

# NUTRITION FOOD ESSENTIALS

## (SHOPPING LIST)

(use organic as much as possible, to avoid toxic pesticides and chemically sprayed food)

**Our goal** is to replace fat calories with fruits and vegetables that are high in fiber and low in calories. Increase the intake of whole grain. Broil, bake, or boil rather than fry foods. Get unhealthy foods out of diet. Cleanse the colon before you start your diet change and new exercise regimen, to prevent collected waste in the colon from recirculating back into the blood stream.

**Use only unrefined cold or expeller-pressed oils** (these oils have never been heated above 110 degrees farinheight. At this temperature enzyme destruction begins. Enzymes are needed for body functions including digestion. Use vegetable oils that are liquid at room temperature, as olive, flax-seed, and primrose. Olive oil is recommended. Margarine that contains plant sterols (vegan) is a healthy option instead of margarine, lard, or butter. Avoid junk food, refined and process foods.

## ESSENTIAL NUTRIENTS MUST BE TAKEN IN THE DIET

**Essential fatty acids (EFA)** are essential in the diet for proper growth, maintenance, and functioning of the body. It breaks down and transport fat. It also maintains the function and integrity of the cell membrane. It breaks up cholesterol deposits on the walls of the arteries. The best sources of EFA are natural vegetable oils, as safflower, wheat germ, pumpkin seed, sesame seed, sunflower seed, fish oils, especially cod-liver oil. See list of essential fatty acid foods.

***Essential omega-3 fatty acids food sources.*** Essential fatty acids (EFA) is used with a low-fat diet. It is needed by every cell in the body and aids in weight loss. See the following desirable EFA's that also retards inflammation:

Mackerel (cook with its' bone for its' calcium content)

Herring (cook with its' bone for its' calcium content)

Salmon (cook with its' bone for its' calcium content)

Other dietary sources of EFA, if chosen use with **caution** (non-fat milk, low-fat cottage cheese, skinless white poultry may be taken in moderation):

Poultry (with skin removed)

Eggs (high cholesterol in yoke)

Milk

Cheese (high cholesterol)

Shellfish seafood (high cholesterol)

Olive oil

Primrose oil

Other dietary sources are fish oils:

especially cod-liver oil

Flax-seed oil

**Essential fatty acid** (has HDL good cholesterol, which brakes up LDL bad cholesterol) is found in:

Cold-pressed flax-seed oil

Borage oil

Primrose oil

Whole rye

Linolic acid

Other dietary sources of EFA

wheat germ

pumpkin seeds

sesame seed

sunflower seeds

## Essential Vitamins Sources:

Fruits and vegetables are sources of essential vitamins. Limit **carbohydrate** to those which have more vitamins, minerals and fiber. Especially those with low glycemic-index ratings of carbohydrate foods as plums, peaches, apples, navy beans. Foods with a glycemic index of 100 or above are very quick to release sugar into the blood stream. The body will use sugar for energy before it uses fat. To slow this release of sugar: if you are eating a food that has high glycemic index, combine it with a food that has a low one. Carbohydrate is broken down to glucose (sugar) in the blood; the body will brake down carbohydrate before it brakes down fat for energy.

**During exercise** -rely on stored fat for energy, including endurance training. After sleep the blood glucose level is decreased and rehydration is necessary. So, in the morning upon rising before food appear to be the best time to burn off those calories using exercise.

Carbohydrate can contribute to weight gain, so limit it to those with more vitamins, minerals and fiber as: **quinoa**, brown rice, wild rice, barley, oats, sweet potato, corn (organic), legumes as black beans, chick peas, and lentils. Fiber helps to keep a clean colon and prevent constipation.

## Carbohydrates

Most carbohydrates (carbs) in our diet are starches. Starches are glucose that are found in grains, potatoes and various foods. Some starches are resistant to digestion and is called **resistant starch** which functions like fiber, resistant starch **improves insulin sensitivity**, lowers blood sugar, reduces appetite, have fewer calorie and have other digestion benefits. Having low insulin sensitivity is believed to be a major risk factor for several serious disease including type 2 diabetes, obesity, heart disease, Alzheimer's, and metabolic syndrome. Low carb diet intake is considered under 50 total grams a day.

### Resistant Starch (food preparation is crucial)

**A type of resistant starches** is found in grains, seeds, legumes and they resist digestion, because of their' fibrous cell wall.

