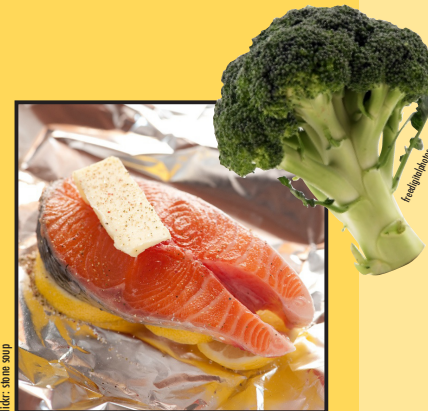
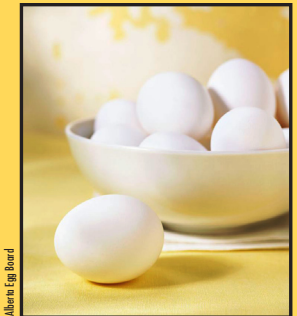
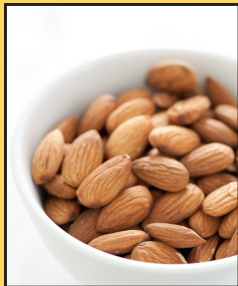


Healthier Food Choices



Guidelines for Healthier Choices

A lifestyle of low-carbohydrate, higher fat, and adequate protein nutrition is good for the whole family. Eating well makes you feel good and provides the essential vitamins, minerals, fatty acids (natural fats and cholesterol), and amino acids (proteins) that your body needs to maintain its processes, protect itself, build new cells, and repair damage. You and your family will enjoy a new vitality, strength and wellness.

Normal Blood Sugars = A Healthy Body



The simple guidelines in this booklet help you make healthier food choices. When you adopt this new way of life, you will have taken charge of your health and well-being. It is not difficult, though at first glance it may seem so. Be assured that the sugar cravings will disappear, you will most likely lose weight and

have more energy. You will discover new foods and delicious ways to prepare them. Your body will naturally adjust to its desired healthy weight. There is no requirement to exercise—just enjoy the activities you choose! There is no need to eat carbohydrates to fuel your body. You can be confident that your metabolism will make the one teaspoon of glucose it needs each day through a process called gluconeogenesis.

The basic purpose for adopting this new way of life is to control blood sugars, which is the key to creating health. This is fundamental to recovery, to good heart health, and to the avoidance of the devastating complications of diabetes. A low-carbohydrate diet that is high in natural cholesterol and saturated fats raises HDL, the so-called “good cholesterol”. This way of eating predictably drops triglycerides below 100 mg/dL. High TGs and low HDL together are accepted markers for heart disease.

This healthier lifestyle allows your body to function as it was designed to—with normal blood sugars. High blood sugars are extremely damaging to the body, even if they are not chronically elevated. The pancreas produces insulin in an attempt to keep blood sugar levels normal, but decades of eating a diet based on grains and sugars overwhelms the metabolism. The system finally breaks down. Diabetes, high blood pressure, heart disease, and obesity are the result. Even the risk of cancer, which feeds exclusively on glucose (sugar), can be reduced when blood sugars are normalized. Normal blood sugars can be achieved by making the healthful, real food choices outlined here.

Start today. Reclaim your health.

For more information about the importance of normal blood sugars:

Dr. Bernstein's Diabetes Solution:
A Complete Guide to Achieving Normal Blood Sugars
Richard K. Bernstein, M.D.
www.diabetes-book.com

Life Without Bread:
How a Low-Carbohydrate Diet Can Save Your Life
Christian B. Allan, Ph.D. and Wolfgang Lutz, M.D.

The Protein Power Lifeplan
A New Comprehensive Blueprint for Optimal Health
Michael R. Eades, M.D. and Mary Dan Eades, M.D.



A New Way of Eating

It is helpful to know what and how much to eat when learning a new way of eating. A meal plan based on these guidelines will help you create health and vitality.

The basis of each meal should be an adequate amount of protein accompanied by about an equal amount of fat by calories (which you do not have to count).

An amount of vegetables that does not exceed 15 grams of carbohydrate may complete the meal. Your goal is to maintain normal blood sugars and to enjoy eating!

Meat, Poultry, Fish, Eggs, Cheese and Other Proteins

Guideline– Enjoy with every meal and with snacks– 6 or more servings every day. This should amount to a minimum of one-half gram protein for each pound of your body weight. There are about 7 grams of protein in an ounce of these foods. A 150-pound person needs about 68-85 grams each day. This amount should be divided among your meals and snacks. Essential amino acids (proteins) are essential for building, repairing and keeping your body strong and healthy.

One serving is: 20 grams protein, 0 grams carbohydrate, and equals about:

3 eggs (best: laid by pastured hens)

3 ounces cheese (best: milk from pastured animals)

3 ounces beef, lamb, pork, chicken, turkey

3 ounces canned tuna or sardines (in water or olive oil)

3 ounces beef, bison, lamb or chicken livers

3 ounces old-fashioned sausages (no nitrites or sugar)

3 ounces fish or shellfish (wild– fresh or canned)

- Look for fatty cuts of meat. Do not trim the fat.
- Save the drippings for cooking.
- Meats from pastured animals is best.
- Eat the skin from chicken and turkey.
- Look for bacon without nitrites (uncured).
- Organ meats are nutrient dense. Eat them several times a week.

- Eggs are a nearly perfect food– they have a balance of healthful fats, proteins and nutrients.
- Include several servings of salmon, sardines, or other cold-water fish each week. They are high in essential Omega-3 fatty acids.
- Avoid processed meats such as hot dogs, bologna, canned ham, and luncheon meats. **Avoid soy.**



A New Way of Living

After decades of eating an overabundance of carbohydrates and seed oils, the metabolism may become damaged, leading to a plethora of illnesses. One does not have to wait for any of the seriously debilitating diseases of civilization to develop. Changing your diet to follow these guidelines can help avoid disease. It is the **most effective plan** once you have been diagnosed as having any of these diet-induced conditions, such as diabetes, hypertension and atherosclerosis. You can reclaim your health!

Non-starchy Vegetables

Guideline– 3 to 5 servings a day. Include 1 to 2 servings with meals.

Limit the total of all carbohydrate foods from all groups to 15 grams per meal.

One serving is:
5 grams carbs

and equals about:

1 cup raw vegetables

½ cup cooked vegetables

- Eat above-ground vegetables such as broccoli, brussels sprouts, green and red cabbage, cauliflower, leafy greens of all types, mushrooms, zucchini and other summer squashes, cucumbers, celery, kohlrabi, asparagus, sweet peppers and chiles, green beans, eggplant, okra, green onions. Radishes and turnips are okay, too.



Tom Whalley / iStockphoto.com

Dairy (except eggs & cheese)

Guideline– 2 to 3 servings a day. Choose **full-fat** dairy– heavy cream, sour cream, and yogurt. Milk contains too much sugar (lactose). Drink cream.

Limit the total of all carbohydrate foods from all groups to 15 grams per meal.

One serving is: 15 grams carbs
and equals about:

1 cup plain yogurt or sour cream

1 cup milk or buttermilk

scant ½ cup ice cream

- 1 cup heavy cream = 6 grams carbs

- If you are lactose intolerant, you are probably gluten intolerant. Once you eliminate grains, you may be able to eat cheese because the milk lactose is consumed by the bacterial culture.

Fats and Oils

Guideline– Enjoy with every meal and with snacks. Fats contain **zero carbohydrate**. Make sure to include cholesterol-rich fats in your daily meals. There is no need to count fat calories. Natural animal fats, including saturated fats, are good for you. Saturated fats are the most stable, less apt to oxidize or become rancid.

Cook with:

butter or ghee,

lard, suet or tallow,

beef drippings or chicken fat,

virgin coconut or palm oil,

or a combination of these.

- Fats from naturally raised animals is the most healthful.
- Save bacon fat and use it to sauté vegetables.
- Butter is especially nutritious. Melt it over your cooked vegetables. Butter from pastured cows is the best choice.
- Eat small servings of plant fats found in raw nuts and seeds. Macadamia nuts have the best Omega-3:6 EFA balance.

- Use extra virgin olive oil as a drizzle over vegetables, cheese, or as a salad dressing. (Do not cook with olive oil.)
- Use a good-quality coconut milk in beverages or recipes.
- Do NOT use margarine or other so-called “healthy” spreads.
- Eliminate completely ALL processed oils, such as canola, corn, sunflower, safflower, light olive oil and peanut oil.

A New Way of Thinking

This is a new way of thinking about using food to create and sustain health. The Standard American Diet is too high in easily digestible carbohydrates and grains. Industrial seed oils have replaced healthy natural fats, causing an excess of Omega-6 fatty acids. Soy and corn, along with these fake fats, can be made to mimic nearly any "food" imaginable— except the kind of food your great-grandmother would have recognized as fit to eat. Think "EAT REAL FOOD".

Healthy Choices

General principles for making healthy food choices.

- Avoid packaged, processed, man-made foods.
- Eliminate ALL sugars, including honey, agave syrup and other "natural" sweeteners.
- Eliminate ALL sodas, even diet drinks.
- Eliminate ALL hydrogenated and partially hydrogenated oils and ALL processed oils.
- Avoid fruit juice and dried fruits.
- Caffeine in small portions is not harmful.
- Avoid soy completely, except traditionally fermented tamari or nato.
- Limit wine and spirits to occasional use.
- Avoid beer. It's too high in carbohydrates.
- Choose the freshest plant foods possible for highest nutrition. Organic and local is best.
- If you drink milk, buy only whole, full-fat. Look for non-homogenized, cream-at-the-top.

Grains

Guideline— Eliminate grains, especially those containing gluten (wheat, rye, barley). Grains are low in nutrition.
Limit the total of all carb foods from all groups to 15 grams per meal.

One serving is: 15 grams carbs and equals about:

1 slice bread, any type	½ cup cooked cereal
1 small tortilla or waffle	4-6 crackers or corn chips
¼ regular bagel (1 oz.)	2½ cups popped corn
⅓ cup cooked pasta or rice	½ English muffin

Legumes, Root and Starchy Vegetables

Guideline— Limit to occasional, small servings. *Limit the total of all carbohydrates to 15 grams per meal and to 7½ grams per snack (2 per day).*

One serving is: 15 grams carbohydrate and equals about:

1 small potato (3 ounces)	½ cup winter squash
½ cup sweet potato or yam	1 medium artichoke
½ cup cooked beans or peas	⅔ cup parsnip or rutabaga
⅓ cup refried beans	1 cup cooked beets
½ cup corn	¼ cup peanuts or peanut butter
1 cup cooked carrots	½ cup plantain

Fruit

Guideline— Limit to occasional, small servings. *Limit the total of all carbohydrates to 15 grams per meal and to 7½ grams per snack (2 per day).*

One serving is: 15 grams carbohydrate and equals about:

1 small fresh apple or pear	• Eliminate ALL fruit juices.
17 small grapes	• Eat some fat and protein with fruit, such as unsweetened whipped cream or cheese.
1 cup cantaloupe or honeydew melon	• Best choices: blueberries, raspberries, strawberries.
½ small orange or grapefruit	
• Fruit contains fructose, which acts just like alcohol in your liver.	

Healthier Food Choices

- ✓ Choose the most important changes first. Control of your blood sugars is paramount.
- ✓ Do what is right for your health. ✓ Do what is necessary to control your blood sugar.
- ✓ Believe in your ability to change your habits.



Eat a variety of real foods.

- Eat several servings of leafy and non-starchy vegetables every day.
- Seek out local, farm-fresh sources of eggs and meats from grassfed animals.
- Include several servings of cold-water fish such as sardines, mackerel and salmon each week. Avoid farmed fish and shellfish.
- Eat unlimited servings of eggs, meats, poultry, and seafood.
- Base your meals on protein foods. Include an amount appropriate for your height, weight, and level of activity.
- Keep servings of raw nuts small because of their higher Omega-6 fat content.
- Avoid high-sugar fruits, fresh or dried, and do not drink any fruit juices.
- You do **not** need to worry about fiber or salt in your diet.
- Optimal nutrition should become your focus. Eat to live long and well.
- You will be trying new foods as you change to healthier eating. Choose mainly from the protein, fats and non-starchy vegetable groups. Enjoy!

Eat only when you are hungry.

- Once you have broken your dependence on carbohydrates, your body will have a constant supply of energy through its natural fat metabolism.
- When you have become a “fat burner”, you will be able to skip meals when necessary without worrying about getting “moody and unable to focus”.
- Avoid snacking or “grazing” throughout the day.
- Make breakfast an important meal. Eat high-quality protein and natural fats, like butter, eggs, and cheese.
- Eat a small protein and fat snack before bedtime.



Limit all carbohydrates.

