

Step 6: Accelerate

Accelerate Your Progress in Conscious Eating

Why is this step important?

As you are beginning to adopt the MyPlate to the extent you can through Step 4, and to amplify your results with minor changes through step 5, it is time to accelerate your progress in your conscious eating.

You were hitherto fluttering your wings ready to fly.

In this step, I'll show you how you can just take off from the ground even if you are only able to fly just a few inches above the ground, for exponential results in conscious eating.

Accelerator 1 –



Eat whole grains instead of refined or enriched grains when it comes to bread, pasta, spaghetti, tortilla, wheat or rice. At least make half of your grain consumption as whole grain.

Studies show that adults who eat more whole grains, particularly those higher in dietary fiber, have a lower body weight compared to adults who eat fewer whole grains.

Accelerator 2 –



You can go a step further and begin to eat organic instead of regular vegetables and fruits to avoid any unnecessary chemical intake. Non-organic vegetables and fruits usually contain pesticides.

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Accelerator 3 –

In case of Meat, Poultry, Sea food and dairy too, the animals in non-organic farms are treated with hormones to make them grow big. So, the packaged meat already contains chemicals that accelerate a big body and lot of weight. When you consume it you are also prone to grow big and have excess weight. Try to go organic if you are currently consuming protein from animal sources.

Accelerator 4 –



If you are not aware, through genetic manipulation and hormones, cows are forced to produce more milk than they naturally would. They can develop udder infections from over milking and living in filthy conditions. So calcium obtained from dairy has the danger of having chemicals and toxins in it. Try to go organic if possible or replace a part of the regular dairy with non-dairy soy or rice milk.

Accelerator 5 –

Consider moving towards vegetarian eating for the following reasons:

Research studies on vegetarian-style eating patterns by – (a) Individuals who eat primarily vegetarian diets but may include small amounts of meat, poultry, or seafood or (b) Those that consume milk and eggs but no meat or (c) Vegans who do not consume any animal products, compared to non-vegetarian eating patterns, have been associated with improved health outcomes—lower levels of obesity, a reduced risk of cardiovascular disease, lower blood pressure and lower total mortality.

Vegetarians consume a lower proportion of calories from fat (particularly saturated fatty acids); fewer overall calories; and more fiber, potassium, and vitamin C than do non-vegetarians. Vegetarians generally have a lower body mass index.

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Accelerator 6 –

Add more of beans and peas which are unique foods



Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.

Beans and peas are excellent sources of protein. They also provide other nutrients, such as iron and zinc, similar to seafood, meat, and poultry. They are excellent sources of dietary fiber and nutrients such as potassium and folate.

Because of their high nutrient content, beans and peas may be considered both as a vegetable and as a protein food.

To give an example from my own life, when my daughter was 2 years old and was lacking in iron with a low hemoglobin level, I was given a 2 month time to get her level back to normal through diet.

I soaked one of the dry legumes every day, cooked it and gave it to her along with spinach. Being high in iron, it increased her levels in 2 months, beyond the expectations of the doctors who never thought that a vegan diet had that kind of a power.

Accelerator 7 –

Begin eating peanuts and certain tree nuts if you can



(i.e., walnuts, almonds, and pistachios) reduce risk factors for cardiovascular disease when consumed as part of a diet that is nutritionally adequate and within calorie needs. Because nuts and seeds are high in calories, if you are interested in weight loss, they should be eaten in small portions and used to replace other protein foods, like some meat or poultry, rather than being added to the diet.

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Accelerator Worksheet 1:

- To start replacing a part of your grain consumption with whole grain, note down what you are currently consuming for your grains
- Make a list of what you will replace here and create an action plan. You may replace an item once a week or once in 2 or 3 weeks as you feel convenient
- Remember that whole grains will cost more than the refined ones. So adjust your shopping list accordingly.
- Give time to get used to the new and rich taste of the whole grains
- Make your transition slowly for it to stay permanent. You do not want to replace everything one week and then reverse things the next week.
- This is the step where you will have to Accelerate NOT Decelerate.
- Continue the transition until you reach at least half of your grain consumption.
- If you can completely replace your grains with whole grains go for it.

Week	Item replaced with whole grains	Week	Item replaced with whole grains
Week 1	Bread	Week 2	Rice (brown rice)
Week 3	Cereal	Week 4	Pasta

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Accelerator Worksheet 2:

- To start replacing part of the animal protein with plant-based protein, note down what you are currently consuming for your proteins
- Make a list of what you will replace here and create an action plan. You may replace an item once a week or once in 2 or 3 weeks as you feel convenient
- Adjust your shopping list accordingly.
- Give time to get used to the new way of eating proteins
- Make your transition slowly for it to stay permanent. You do not want to replace everything one week and then reverse things the next week.
- This is the step where you will have to Accelerate NOT Decelerate.
- Continue the transition until you reach at least half of your protein consumption.
- If you can do a total replacement go for it.
- Learn a few simple recipes of how you will cook using legumes and vegetables. *I will create some recipes in a future training module*

Week	Item replaced with plant-based protein	Week	Item replaced with plant-based protein
Week 1		Week 2	
Week 3		Week 4	

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Accelerator Worksheet 3:

- To start replacing part of the dairy with non-dairy or other forms of calcium, note down what you are currently consuming from the dairy group.
- Make a list of what you will replace here and create an action plan. You may replace an item once a week or once in 2 or 3 weeks as you feel convenient
- Adjust your shopping list accordingly.
- Remember, non-dairy items are more expensive than their dairy counterparts.
- Give time to get used to the new taste of the non-dairy or other calcium substitutes
- Make your transition slowly for it to stay permanent. You do not want to replace everything one week and then reverse things the next week.
- This is the step where you will have to Accelerate NOT Decelerate.
- Continue the transition until you reach at least half of your dairy/calcium consumption.
- If you can do a total replacement go for it.

Week	Item replaced with non-dairy or other calcium sources	Week	Item replaced with non-dairy or other calcium sources
Week 1	Milk	Week 2	Cheese
Week 3	Ice cream	Week 4	