

Guidelines for a Healthy Diet

Introduction

People are becoming more and more aware of the connection between diet and health. Research has linked conditions such as obesity and cardiovascular disease to diets high in fat, kidney stones and osteoporosis to diets high in protein, diabetes mellitus to diets high in dairy at a young age, and colon cancer to diets low in fiber. What may not be so obvious, is that a poor diet can also be a contributing factor in day to day problems such as fatigue, headaches, mood swings, indigestion, constipation, skin problems, menstrual discomfort, etc. The information given below is designed to help you begin making more healthful food choices. Changing life-long, deeply ingrained eating habits can be difficult. As you strive to follow these principles be patient with yourself, keep a sense of humor, enjoy your successes, and do not hesitate to seek out support from others including your naturopathic physician.

Some Guiding Principles

- Include plenty of fresh vegetables, fruits, whole grains, and legumes. These foods promote health by providing an abundance of fiber, vitamins, minerals, enzymes (if eaten raw), and many other life-giving substances that science is just beginning to discover.
- Include a moderate amount of protein from beans and bean products like, lentils, seeds, nuts, non-fat dairy products, fish, and a lesser amount from meat, poultry, and eggs.
- Try to minimize the fat in your diet, but keep in mind that some fats are essential to health. (See section on fats.)
- Wherever possible, eat foods in their natural state rather than a processed form. For example, fresh vegetables have more food value than frozen vegetables, which in turn have more food value than canned vegetables.
- Wherever possible, choose organic or local grown food over non-organic foods. Foods grown non-organically often contain pesticides and other chemical residues which have been linked to certain cancers. Organic farming also helps preserve farmland and decreases contamination of ground water.

Foods to Include

- **Whole grains:** Brown rice, millet, oats, buckwheat, barley, quinoa, amaranth, corn, whole wheat, spelt, kamut, teff. (Check with your local natural foods store for information on these grains.)

- **Legumes:** All dried beans - navy, white, black, mung, garbanzo, pinto, lentils, split peas, etc.
- **Vegetables:** Broccoli, cauliflower, beets, beet greens, spinach, chard, red and green cabbage, squash, kale, carrots, sprouts, asparagus, romain lettuce (eliminate head lettuce-void of nutrients), etc.
- **Fruits:** Apples, berries, melons, grapefruit, oranges, kiwi, blackberries, blueberries, strawberries, cantelope, etc. Fresh fruit and vegetable juices can be used for therapeutic purposes. You can decrease the concentration of sugar by diluting juice 1:1 with water.
- **Nuts/seeds:** Raw, unsalted walnuts, almonds, hazelnuts, pecans, brazil nuts, cashews, sunflower seeds, and sesame seeds. Because of their high fat content, use nuts and seeds in moderation. It is also important to be aware that commercially "roasted" nuts have often been deep fried.
- **Fish:** Wild caught Salmon, cod, trout, tuna, mackerel, mahi, etc. Fresh salmon is an especially good source of a healthy oil called eicosapentaenoic acid (EPA).
- **Meat and poultry:** Due to the high fat content of most meats they are best used sparingly, if at all. Skinless turkey breast is lowest in fat. Buy organically fed or free roaming meat, poultry, and eggs because they do not contain the hormones and antibiotics present in most animal feed. Be sure to choose meats that do not contain nitrates or nitrites as these have been linked with stomach cancer.
- **Fats and oils:** See special section on fats and oils.
- **Salt & Spices:** Increased salt intake has been linked to high blood pressure and fluid retention. Humans require between 2-5 grams of salt per day (5 grams equals 1 Tsp.). Most Americans consume in excess of this amount. Therefore, salt and salty seasonings like garlic, lemon juice, fresh herbs, and other spices can be used liberally.
- **Water:** distilled water, reverse osmosis or smart water (electrolytes added to water). Distillation and reverse osmosis removes chemicals from water. Avoid drinking facet water or jugs of "drinking water". Purchasing your own distiller may be more economical (Waterwise distillar \$300.00)

Foods to Avoid

- All concentrated sweeteners, including white and brown sugars, honey, maple syrup, molasses, barley malt, rice syrup, and fruit-juice sweeteners break down very quickly in the body and cause a rapid rise in blood sugar. They should be used sparingly. Fructose does not lead to a quick increase in blood sugar, but is associated with other problems. Avoid artificial sweeteners like Nutrasweet, Sweet N low, equal, etc. Ok to use stevia.

. Dairy products / (use- rice, almond, hemp milk)

. Soy

- White flour products like breads, pasta, and pastries (use whole-grain breads and pasta instead).
- Stimulants such as coffee, black tea, and soft drinks.
- Processed and fast foods which are usually low in fiber, high in fat, sugar, and salt, which contain chemical colorings, flavorings, and preservatives.

Fat Facts

To ensure that you are getting sufficient good-quality oils in your diet, follow the following guidelines:

- Avoid commercial oils found in supermarkets. Most have been heavily processed and have had some oxidative damage and vitamin depletion.
- Avoid margarine, Crisco, and other hydrogenated fats. Trans fatty acids formed in the process have been linked to cardiovascular disease. Butter should be eaten in small amounts due to its high content of saturated fat.
- Purchase expeller-pressed (or cold-pressed) vegetable oils such as corn, sunflower, and sesame, preferably in their unrefined form. To help preserve the oil, add a few drops of liquid vitamin E and store it in the refrigerator. Extra virgin Olive oil can be stored on the shelf.
- Prepared foods and salad dressings do not contain expeller-pressed oils unless stated on the label. Therefore, use them in moderation.
- Cook only with olive oil. Olive oil resists oxidative damage during cooking.
- Try using a squirt bottle with olive oil or sesame oil to cover your wok or frying pan. This decreases the amount of oil needed to cook.

Examples of Healthy Main Meals

Health oriented cookbooks and magazines contain many ideas for healthy meals. Try some of these simple combinations for lunch or dinner:

- A seasoned vegetable stir-fry with a few cashews or walnuts over a bed of grains (rice, millet, quinoa, and buckwheat are good choices).
- A corn tostada layered with refried beans, sliced avocado, salsa, and topped with shredded carrot.
- Lightly baked or broiled salmon with lemon and olive oil drizzled on top, and a steamed vegetable on the side.
- A whole wheat pita-bread sandwich stuffed with hummus (a Middle-Eastern dish made from pureed chickpeas and sesame butter; available at most natural foods stores), sliced black olives, lettuce, and sprouts.
- A large raw salad with walnuts, strawberries, and raspberry vinaigrette dressing.

. raw cabbage salad- cabbage diced, with green peppers, sesame seeds, walnuts, dried cranberries, sesame oil and olive oil

Examples of Healthy snacks

• carrot sticks, celery, with hummus or almond / cashew butter, Olive chips, sweet potatoe chips,
Dates, rice cakes, rice crackers, lara bar- all raw all natural bar, etc.

Cookware

Avoid aluminum cookware. Aluminum tends to accumulate in brain and nervous tissue and may be implicated in Alzheimer's disease. Avoid Teflon coated cookware-this chemical has been found to leech into food during cooking. Safe cookware includes stainless steel, Pyrex glassware, and cast iron skilletts.

Skin Care

- Your skin is the largest organ in your body. It is important to avoid perfumes, dyes, parabens, propylene glycol in lotion, soap, creams etc.
- Deodorant- aluminum free, paraben free, no perfumes or dyes- ex. Some kiss my face products
- Soap- examples- miracle II soap, kiss my face, Bonner castile soap
- Lotion- Davita- Shea butter
- Hair products- shampoo, oil etc-should be all natual products and free of parabens, propylene glycol- ex Carol's daughter, hot six oil,

Toothpaste

Flouride free toothpaste- ex. Trader joe's, tom's of maine- you must read labels

Detergent

Dishwashing detergent / laundry detergent/ dryer sheets, fabric softner- all natural free of dyes, chemicals, and fragrances unless from an essential oil, no bleach

Juicers

Champion juicer- masticating teeth- juices last longer, more juice extracted, more nutrients extracted incomparison to centrifugal juicers (\$259.95)