- Foods made from refined or whole grains (cereals, pasta, bread, doughnuts, crackers, chips, tortillas, desserts) are carbohydrates and low in nutrition.
- Fruits, whether fresh, canned, dried, or juiced, are high in carbohydrates.
- All plant foods contain some carbohydrates, which must be counted.
- Foods high in starch are devoid of vitamins and minerals. These actually inhibit your absorption of nutrients. Starchy foods are also low in essential fatty acids and essential amino acids (protein).
- Most processed foods are high in sugar– catsup, low-fat products, salad dressings, sauces, energy/protein bars. These cause blood sugar to spike.
- Soft drinks are best avoided. Non-caloric “diet” sweeteners may not raise glucose levels but they still cause an insulin response.
- Limit your carbohydrate count to 15 per meal, 60 grams per day.
- **If you are diabetic, limit your carb count to 30 grams per day.**

Monitor your blood sugar.

- Keep a record of the food you eat and drink. Use a glucose meter to learn what your BG does in response to those foods. Normal BG is 70-86.
- Know what you are eating. Ask yourself, “Is this **real food** or is it man-made?” Eat only **real food**. Shop the perimeter of the grocery store.
- Eat food free of additives, preservatives, extenders, sweeteners, etc. Real food generally does not come in a box covered with advertising. It does not need a bar code or a “nutrition facts” label. For example, the ingredients list on heavy cream should say “cream”. Period. Sour cream should read “cream and cultures”.
- ✓ Read all food labels.

Eat more fat.

- Prepare foods with wholesome natural fats like butter, lard, coconut oil, and ghee. Don't discard the fat that drips from meats. Save bacon drippings for cooking. Eat the skin on chicken. Eat egg yolks. Savor the fat on your steaks.
- Extra-virgin olive oil may be used in salad dressings or drizzled, never heated.
- A meatless meal should have a good portion of healthful fats and adequate protein. Fats are essential nutrients to your body and brain.
- Choose more high-fat foods. Coconut milk is an excellent choice.
- Drink real cream instead of milk. Consume only **full-fat** dairy foods.
- Eliminate **all** refined seed oils – sunflower, canola, corn, cottonseed, safflower, grapeseed – and all products made with them like margarine and mayonnaise. It's easy to make your own mayonnaise from scratch.

You will naturally become healthier.

- Metabolic damage takes place over decades of eating a diet high in easily digestible carbohydrates and industrial vegetable oils. The downward spiral toward disease can be reversed. You can take control of your health.
- If you need to lose weight, you may need to reduce your carbohydrate intake to about 20 grams per day for the first two weeks. This will "jump start" your metabolism into burning fat – your own stored body fat and the fat you eat.
- If you are diabetic, your carb count should remain below 30 grams per day.
- If you are underweight, you will gain muscle and your body will normalize.
- Do not restrict calories. Restrict only carbohydrates. Your body runs best on fats and proteins. The dietary requirement for carbohydrates is **zero**.

Be physically active.

- Once your metabolism has recovered, you will have the energy and motivation to be more active, so you need not push hard at the beginning.
- The most effective exercise for fitness is play, intermittent intense activity and resistance training. Avoid "chronic cardio" and excessive jogging.
- You do not need to exercise every day. Vary your routine. Enjoy what you do.

Your new healthy lifestyle!

- Get plenty of sleep and drink enough clean water.
- Cooking is creative, fun and social. Enjoy new tastes that nourish your body.
- Limit alcohol, especially beer. Your liver will be healthier.
- When eating out, choose only foods that keep your blood sugar stable.
- Get sunshine every day. Sun exposure is essential for making Vitamin D. Know your 25(OH)D levels – 50 ng/mL or higher is optimal.



When you take control of normalizing your blood sugars by choosing the right foods, you will feel empowered to do what is best for your health for the rest of your life. If you are the type of person who can accomplish all the changes at once, go for it! If you dance to a slower beat, then the **most important** first step is to eliminate all easily digestible carbohydrates immediately. Keeping your insulin level low is critical.

"A low-carb diet is the only answer for diabetics and very good answer for everyone else."

Dr. Richard K. Bernstein, Type 1 diabetic

Please note:

Millions of people have used low-carb plans without harm, but some must approach reducing carbs with caution. If you are taking medication to control your blood sugar or blood pressure, you will need to quickly reduce the dosage and may need to discontinue these meds altogether if you significantly restrict your carbohydrate intake. This is best done under the supervision of a doctor. These guidelines are provided for informational purposes only and are not a substitute for professional medical advice. Consult a physician in all matters relating to your health, particularly in respect to any symptoms that may require diagnosis or medical attention. This brochure is made available without guarantee for the quality, accuracy, completeness, timeliness, appropriateness or suitability of the information provided. You are advised to use discretion and to seek more information. If you have any existing medical condition, consult your doctor before beginning this or any other plan.



Menu Ideas
