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A BASIC GUIDE TO GOOD NUTRITION

This is a food guide based on quality and benefit to health. There are toxic fats, damaging amounts of sugar, and close to 3000 chemical additives, preservatives, artificial colourings and flavourings allowed in modern processed commercial foods! Their harmful effects more than outweigh any convenience they provide. Learn to read labels It is healthier and less expensive to make meals from simple, unprocessed ingredients. **N.B.- REFINED SUGAR AND 'BAD' FATS ARE THE BIGGEST KILLERS IN THE STANDARD NORTH AMERICAN DIET-** Avoid them for the sake of your heart, brain, & overall health. The Mediterranean diet gives an over 50% reduction in all-cause 10-year mortality in elderly people. There is no pill on this planet that has as much benefit! Listed below are goals to follow as closely as time & budget allow:

<p>HIGH PROTEIN FOODS (for growth, body repair, food for brain & muscle) (“Foods to make you GROW”)</p>	<p>-MEAT -FISH -EGGS -MILK PRODS. -SEEDS -NUTS -BEANS -LENTILS -TOFU</p>	<p>Average need is 65 grams of protein daily, of which 2/3 (21 gm.) is from animal source. Those who have poor intestinal absorption, pregnant women, and those with genetically higher need for protein (Blood Group O) will have higher needs. Excess protein increases nitrogen and acid load of the body.</p>	<ol style="list-style-type: none"> 1. Animal products are only as healthy as the animal from which they came. If possible, obtain these from healthy animals not fed hormones, antibiotics, or mouldy or poor-quality feed. E.g.: grass-raised beef, wild game, free-range chickens, ‘organic’ eggs, and ‘organic’ milk. 2. More than 2 fish meals per week is not advised unless very low contaminant fish are used, particularly with pregnant or nursing women & children. The smaller, wild ocean fish are best, whereas the largest and oldest predatory fish carry the most contaminants. Avoid shark, swordfish, fresh tuna, king mackerel, and tilefish, and most freshwater fish: all of these are high in mercury and other contaminants. Ocean fish species lowest in methylmercury and higher in omega-3 fatty acid content include herring, sardines, and Atlantic mackerel (excluding king mackerel). Other more acceptable species include Atlantic pollock, tilapia, and trout. Canned light tuna is not very high in mercury. Farmed salmon is lower in mercury, but higher in organic contaminants: use wild (& tinned) pink salmon. Consult the online <i>Guide to Eating Ontario Sport Fish</i> or fish advisory for other localities if you are going to eat freshwater fish. For more detailed information see: http://www.toronto.ca/health/hphe/pdf/fish_mercury_chapter07.pdf 3. ‘Organic’ meats & dairy products are preferable because of their lower levels of chemical contamination, and are a higher priority than using ‘organic’ produce. 4. Avoid fatty meats. Lean cuts, poultry, fish, and low-fat cheeses are preferable. Avoid all processed meats (hot dogs, sausages, bologna, canned meats, fish sticks, etc.). Avoid processed and artificially aged cheeses; use naturally aged brands from small independent cheese factories). 5. Goat dairy products are preferred to cow dairy products (less allergenic, less processed; more easily digested). 6. If possible, it is best to rely more on vegetable sources of protein (up to 2/3 of daily intake from vegetable sources), as this reduces the total toxic load on the body. Some people, however, cannot feel well without a high protein/low carbohydrate diet, using more animal source protein.
<p>STARCHY FOODS (for energy, body heat in cold weather) (“Foods to make you GO”)</p>	<p>-GRAINS -WHOLE GRAIN PRODUCTS -POTATOES :SQUASH ROOT VEGETABLES</p>	<p>Average 2 servings per day (more in winter and with increased exercise)</p>	<ol style="list-style-type: none"> 1. Avoid all white flour products. Replace with whole grain (brown) breads, whole grain pasta. Learn to use whole-grain flour for baking. Spelt, kamut, & rye grains are preferred to wheat (less allergenic). 2. Brown rice is preferable to white rice. 3. Most high carb fast foods are addictive and destructive to health (Chips, fries, many commercial dry breakfast cereals). Avoid them! 4. Home made cereals (oatmeal, red river, not too sweet granola, millet) are preferable to commercial cereals. 5. Limit baking, especially when using large amounts of oil, lard, shortening or sweetener. Learn to use more whole (un-ground) grains in cooking (casseroles, etc.) rather than baking. 6. Sourdough breads are preferable to breads made with baker’s yeast. 7. Grains are one food that should be well cooked for proper digestion. Soaking or sprouting can reduce cooking time for whole grains.

<p>VEGETABLES and FRUIT (for resistance to disease)</p> <p>("Foods to make you GLOW")</p>	<p>-SALAD-TYPE VEGETABLES -SPROUTS -FRUIT</p>	<p>Vegetables: up to 6 portions per day (less in winter) Fruit: limit to 2 -3 portions per day.</p>	<ol style="list-style-type: none"> 1. Fresh, local and in season is best, for both fruit and vegetables. Cook lightly, if at all. 2. Eat LOTS of vegetables, especially huge salads; the equivalent of 6 portions daily. Aim for 80 % raw. Make the change slowly if you are used to few raw vegetables now. [Vegetables need to be cooked for those with poor digestion.] 3. Produce grown without chemicals is best. Commercial (chemically grown) produce should be washed well using a pure castile soap (available at natural food stores). Fruit and waxed fruit are best peeled. 4. In winter, when produce is expensive and/or poor quality, rely more on sprouts and grated winter vegetables (carrots, cabbage, turnips, etc.) for salads. 5. If good fresh raw fruit and vegetables are not available, frozen is the next best choice. Avoid commercially canned produce (save for tomato products). 6. Limit fruit to two or three pieces a day (or equivalent in juice or dried fruit) because of its high sugar content.
<p>OILS and FATS (essential for proper immune system and brain function)</p>	<p>-BEST FROM VEGETABLE SOURCES</p>	<p>FATS THAT HEAL: 1 Tablespoon/day of high quality, raw oil</p> <p>FATS THAT KILL: LIMIT the 'bad' fats and oils</p>	<ol style="list-style-type: none"> 1. Fats are best obtained from whole fresh foods, e.g. Raw nuts and seeds, fresh farm milk, etc. (N.B. - raw milk is best pasteurized at low heat (140°F) for 30 minutes.) Oils from marine fish (e.g. salmon) are also good. 2. Also good are unrefined, cold pressed, raw vegetable oils. These oils usually have to be obtained in a natural foods store. Extra virgin olive oil is good. Safflower and sesame oils are also good. Such oils have medicinal value. Include 1 tablespoon/day of raw oil in the diet (e.g. in salad dressings). 3. Unrefined vegetable oils are best kept refrigerated, with 400 I.U. of Vitamin E (from a Vitamin E capsule) added to each pint as a preservative. 4. Limit the 'bad' fats: animal fats, heated oils (oils used in baking and frying), rancid oils and fats (oils stored too long, old butter, rancid nuts), many fast foods, processed oils (margarine, vegetable shortening, hydrogenated vegetable oils). Some fast foods labelled 'trans fat free' contain other chemically manipulated fats such as inter-esterified fats. All of these 'bad' fats accelerate aging and degenerative diseases and so should be strictly limited. Beware!
<p>SWEETS (taste good, but not essential to health)</p>	<p>-HONEY -MOLASSES -MAPLE SYRUP -FRUIT: fresh, dried, or juice</p>	<p>LIMIT TO LEVELS CONSUMED 160 YEARS AGO...</p>	<ol style="list-style-type: none"> 1. Eliminate sugar and all foods containing sugar. This includes brown sugar, corn syrup, dextrose, maltose, etc. The average consumption of sugar is now in excess of 135 lbs/year, ¾ of which is hidden in processed foods!!! Historically, refined sugar was first made & used as a <u>drug</u>, and it is very addictive. It is now the country's #1 drug problem, contributing mood & behaviour disorders, & all chronic diseases! 2. Replace these with small amounts of honey, molasses, or maple syrup. A goal to work towards is 5 lbs/year (1 teaspoon per day) per person, INCLUDING all used in cooking. This is the amount Canadians used in 1840. 3. Fruit is the best sweetener. Even so, because of its high sugar content, it is best to limit fruit to 2 or 3 pieces per day (as fresh fruit, or its equivalent in dried fruit or juice). 4. Stevia is a herbal sweetener that is acceptable. Avoid all artificial sweeteners: <i>Equal</i>, <i>Nutrisweet</i> (aspartame); <i>Splenda</i> (sucralose); cyclamate, saccharin– they all have concerns re toxicity.
<p>LIQUIDS (Chronic dehydration is a very common contributor to poor health!)</p>	<p>-WATER -JUICES -HERB TEAS</p>	<p>6-8 glasses per day</p>	<ol style="list-style-type: none"> 1. The body needs plenty of clean water, especially in hot or dry conditions: at least 2.5 litres per day for adults. 2. The best drinks are: clean water (bottled or filtered), herbal teas, and fresh juices. Distilled water or reverse osmosis water should be re-mineralised using trace mineral drops. Frozen & canned juices should be limited. 3. Avoid regular coffee, black tea, chocolate, cola. Green tea and water-process, 'organic' decaffeinated coffee are acceptable.

FOODS TO AVOID:

- All refined and highly processed foods
- Sugar, white flour, and all foods containing them; soft drinks & candy
- Foods containing hydrogenated oils, trans fatty acids, rancid fats, highly processed oils or fats
- Foods contaminated with mould (e.g., over-ripe fruit, old leftovers)
- Regular salt (use 'Celtic' sea salt, vegetable salt, or powdered dulse flakes)
- Very hot or very cold drinks or foods (impair digestion)
- Foods to which you are sensitive, even if they are otherwise healthy
- GMO foods have documented harmful effects which are being ignored by industry, but have caused enough concern to have them banned within the European Union since 1997. Avoid GMO foods! See www.seedsofdeception.com for more information.