

General Dietary Recommendations

High quality nutritious food

Closest to natural state

Free of refining, enriching, chemical preservatives, colors, additives & processing

Organic when possible

Free range eggs and meat when possible

Cold water ocean fish and sea food when possible (not farmed raised)

Fresh caught inland fish (not farmed raised)

Lightly steamed or raw vegetables

Make gradually changes to a better diet

Drink 6-8 glasses un-chlorinated/un-fluoridated water.

Eat Daily:

2-3 servings milk/milk products i.e. yogurt, cheese, kefir (if not allergic)

2-3 servings meat, fish, poultry, sea food, eggs

2 servings legumes or nuts (more if vegetarian)

5-7 servings fruits & vegetables, preferably purchased fresh

2-4 servings whole grain products, not refined or enriched (if not allergic)

3-4 servings healthy fats, not hydrogenated or trans fats

20 - 60 % carbohydrates

30 - 70 % protein

10 - 30 % fat

Snack on raw nuts, fruit, vegetables, olives, hard boiled eggs, cheeses, yogurt, and pickled/fermented vegetables.

Eat something raw at every meal – fruit, vegetables, salads, nuts.

Eat/drink fermented foods daily.

Eat bone-based soups at least 3-5 times/week.

Consume at least 3-5 serving of iodine based foods including sea fish, shell fish, seaweed and sea vegetables. (Not farmed raised.) Alaskan wild caught fish is the cleanest.

Each day balance oils intake consuming per person:

2 tablespoons healthy saturated fats

(butter, coconut oil, animal fats, dairy, eggs, lard)

2 tablespoons healthy monounsaturated fats each day (Omega-3)

(cold pressed virgin olive oil, avocados, flaxseeds and oil, raw nuts, nut oils, sea fish (salmon, tuna, mackerel, sardines and herring) trout, fish oils and fish liver oils)

2 tablespoons healthy polyunsaturated fats (Omega-6)

(organic flaxseeds, sesame seeds, peanuts, walnuts, pumpkin seeds and sunflower seeds and their cold pressed oils, cold pressed grape seed oil and corn oil)

Use natural sweeteners

Raw unfiltered honey

Maple syrup (grade B preferred)

Blackstrap molasses

Dehydrated raw sugar cane juice

Rice syrup

Date sugar

Avoid:

Additives

Preservatives

Coloring

Food additives

MSG

Synthetic vitamins

Refined sugars (Many researchers believe sugar to be the cause of degenerative disease)

High Fructose Corn Syrup

Agave

Sorbitol

Artificial sweeteners

Splenda (sucralose), Sweet'N Low (saccharin), Equal and Nutrasweet (aspartame), acesulfame K and neotame.

Pesticides

Herbicides

Bromide

Fluoride

Chlorine

Refined Carbohydrates

Fast Foods

Packaged foods

Unfermented soy

GMO foods

Sports Drinks (substitute 1/3 part juice to 2/3 parts water)

Special dietary notes: