EAT FOR HEALTH

GENERAL EAT FOR HEALTH GUIDELINES

- focus on whole foods (see "What is a Whole Food" handout for review of whole foods), particularly high protein foods with high nutrient density at each meal

- choose organic (and seasonal) fruits and vegetables, grass-fed beef, low mercury, fresh (not farmed) seafood, and pastured chicken whenever possible to reduce exposure to pesticides and toxins

- include a rainbow of low-carb vegetables (less of the starchy ones)

- include healthy fats

    Include coconut oil and ghee for cooking.
    Cold pressed extra virgin olive oil, flax, and hemp oil for salad dressings (flax and hemp never to be heated).
    Sesame, sunflower, and pumpkin are all good seed choices.
    Incorporate nutritive fatty foods such as avocado and olives into diet with regularity.

- eat 3 meals per day plus snacks to maintain blood sugar

- eat organic pastured eggs, at least one per day

- include as many fermented foods in the diet as possible

- minimize soy intake with the exception of fermented soy in the form of miso,

- tempeh, and shoyu with non-GMO tofu and edamame on occasion

- eliminate wheat

- incorporate non-glutinous grains, such as brown rice, quinoa, millet, amaranth, buckwheat

- include nuts and seeds in their raw or sprouted form---the latter will ease digestion—and in the form of nut butters (minimize peanuts and peanut butter)

- eliminate all processed sugars and sweeteners, limiting sweeteners to dried fruits, raw honey (but not for baking), maple syrup, and occasionally agave; and eat these only when followed by or accompanied with protein and fat (ie. NOT on an empty stomach)

- minimize and ultimately eliminate all packaged or processed foods; completely avoid food additives and artificial sweeteners

- DRINK MORE WATER AND HERBAL TEA!