

Basic Dietary Guidelines

“Eat food. Not too much. Mostly plants.”
- Michael Pollan, Omnivore’s Dilemma

These suggestions are a basic guideline for an “ideal” diet. This is not meant to replace specific dietary additions and restrictions suggested to you by your medical provider.

- 1. Eat organic in-season local whole foods.** To find local food markets, grocery stores, and restaurants near you visit www.localharvest.org.
 - Eating “whole” foods simply means that you are eating foods in their original form or close to it.
 - Eating fresh, local, organic produce does not have to be expensive! Consider joining a CSA (Community Supported Agriculture), shopping at Farmer’s markets, buying from the farmer directly, or planting a garden. You may be surprised how much *less* expensive whole foods are compared to foods that come in packages.
 - Avoid all GMO foods (genetically modified). Most common GMO foods: corn and soy. *Be aware that it is not yet required in the U.S. to add to the label if the product contains GMO ingredients.
- 2. Become familiar with labels and ingredients.** If you are unfamiliar with an ingredient the Internet is a good resource to become more knowledgeable about what you are putting into your body.
 - Avoid processed/pre-made foods that come in boxes and bags.
 - Avoid “diet foods” (Diet soda, Slim Fast, Weight Watchers, Healthy choice, etc.).
- 3. Eat a variety of foods.** Experiment often with new and unfamiliar foods. Do not rely too much on one specific food for each meal. Eating too much of one food increases allergenic reactions. For recipe ideas visit www.epicurious.com.
 - Include as many spices and herbs as possible because they have many health benefits: turmeric, ginger, garlic, parsley, cilantro, basil, mint, etc.
 - Ground up kelp (or other sea vegetables) is a great salt substitute that contains essential nutrition for the thyroid.
- 4. One-half to three-fourths of every meal should be vegetables.** The more colorful each meal the better. Include reds, yellows, oranges, purples, and greens in your meals on a regular basis. Eat the rainbow! Vegetables are most nutritious when eaten raw or steamed.
- 5. Add fermented food to your diet:** 1 time per day would be great. (Kombucha, kefir, fermented soy (such as tempeh and miso), sauerkraut, kimchi). Fermented foods aid digestion and the immune system by restoring balance to your gut flora.
- 6. Eat healthy fats.** Contrary to popular belief, healthy fat does NOT make you fat. Certain fats are good, and this includes some saturated fat. Fats are essential for optimal brain, heart, lung, and eye function and healthy skin.
 - Use small amounts of organic butter, cold pressed olive oil, grape seed oil, coconut oil for cooking. Oils with a high smoke point for high heat cooking (such as stir-frying) are: Grape seed, sesame, and coconut.
 - Healthy sources of fat include: avocados, coconut milk/oil, olive oil, organic butter, nuts and seeds, fish, and animal meat (when the animal has been living on its traditional grass-fed diet).

- Avoid corn, soy, all vegetable oils (except olive), margarine, Crisco, and oils in a spray can because these oils are easily oxidized, which is damaging to blood vessels. They also contain omega 6 fatty acids, which can cause inflammation in the body.
 - Avoid trans fats, they are not a product found in nature and their long-term effects on the body are poorly understood.
7. **Drink purified, distilled, or mineral water.** Approximately 60% of the body is made up of water. Adequate intake of water during the day is essential for proper elimination of toxins that accumulate throughout the day. Minerals are good for bone, heart, and connective tissue health.
- Avoid soda, fruit juices, and ALL diet drinks because of the large amounts of sugar or artificial sweeteners. Fresh-juiced vegetable juices and herbal teas are good alternatives.
 - Avoid chlorinated (unfiltered) tap water.
 - Avoid pasteurized milk, low fat or skim milk, and all unfermented dairy products.
 - Limit coffee intake, and drink only in the morning. Coffee in excess weakens your bones. Green tea is a good alternative and has many health benefits.
 - Limit alcohol. Drink only high quality liquor, wine, and beer.
8. **Eat protein from healthy sources.** Eat a healthy portion of protein with every meal. Healthy protein supports blood sugar balance and weight loss.
- Healthy animal proteins include a 3oz. (size of a deck of cards) portion of fresh cold-water fish, grass fed organic beef, lamb, pork, wild game, and/or chicken, eggs, etc.
 - Great vegetarian/vegan sources include nuts, seeds, beans, lentils, and fermented soy (tempeh, miso).
 - Find a farmer in your area that raises animals humanely and on their traditional diets. Buy directly from the farmer for cheaper prices and better quality. Visit www.localharvest.org or our great local organization that connects consumers to farmers: <http://sustainableconnections.org/foodfarming>.
 - Avoid deep fried, charred, and smoked meats because of their higher percentage of oxidized fats.
 - Avoid nitrites, a common preservative in meats (sausages, bacon, and lunch meats mostly).
9. **Use natural sweeteners.** Use stevia, maple syrup, and fresh honey to sweeten foods.
- Avoid high fructose corn syrup, refined sugar, and artificial sweeteners (aspartame, Equal, Splenda, etc.). Artificial sweeteners are toxic to the nervous system and poorly eliminated by the body.
10. **Eat whole grains in moderation** (no more than 2 palm size portions per day).
- Suggested grains: Wild rice, brown rice, buckwheat, steel cut oats, quinoa, teff, millet, and amaranth.
 - Avoid gluten containing grains: wheat, spelt, rye, barley, and kamut. These grains increase inflammation in the body.
 - Avoid all processed grains (grains that have been made into flours, ie. all breads, pastas, and cereals).