**Another type** is found in starchy foods, including raw potatoes and green banana.

**Another type** is formed when the food is cooked and then cooled as in potato and rice. The cooling turns digestible starches into resistant starches via retrogradation. It lowers the blood sugar after meal, improves insulin sensitivity, improves and fuels the cells of the colon. It reduces the PH level and potentially reduces inflammation. Thus, reducing the risk of colorectal cancer, and may also benefit digestive disorders like crohn's disease, ulcerative colitis, diverticulitis, and diarrhea.

Resistant starches feeds the friendly bacteria in your intestine, affecting both the type and number of bacteria. Caution: like with fiber, absorption of minerals could possible occur. Take additional minerals separately as a precaution.

Resistant starch food sources: raw potatoes, cooked and cooled potatoes (potato salad), green bananas, various legumes, cashews and raw oats.

Natural whole grains are also a source of fiber, resistant starches and various other nutrients.

**Oats**- letting your cooked oats cool overnight could increase the resistant starch even more (provide 3.6 grams per 3.5 ounces).

**Brown rice**- cook large batch for the entire week saves time and increases the resistant starches. Brown rice also provides micro nutrients including manganese and magnesium.

**Legumes and beans**- provide large amounts of fiber and resistant starches. They should be soaked and fully heated for to remove lectins and anti-nutrients. They contain about 1- 4 grams of resistant starch per 3.5 ounces after they have been cooked.

**Potatoes**- cooked and cooled contain a significant amount of resistant starch, also contain potassium and vit C. Do not reheat potatoes. Eat them cold.

**Green bananas**- Green bananas are a good source of resistant starch, a type of starch that your stomach and small intestine doesn't digest and may help to reduce food intake and decrease belly fat. You can also add green bananas to your morning smoothie for healthy resistant starch.

**Grains** (Although **whole grain** lowers cholesterol, use in moderation since fiber absorb the mineral from the food it's in. Take extra mineral separately.)

**kamut** (is an ancient grain, relative of wheat, no allergic reaction and twice the size of wheat.

**Spelt** is an ancient grain, not hybridized, relative of wheat, non-allergenic reaction, good for immunity (sprouted spelt breads).

**Millet** (A most alkaline grain. Also excellent for candida, cooks in 20 to 30 minutes, reduces diarrhea. Constipation precaution needed. It also helps prevent nausea and miscarriage.

**Quinoa** (this has the highest protein content, with **all the essential amino acids**.) It has 8 grams of protein per cup, 222 calories; like brown rice having 218 calories per cup. It is a plant base protein.

## Essential Protein

**Protein:** **Essential amino** acid are the building blocks of protein which are not made by the body and must be taken in nutritionally. These are: isoleucine, leucine, lysine, methionine, phenylalanine, tryptophan, valine, threonine. Cysteine and tyrosine are limited substitute for methionine and phenylalanine.

*Isoleucine and Leucine* food sources:

### Fruits

Papaya

Avocado (1/8 serving size 4 inches)

Olive

**Nuts**

All nuts except pea nut

Cashew

Sunflower

*Lysine* food sources:

**vegetables**

Carrot

Beet

Cucumber

Celery

Parsley

Spinach

Dandelion greens

Turnip greens

alfalfa

**Fruit**

Papaya

Apple

Apricot

Pear

Grapes

*Methionine* food sources:

**vegetables**

Brussels sprouts

Cabbage

Dock

Horseradish

Chive

Garlic

Watercress

**Fruits**

Pineapple

Apple

**Nuts**

Brazil nut

Filbert

*Phenylalanine* food sources:

**Vegetable**

Carrot

Beet

Spinach

Parsley

Tomato

**Fruits**

Pineapple

Apple

*Tryptophan* food sources:

**Vegetable**

Carrot

Beet

Celery

Endive

Dandelion greens

Fennel

Snap beans

Brussels sprouts

Chive

Spinach

Alfalfa

*Valine* food source:

**Vegetable**

Carrot

Turnip

Dandelion greens

Lettuce

Parsnip

Squash

Celery

Beet

Parsley

Okra

Tomato

**Fruits**

Apple

Pomegranate

**Nut**

Almond

*Threonine* food sources:

Lean beef, chicken, liver, cheese, shellfish (caution with these foods)

Nuts, seeds, beans, and lentils

(A person weighing 154 pounds should consume 1050mg of threonine.)

