

Nutrition Guide

***This sheet provides general information. It is only a guide and may be combined with more individualized recommendations.**

WARMING FOODS	NEUTRAL FOODS	COOLING FOODS
<p>PROTEIN *Recommended all or most of the time. Please be conscious of your metabolic type. Mackerel, cod, bass, sole, halibut, tuna Chicken breast (free run), Turkey breast (free run), Eggs (poached or soft boiled) Whey protein powder Salmon, sardines, trout Chicken and turkey thigh Non GMO Tofu, tempeh, miso , soy milk/ yogurt Shellfish, herring, anchovies Venison, lamb, veal, beef (lean), duck, pork Organic grass feed liver and other organ meats</p> <p>DAIRY Low fat cow's milk and yogurt Reduced fat cottage cheese, Reduced fat cheese, quark, cream cheese, sour cream Full fat cow's milk and yogurt, cream cheese, Sour cream, Goat's milk, yogurt and cheese Whole milk and cream</p> <p>DAIRY ALTERNATIVES Almond milk, Rice milk (high in sugar), Hemp milk, Coconut milk</p> <p>FATS (Only unrefined and cold pressed) Olive oil, sunflower, safflower oils Organic coconut oil (non virgin), flax seeds Flax oil, hemp oil, pumpkin seeds/butter, sesame oil, almonds and almond butter, Organic butter, ghee, walnuts, brazil nuts and all other nuts and seeds "Real" mayonnaise Avocado, olives</p> <p>HERBS AND SPICES (Recommended) celtic sea salt, pepper ,organic apple cider vinegar , mustard, garlic, ginger, other various herbs</p> <p>BEVERAGES (Recommended) Water Dandelion or herbal coffees Herbal tea Green tea Vegetable or chicken broth Ginger tea Coffee (Extreme moderation)</p>	<p>CARBOHYDRATES *Complex sugars Must be lightly steamed, grilled or stir-fried. Add unrefined sea salt to taste Broccoli, brussel sprouts, cabbage, rabe, collard greens, kale, bok choy, mustard greens, watercress, kohlrabi, Radishes, turnips, rutabagas, parsnip Romaine green and red leaf lettuces, arugula, swiss chard, radicchio, chicory, beet greens, nettle, endive, dandelion greens, celery, jimaka, wax beans, okra, eggplant, sweet peppers, tomatoes, cucumber, zucchini, yellow squash Onion, leek, chive, shallot, scallion,peas, mushrooms, sprouts, spinach, artichoke, asparagus, cauliflower</p> <p>STARCHES *Contain simple sugars Whole grains: barley, bulgur wheat, whole kernels, rye kernels, buckwheat, millet, kamut, spelt couscous, thick oat flakes, rolled oats, white rice, brown rice, wild rice, quinoa Starchy Vegetables: sweet corn, new potato, sweet potato, baked potato, beets, carrots, pumpkin, parsnip Beans and legumes: green peas, peanuts, lentils, chickpeas, soy, kidney, black, lima, pinto, romano, mung, navy, black eye, broad beans</p> <p>Pasta (Refined starch) Beanthread/mung bean noodles, wholemeal spaghetti, white flour pastas/noodles, rice noodles/pasta, corn pasta, kamut pasta, spelt pasta</p> <p>Breads (Refined starch) Pumpernickel (rye kernel), sourdough or wholemeal rye, barley kernel, oat bran, buckwheat, whole wheat, cracked wheat, barley flour, spelt multigrain, white spelt wheat, gluten-free multigrain, wheat tortilla, corn tortilla</p>	<p>FRUIT *Contain simple and complex sugars Fruits should be limited to in season. Only recommended in moderate quantities during the summer. Lemons, limes, raspberries, blueberries, blackberries, cranberries, strawberries, cherries, plums, prunes, grapefruit, peaches, pears, apples Grapes: red and green, oranges, kiwi fruit, mangoes, apricots, bananas, pineapple, papaya, cantaloupe, watermelon, raisins</p> <p>Remember that a balanced diet includes proteins (30%), carbohydrates (40%) and healthy unrefined fats (30%). Optimal digestion of protein requires high concentrations of stomach acid, which may be impaired by starchy carbohydrates. It is therefore optimal to consume meat before or away from starches. If your energy is low after a meal it may be due to low blood sugar. Another important tip is that fats and starches, when consumed together help balance blood sugar. The glycemic load of carbohydrates is important to understand for people that feel tired after eating, for people that wish to loss weight and for people with diabetes. Please review the following guidelines to help keep your blood sugar stable. Beans and Legumes have low to medium glycemic values. These foods also contain special sugars which may not be digested easily and can lead to imbalances of gut bacteria and yeast that can lead to gas and bloating. Whole grains have medium glycemic values. Less refined whole grains are a healthier choose for people with blood sugar and weight concerns Refined carbohydrates and starchy vegetables have medium to high glycemic values. These carbohydrates are most likely to cause blood sugar imbalances and should often be combined with healthy fats. Fruit also contains sugar that can impact your blood sugar. Please be aware of this.</p>