**Lustig’s Dos and Don’ts**

**Do:**

* Shop the edges of the store, not aisles for real food
* Eat more omega-3 fatty acids, found in wild fish and flax
* Eat fruit as dessert, and if you’re craving cookies or cake, make your own
* Increase consumption of micronutrients, the vitamins and minerals found in fruits and vegetables
* Up your fiber intake. Fiber protects your liver from sugar, says Lustig, and keeps you from overeating.
* Eat more whole grains like farro, quinoa, steel-cut oats, hulled barley or brown rice

**Don’t:**

* Drink your calories. Avoid soda, sports drinks and juice
* Shop hungry—it leads to poor food choices
* Eat anything with “partially hydrogenated” in the ingredient list. That means it contains trans fat, which our bodies can’t metabolize and ends up lining our arteries.
* Buy anything that has sugar as one of the first three ingredients
* Eat corn fed beef or farmed fish. Corn oil contains omega 6 fatty acids, which lead to inflammation
* Buy processed food. “If it comes with a label,” says Lustig, “think of it as a warning label.”