## Reduce the overall caloric intake

### VITAMINS and MINERALS

Vitamin and minerals help to prevent nutritional lack. A high-quality multivitamin and mineral may be beneficial. Meal replacements fortified with **vitamins and minerals** are designed to **replace one or two regular meals** or snack daily. In general, each meal substitute provides approximately 200 to 300 kcal. As a result, it reduces the overall caloric intake and promote more healthy food choice. Some vitamins that can reduce cholesterol and fat are:

Calcium

C-complex

Choline

Inositol

Kelp (help to balance minerals and aid in weight loss).

**Eat freely** (each have fewer than 20 calories per serving. Eat up to three servings per day. Spread throughout the day. Alternate foods for variety and moderation. Use organic.)

Cilantro

Cucumber

Onions

Pepper (hot, chile)

Radish

Green salad (all types)

Garlic

Herbs (fresh or dried)

Fresh Lime juice



Soup broth (monitor salt content)

Cranberries

## MEAL REPLACEMENT

**Calcium, C -complex (vitamin C with bioflavonoids), choline (one of the B complex vitamins), inositol (one of the B complex vitamins, and kelp should be included in meal replacement.**

Preferred sweetener is pure raw wild clover honey.

**Radish** (raw or fresh juice) is rich in vitamin A, B, K, phosphorus, calcium, iron, vitamin C and some protein.

**Kelp** contains balanced minerals, iodine, calcium and aids in weight loss.

**Choline** is one of the B complex vitamins, essential for the metabolism of fats in the body.

**Inositol** is one of the B complex and can be found in whole grain, fruits, meat, and dairy products.

**Bioflavonoids**, some food sources are orange, cantaloupe, parsley, grapefruit, apricot, broccoli, cabbage, kale, sweet pepper and black currant.

**Vitamin C source**- kale, parsley, green pepper, and broccoli.

### **Other beneficial supplements:**

**Chromium** supplement (high doses 1000 micrograms daily) have been shown to normalize blood sugar in adult-onset diabetics. Food source of chromium are: potato, green pepper, and apple.

**Mixed carotene** supplement (25,000 IU of beta-carotene along with related compounds like alpha-carotene, lutein, and zeaxanthin. It must contain lycopene to give the full benefits). Food source of beta-carotene are: carrot, kale, and parsley.

(Having a cup of ginger root tea with your B-Complex vitamin and meal replacement bar may help you shed belly fat.)

**Home-made protein bars:** oat (cook and cool), almond nut butter, honey, kelp, parsley, pumpkin seeds, sunflower seeds, raw organic cocoa, vanilla, pea protein. (Honey is eliminated when on ketogenic diet or used minimally).

## SAMPLE MENUE

The body burns calories at its' maximum efficiency when it consumes 800 to 1200 calories per day. The goal is to have a well-balanced diet including essential nutrients. This is a guide to show some of the ways the food exchange list can be used to help plan meals. A registered dietitian (RD) can work with you to develop a personalized plan that best meet your needs.

### Breakfast

#### Sample Menu

2 Starch	½ cup bran flakes cereal
	1 slice whole grain toast
1 Fruit	Peach or ½ medium size banana
1 Milk	8oz almond milk
1 Fat	1 tea spoon vegan margarine

### Lunch

2 Starch	2 slices whole rye bread
1 Meat	3 oz sliced (turkey, lean meat, fish or poultry)
2 Vegetable	sliced tomato, lettuce (on sandwich) or (carrot sticks, radish)
1 Fruit	1 apple (or ½ cup blueberries)
1 Fat	Avocado 4 inches across

### Dinner

1 Starch	2/3 cup brown rice (millet or quinoa)
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1 Meat	3 oz baked salmon (or chicken)
2 Vegetables	1 cup cooked asparagus (bell peppers)
	1 cup raw vegetable juice (carrot juiced with beets or apple juiced)
1 Fat	1 Tbsp salad dressing (see preferred oils, lemon juice)

<b>Eat Freely</b>	Green salad (eat freely all type)
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#### **Evening snack**

1 starch	3 cups air popped popcorn
1 Fruit	1 small peach, pear or ½ banana
1 milk	8 oz sugar-free hot cocoa (avoid artificial chemicals)

# MEAL PLANNING FOOD EXCHANGE LIST

MEAL PLANNING FOOD EXCHANGE LIST: APPROXIMATE PORTION SIZE

KEEP DAILY CALORY INTAKE BETWEEN 800 - 1200 CALORIE

(use organic whenever possible)

As desired, choose a food from each list to make up a meal. Total calories from each list to stay within daily range of 800 to 1200.

