

## **SEVEN GOLDEN RULES OF HEALTHY EATING** **AND WHY TO HONOR THEM**

### **EAT A RAINBOW ASSORTMENT OF VEGGIES AND FRUITS WITH AT LEAST 1/3 UNCOOKED**

- ❑ Helps prevent many chronic diseases (heart/cancer/strokes/macular degeneration/cataracts...
- ❑ Provides full spectrum of plant pigments for powerful antioxidant effects
- ❑ Provides photo chemicals {carotenes/chlorophyll/flavonoids/fibre/enzymes) to fight disease and slow down the aging process as well as Vits C, E, and Selenium that work in harmony with antioxidants to prevent free radical damage to cells

### **AVOID REFINED CARBOHYDRATES INCLUDING:**

- ❑ ALL refined sugars and white flours of any kind: bread, cereal, pasta, cakes, cookies, crackers, rice...
- ❑ These all trigger a rapid rise in blood sugar causing the body to boost insulin secretion which can lead to obesity, poor blood sugar regulation and Type 2 Diabetes.

### **CHOOSE ORGANIC and LOCALLY GROWN FOODS**

- ❑ **Buy Local and Organic** produce as much as possible and choose foods in season
- ❑ Most importantly is **Organic**: Meats, Dairy (cheese and milk), Soy and Eggs.
- ❑ These have the highest concentration of pesticides and are linked to cancers and other diseases.

### **REDUCE MEAT AND DAIRY CONSUMPTION**

- ❑ Studies confirm the higher ones intake of meat and other animal products, the higher the risk of heart disease and cancers such as colon, breast, prostate, liver and lung.
- ❑ Animal products are void of antioxidants, fibre and photo-chemicals that protect us from cancer
- ❑ They have an excess of saturated fats, hormones, antibiotics and carcinogenic compounds such as pesticides. When grilled, fried or broiled they are even more dangerous.

### **EAT THE RIGHT FATS**

- ❑ ELIMINATE: Fake Fats/Trans Fats and Long Chain Saturated Fats and deep fried foods
- ❑ Reduce intake of Omega 6 fatty acids found in meat, most vegetable oils including soy, sunflower, safflower and corn. These are associated with increased risk for cancer and numerous additional health issues such as heart disease, stroke, high blood pressure, skin disorders and diabetes
- ❑ Over-consumption of these is usually associated with deficiency of mono-unsaturated fats from nuts and seeds, olive and canola oil along with Omega 3's from fish, flax, hemp and walnut oils.

### **REDUCE SODIUM INTAKE AND INCREASE POTASSIUM**

- ❑ High sodium and low potassium intake can cause high blood pressure and increase risk of cancer
- ❑ Keep intake of sodium below 1500 mg and increase potassium w/ a natural foods diet abundant in vegetables and some fruits

### **DRINK PURIFIED WATER – LOTS OF IT**

- ❑ Body average of water is 10 gallons with a minimum of 6 glasses per day to cover what is lost in urination, sweat and breathing
- ❑ Mild dehydration impairs physiological and performance responses.

**Top Food Allergens - Wheat, Corn, Soy and Dairy.**

**Avoid Completely or Consume in Moderation!**

## **AN EASY GUIDE TO BETTER CHOICES:**

- Use Olive, Walnut, Macadamia, Hemp, Flax, Avocado Oils. Organic coconut oil and ghee also healthful.
- Consume an abundance of plant foods and regularly enjoy nuts and seeds (preferably raw organic), as well as beans, legumes and Unrefined grains - aka complex carbs. Eat LESS wheat - avoid white flours.
- Eat perishable, seasonal, fresh local foods most often. Consume some raw foods with all cooked foods.
- Use fruits as sweets and consume before or between meals – NOT After.
- Minimize consumption of meat, dairy and eggs – Enjoy small quantities of wild, free range and organic.
- Consume Wild Fish max: 2 times per week (No Swordfish, Sturgeon Caviar, Orange Roughy, Chilean Sea bass. Smaller fish less accumulation of Mercury: Sardines, Mackerel, Herring. [www.eartheasy.com](http://www.eartheasy.com))
- Avoid complex food combinations: protein and starch; several types of proteins (i.e.: eggs and bacon)
- Limit wine to low or moderate consumption and enjoy with meals
- Supplement with probiotics; digestive enzymes; phyto-chemicals; EFA's; and a complex multi vit/min.

## **HEALTHY FATS**

- ❑ Mono-unsaturated fats lower cholesterol and aid in fat metabolism
- ❑ Include these oils in your diet as well as consumption of wild fish 2 – 3 times per week.
- ❑ Supplement with 1 – 3 grams per day of EFA and DHA fish oils. Krill Oil is an excellent choice.

### **For cooking:**

Macadamia Nut Oil is one of the best for cooking as it can withstand a very high smoke point.

Grapeseed oil and Coconut butter oil are also great as is regular butter (or Ghee) over most of the frequently used oils for frying including olive oil. When heated at high temperatures the composition of these oils is compromised and may even become toxic.

**For dressings:** HEMP AND FLAX SEED OIL -great for use in uncooked food and **High in Omega 3's**

## **THE LANGUAGE OF CRAVINGS**

Your body talks to you all the time. The symptoms we frequently silence with medication are a language we need to learn, communication we need to listen to. Do you constantly crave chocolate? Can't get going without a caffeine jolt? Need a salt fix or is it the burger and fries, maybe your hair is falling out, your nails are splitting, muscles are aching and inflamed, PMS plagues you like a monster...These symptoms may be indications of nutritional needs/imbalances, deficiencies, food allergies or intolerances. (See top 4 allergens on previous page).

**Chocolate:** Magnesium deficiency / hormonal shifts

**Caffeine:** stress, Adrenal or physical fatigue

**Breads & Pasta:** Zinc deficiency

**Salty Foods:** Stress or adrenal fatigue

**Sugary Foods:** Chromium, zinc, magnesium deficiency

**Fatty Foods:** Essential fatty acid deficiency

**Spicy Foods:** Fatigue or restlessness and boredom

### **LABELS – they don't always tell you what you need to know:**

#### **Chemicals added to foods in three ways:**

1. Intentional additives that become ingredients (and the only ones listed on labels)
2. Chemicals used in the processing (plastics, cans and boxes may pose a danger with the chemicals and metals used in their production).
3. Silent additives – the pesticides and herbicides; chemicals in water and air; antibiotics; hormones and other medicines given to animals and industrial chemical pollutants.

**ADDITIVES Include:** Sweeteners; Flavorings; Coloring agents; Preservatives; Acids, alkalis, buffers and neutralizers; Bleaching and maturing agents; Moisture controls; Activity controls; Emulsifiers; Texturizers; Other processing aids and clarifying agents; Nutritional supplements – natural and synthetic.

#### **TO AVOID THESE:**

Eat more wholesome and natural foods – fruits and veggies/whole grains/nuts and seeds/beans/ and range fed and range fed animals. Buy organics; grow your own foods when possible and share/barter with friends. Buy and eat less prepackaged foods. Avoid nitrates and nitrites.

Hydrolyzed vegetable protein – aka: MSG (known to cause obesity and addiction)

## Take this with you when grocery shopping:

**Food Additives to avoid:** Artificial colors (FD&C colors); sodium nitrate and nitrite; BHT; Saccharin; Sulfites (especially sodium bisulfite); Sulfur dioxide; BVO (brominated vegetable oil)

**Additives to limit:** BHA; MSG; Sugars; Artificial flavorings; THBQ; Propyl gallate; Hydrogenated vegetable oil; salt; Aspartame; Caffeine; Propylene glycol; Gums; Xylitol; Aluminum salts

**Likely safe:** Vitamins A, C, E; Beta-carotene or carotene; Carrageenan; Annatto; Acids – citric, ascorbic, lactic; Alginates; Minerals – iron, zinc and others; Glycerin – mono and diglycerides; Gelatin; Pectin; Calcium propionate; polysorbate 60, 65, 80; Sorbitol; Sodium benzoate; Lecithin; Casein and lactose; Vanillin; Potassium sorbate

### EASY GUIDELINES:

#### 1. WHEN BUYING PREPACKAGED FOODS:

Choose products with ingredients that you recognize as natural 'real' food substances and whose presence you expect to find in the product.  
Consider the origin of the foods you consume and how it looked prior to processing.

#### 2. ASK YOURSELF: 'How and where is the food grown, processed, packaged?

What is involved in this procedure and how far has the food traveled.  
What is the effect in your body and on the environment?'

#### 3. LOOK AT FOOD AS ENERGY- Health support for mind, body, heart and soul -

Does the food you consume have nutritional value?  
Will it support your health and well-being?

**References:** [Nourishing the Body Temple](#) - Simone Gabbay (Registered Nutritionist) / [Fast Food Nation](#) – Eric Scholsser  
[Staying Healthy with Nutrition](#) – Elson Haas / [Nutrition Concepts and Controversies](#) – Frances Sizer, Eleanor Whitney  
[Nutrition Action Health Newsletters](#) – Jan/Feb 2005 and Nov 2005 'Center for Science in the Public Interest' [www.supplementwatch.com](http://www.supplementwatch.com)

 *TRG Living Health*

[teri@terigentes.com](mailto:teri@terigentes.com) [www.terigentes.com](http://www.terigentes.com) 613 277 5817