this will aid digestion, increase energy, lead to favorable body composition and overall, promote health. Examples are: vegetables, fruits, meat, nuts, seeds, legumes and seafood.

### B. Drink plenty of clean water (and herbal tea)

Your body is approximately 60% water.....help it stay that way by drinking plenty of good clean water. How do you know if you've drank enough? The easiest way to do it is to monitor your pee! Your pee should be clear like water, not yellow or dark. Drink lots of water to maintain clear pee and notice:

- |                            |   |
|----------------------------|---|
| a) More energy             | d) Fewer headaches                              |
| b) Increased concentration | e) Clearer skin                                 |
| c) Less hunger             | f) More benefits than can fit on this pamphlet! |

If you're already bored of water then try herbal teas. Eliminate, as much as possible, processed calorie containing drinks such as concentrated fruit juice and sodas. There are countless herbal teas with many benefits, for example, chamomile tea is known to be relaxing and a sleep aid. We encourage you to become an herbal tea connoisseur!



### C. Eat more vegetables than anything else!

Vegetables are one of the keys to a healthy, vibrant life. Aim to eat all of the colors of the vegetable rainbow. The more colors of vegetables you eat the better. Aim for organic, locally grown vegetables if possible to ensure the highest amounts of nutrients and less risk of ingesting pesticides, herbicides and fungicides. A good guide is to eat 10 portions (1 portion is approximately the size of your fist) of vegetables a day! You can eat them or juice them, whatever you prefer. Yes it's a lot but it will stop you from filling up with junk food that leads to weight gain and tiredness.

# Where can I get healthy food from?

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## College Dining Halls

At the dining halls follow this protocol to ensure you're eating healthy:

- Fill up most of your plate with different types of vegetables e.g. lettuce, broccoli, spinach, beets, peppers, etc.
- Eat a moderate amount of protein: meat, fish, eggs or beans.
- Enjoy healthy fats by adding nuts or olive oil to your meal
- Eliminate or heavily limit processed foods especially processed carbohydrates such as breads and sweet foods.
- Find the dining halls that have the highest quality (organic, local, humane, etc.) foods

## The Spot (6 am – 8 pm)

435 W Foothill Blvd – Claremont, CA

The Spot is a convenient healthy food and juice hang out spot next to Trader Joe's on Foothill. You can get salads, organic teas, coffee and juices from here. The food and drinks are generally good quality and healthy at a reasonable price. If you go on Tuesday's you can take advantage of the buy 1 get 1 free offer!

## Podges (9 am – 6 pm)

124 Yale Ave – Claremont, CA

Quality meats and vegetables along with fresh, natural ingredients makes their menu reminiscent of Mom's home cooking. Great salads and healthy juices too!

## Salad Farm (11 am – 8 pm)

373 W Bonita Ave – Claremont, CA

Vegetarian, Vegan and meat eater friendly establishment with high quality organic vegetables making up their salads and soups. Fast and convenient this is a great place to find health food. Grab a take out from here if you're going to be up late!

## Sprouts (7am-10pm)

835 W Foothill Blvd – Claremont, CA

Sprouts is our local grocery store that focuses on health. You'll find mountains of fresh fruits and vegetables, barrels of nuts and seeds, full-service deli, meat and seafood counters—complete with homemade burgers and sausages. They stock sensibly-priced vitamins and supplements, and thousands of natural, organic and gluten-free groceries.

Stock up on healthy foods to keep in your room so you can snack on them when you're hungry and the dining halls are closed. Vegetables, fruits, nuts, seeds and nut butters are perfect snacks. If you just want to eat something NOW you can buy a whole cooked chicken and some veggies to share with your hungry friends.

## Petiscos (11:30 am – 8 pm)

211 W 1st Street – Claremont, CA 91711

Fresh ingredients and the highest quality proteins like Prime Beef, Free Range Chicken and Kurobuta Pork are staples on the menu, while more unusual items like Soft Shell Crab and Wild Boar will make appearances based on market availability and the whimsy of the kitchen. Petiscos is a place for vegetarians as well – there will be Veggie Tacos as well. When you want a quick bite, this is how it goes down at Petiscos... as you enter the cozy outdoor establishment, peruse and choose from a menu of 17 items or so. Place your order at the counter - then find a spot at a rustic picnic table, surrounded by carefully picked kitsch, where your order will be delivered to you. You're in - you're out.

## Chipotle (11 am – 10 pm)

2298 Foothill Blvd – La Verne, CA

Chipotle prepares burritos, tacos & salads at reasonable prices. Their 'Food With Integrity' philosophy includes unprocessed, sustainable, nutritious, responsibly raised, and organic foods where possible. A salad bowl with beans, meat and vegetables is a great meal at Chipotle.

## Bua Thai (11 am – 10 pm)

450 W 1st St – Claremont, CA 91711

Tasty Thai food at a very reasonable price. They have many healthy meals just go easy on the rice and fried foods.

## Blue Fin Sushi & Teriyaki

665 E Foothill Blvd – Claremont, CA 91711

Most of us don't eat enough fish and sushi's a tasty way to eat more. Stick to the more traditional sushi meals that focus on fish and sea vegetables rather than the modern creations that have dairy added or sugary sauces.

## Eureka Burger (11am-12am, Fri & Sat 1am)

580 W 1st St – Claremont, CA, 91711

Handmade food and locally sourced produce found throughout our chef driven menu. You'll find an authentic, one-of-a-kind experience serving a wide selection of hand packed, 100% vegetarian fed, hormone & antibiotic free, all natural beef burgers, their signature handout sweet potato fries and gourmet salads. Go easy on the carbohydrates and enjoy!