## List 1. STARCH (50 grams per day allowance on keto diet)

**Estimate a single serving size for foods not on this list as follows:**

Starchy vegetables, grains, or pasta ½ cup has 15 grams carbohydrate

Breads or cereals 1oz has 15 grams carbohydrate

Cooked dried beans of all types 1/3 cup has 15 grams carbohydrate

### STARCH

**15 grams carbohydrate, 3 grams protein, 1 gram fat and 80 calories per serving of starch** (vegetables like potatoes, corn, and peas are counted as a starch.):

1/3 cup grain

1 corn on cob, 6 inches (good source of fiber)

½ cup cooked corn

1/3 Plantain (mature green cooked)

1 small 3 oz Potato (prepare as potato-salad eaten cold.)

1/3 cup yam or sweet potato (1 small baked in skin has 60cal, medium size has 103cal, large size has 162cal)

½ cup whole grain pasta

½ cup (good source of fiber peas. Eat early in day to avoid greasiness)

1/3 cup Beans (cooked dried beans)

1 oz slice Bread (whole grain, rye, sprouted spelt bread)

½ cup whole grain (quinoa, brown rice, wild rice)

½ cup cooked cereal (barley, oats, corn meal)

Dry cereal (See box, serving size vary. Usually less than 100 calories per serving.)

1 small (3oz) Green banana

3 Cups Popcorn (air popped)

#### **STARCH WITH FAT**

**15 grams carbohydrate, 3 grams protein, 5 or more grams fat, 125 to 150 calories per serving.**

½ cup spaghetti sauce or marinara sauce

1/3 cup rice (fried, Spanish)

1 oz corn, taco or tortilla chips

## **List 2. VEGETABLE**

#### **VEGETABLE**

**5 grams carbohydrate, 2 grams protein, and 25 calories per serving of vegetable.**

**Serving size:** ½ cup cooked vegetables, ½ cup of vegetable juice, or 1 cup raw vegetables. (Vegetables with less than 20 calories are listed with the freely eaten foods.)

#### **FOOD SOURCES:**

Bean sprouts

Broccoli Asparagus

Broccoli

Brussels sprouts

Cauliflower

Cabbage

Carrots

Eggplant

Greens

Kale

okra

beets

pea pods or snow peas

snap beans

chive

Alfalfa

squash

spinach

tomato

water chestnuts

Turnip

Dandelion greens

Squash

Okra

Parsnip

Endive

Fennel

**The following are less than 20 calories** per serving:

Celery

Cilantro

Green salads

onions

Cucumber

Radish

Peppers

1/3 cup kidney beans has 80 calories

1 cup chick peas (garbanzo beans) has about 269 calories

1 cup cooked lentil has 230 calories

## List 3. FAT

**(On the ketogenic diet fat are used as satiety to make you feel full.)**

### FAT

**45 calories per serving** (5 grams fat). Serving size:

1 tea spoon oil (safflower, wheat germ, pumpkin seed, sesame seed, sunflower seed, fish oil, especially cod- liver oil, olive oil, primrose oil, cold press flax-seed oil, borage oil)

Unsaturated Fat

4 inches across (1/8) avocado

1 tea spoon vegan margarine

1 table spoon nuts or seeds (almonds, pumpkin seed)

2 Table spoons reduced-calorie salad dressing

1 Tbsp salad dressing, reduced calorie

1 Tbsp Mayonnaise (reduced-calorie)

1 tsp Mayonnaise (regular)

1 tsp Oil (olive)

Saturated FAT

1 slice Bacon

2 Tbsp Non-Dairy Creamer

1 Tbsp Cream Cheese

## List 4. MILK

### MILK AND MILK PRODUCTS

**16 grams carbohydrate, 2.5 grams fat, 1 gram protein, 80 calories** per serving, :

1 cup of almond milk

**12 grams carbohydrate, 8 grams protein, 1 gram fat, 90 to 110 calories**

1 cup (8 oz) of skim milk or skin milk products

1 envelope Hot coco mix (avoid artificial sweeteners)

8oz Yogurt (non-fat, plain). Avoid artificial sweetener

### Whole Milk and Milk Products

**12 grams carbohydrate, 8 grams protein, 5 or more grams of fat, 150 to 170 calories** per serving

8 oz Whole Milk

8 oz Yogurt (regular, plain)

## List 5. MEAT

**(On the ketogenic diet, moderate intake is 1.5mg/kg of ideal body weight)**



## **MEAT**

**55 calories per serving** (7 grams protein, 3 grams fat):

1 oz small servings of lean meat

1 oz fish (Mackerel, herring, salmon, cook with bone for calcium content)

1 oz poultry (vegetarian fed chicken or turkey, skin removed)

(These are better choices for meat eaters than high fat meats and cheeses. Limit meat, poultry and fish to 3 times per week; this allows days between for body to cleanse.)

Other dietary source of essential fatty acid (EFA), but **caution needed**:

1 Eggs (high cholesterol yoke)

1 oz Cheese (4-5 grams fat per oz)

¼ cup Cottage cheese, low fat

2 oz Shell fish (high cholesterol)

## **Moderate Fat Meats**

7 grams protein, 5 grams fat, 75 calories per serving

1 oz Beef, Pork or Lamb

1 oz Cheese

## **High Fat Meats**

7 grams protein, 8 grams fat, 100 calories per serving

1 Tbsp Peanut butter (smooth or chunky)

## **List 6. FRUITS**

### **FRUITS**

**60 calories per serving** (15 grams carbohydrate). Serving size:

½ cup fresh or frozen no sugar added

**SOURCES:**

Cantaloupe

Grapefruits

Honeydew melon

Orange

Tangerine

Strawberry

Papaya

Apple (1 medium apple has 95 calories)

Banana (1 medium banana has 105 calories)

Apricot

Pear

Grapes

Pineapple

Pomegranate

**FRUIT JUICES:**

½ cup Apple, grapefruit, orange

1/3 cup cranberry, grape, or prune

**Free food** containing fewer than 20 calories

2 tsp jelly or jam, sugar free

2 Tbsp spoon whipped topping

1 Tbsp Spreadable fruit, no sugar added

½ cup Cranberries or rhubarb, no sugar added

Tea or coffee

Celery  
Cucumber  
Cilantro  
Green salads  
Garlic  
herbs  
lemon  
Onions  
Peppers  
Radish  
Salsa  
seasonings

**Fruit juices** are high water content and sugar content speeds up metabolism to release waste quickly. Their alkalizing effects helps reduce cravings for sweets. Fruits and fruit juices have their best nutritional effects when taken alone. Eat them before noon for best energy and cleansing. Small amount (a tip) of fruit juice in a glass of water first thing in the morning flushes the Intestine. Fresh lime juice in warm water prepares the stomach for a meal. Sit while drinking and eating for best digestion.

## **CLEANSING JUICE DRINKS**

**Breakfast:** bunch parsley push through juicer with carrots.

Handful parsley

6 carrots (greens removed)

**Breakfast:** juice together

1 pink grapefruit, peeled

1 red apple, with seed

**Breakfast:** juice peaches and lime, then put with banana and brewer's yeast in blender

2 peaches, pitted

½ lime

1 ripe banana

1 Table spoon brewer's yeast

**Lunch:**

Handful dandelion greens (organic)

3 pineapple rings, with skin on (organic, washed well)

3 radishes

**Lunch:**

Handful spinach

Handful parsley

2 stalks celery

5 carrots

**Dinner:** bunch parsley and push all ingredients together through juicer.

Handful parsley

3 stalks celery

3 garlic cloves

3 carrots, greens removed

**Juice snack:** juice together, pour into cups, add sticks and freeze.

1-quart blueberries

1 bunch green grapes

1-inch slice ginger root

Wooden popsicle sticks

3 oz paper cup

## **PLANTAIN HERB**

Three grams plantain was effectively administered half an hour before meals, twice daily with half a glass water. The diet was a standard hypocaloric, hypoglucidic diet (800 calories/day, 45% protein, 20% lipid, 35% carbohydrates). This resulted in a dramatic weight loss when plantain was included.

**Plantain** (seeds) the powdered portion has been used as a bulking agent for colon movement and as appetite suppressant. The seeds and leaves of this plant are used. Plantain causes a decrease in triglycerides (fat), bad cholesterol, atherosclerosis, and lowers blood sugar which is helpful in type 2 diabetes.

**Avoid taking plantain, if** taking carbamazepine, digoxin, lithium or warfarin; it may decrease the absorption of these medications. Stop taking plantain and consult health care provider if develop allergic reaction such as sneezing, itching, swollen eyes. Do not use plantain if have trouble swallowing.

**Caution.** Plantain may decrease the absorption of oral drugs. Take all oral drugs 1 hour before or 4 hours after plantain.

Plantain may decrease absorption of calcium, iron supplements, vitamin B12, and zinc supplements. Take supplements either 1 hour before or 4 hours after plantain