

## NUTRITIONAL LIFETIME GUIDELINES - Specifics

1. When eating fruit or vegetables, use fresh whenever possible. Use frozen (without sugar or sauces) when fresh are not available.
2. You can eat fruit, if you are hungry, three hours after dinner. But try not to eat anything but fruit after 8:00 p.m.
3. Use dressings, condiments and seasonings without chemical additives and preservatives, sugar or MSG. These only add toxins to your body.
4. Avoid vinegar in salad dressings. It delays salivary digestion and slows starch digestion. Substitute lemon juice for vinegar.
5. Avoid the excessive consumption of raw onions and garlic. They pervert the taste buds and cause you to crave heavy foods.
6. Use only whole grain breads, raw butter and raw dairy products if they are available.
7. Fresh fruit or fruit salad can be substituted for any lunch.
8. If cutting back on dairy products, (they are very mucus-producing), eat raw nuts as an abundant source of calcium.
9. Always eat less rather than more at any one meal. Even the finest, most nutritious food available will spoil in your system if it is overeaten. Please do not overeat!

### Other Simple Rules of Nutrition

1. The IDEAL diet consists of VARIETY, MODERATION, and COMMON SENSE! Remember, it is primarily the sugar intake that makes you fat!!
2. Whenever possible during your normal working day, munch on high carbohydrate foods such as raw vegetables and fruits. These foods are high energy foods which will enhance your performance mentally and physically.
3. If you cook fruits and vegetables, cook them as little as possible to preserve their nutritional value.
4. Avoid candies or sugary foods for energy. These foods will give you a temporary, short-lived, energy boost and will place undue stress on the pancreas. They put your body on a metabolic roller-coaster and are extremely hard on the body. If you must have sweets, eat fruits not candy.
5. Because sugar is found in many products, read labels and choose those with little or no sugar. Sugar is very low in nutrition; yet, very high in calories. Sugary foods include such items as: cokes, candy, pie, cakes, canned and frozen foods. **Read Labels!** Other names for sugar are the following: dextrose, sucrose, fructose, corn syrup, brown sugar, natural sweeteners and corn sweeteners. All are temporary, high energy foods; but, low in nutrition.
6. Eat frequent small snacks during the day. Never eat only one meal per day. Because of the high energy requirements of every-day living, you will need an elevated level of nutrients in the blood stream for immediate availability to the tissues. If you eat infrequently, (one meal per day), your basal metabolism will slow down and you will burn less calories when you are at rest. When you eat your one meal that day, your body will try to store more food (as fat) because of your daily fast. If you're trying to diet, you will be less successful due to the unhealthy nature of this "fasting" technique.

7. Eat whole natural foods, such as whole grain foods, fresh vegetables, fresh fish, chicken (skinless) and nuts and seeds. Eliminate sugar, salt, fatty foods and white breads. Stay away from prepared foods or fast food chains. They are riddled with a high fat and sugar content.
8. Eat moderate portions of lean meat, skinless poultry, fish and nonfat or low-fat dairy products. Eat more unsaturated fats such as vegetable oils, non-dairy spreads and nuts. Avoid those foods high in saturated fat and cholesterol -- fried and greasy foods containing or cooked in animal fat. Bake, broil, microwave or poach meats instead of frying. Trim visible fat off meats and drain fat after browning. Use non-stick pans and vegetable sprays when sautéing. Substitute low-fat or non-fat dairy products in recipes and meals.
9. Limit foods which have been canned or otherwise highly processed like instant mashed potatoes.
10. Even the leanest of meat consists of 40% fat. So, if you must eat meat, eat moderate amounts. It is recommended that 4 oz. of meat, 3 times per week is all the protein you need to maintain and build muscle tissue. However, you should eat a combination of legumes (beans) and rice at mealtime for your protein requirements instead of meat products (proteins build and maintain muscle tissue). Combining legumes (beans) and rice provides a very high quality protein with no fat or sugar content.
11. Food items which should be avoided are: sugars, white flour, chemical additives and processed meats (like bologna and bacon). Any food containing these should be avoided.
12. When buying breads, choose those made specifically from whole wheat flour, instead of enriched (white) flour. "Enriched" means that only 4 vitamins have been added to the food. There are literally hundreds of vitamins in natural foods and many more that are being discovered every year. Use brown rice rather than white.
13. Take a deep breath and relax before you begin each meal. Eat slowly and chew your food well.
14. After finishing a meal, wait a few minutes before beginning any activity to allow digestion to begin.
15. Eat only when hungry and then only enough to satisfy your natural hunger. Wait at least 15 minutes before taking a second helping of food. This will allow time for the feeling of "fullness" to set in. You will probably not be hungry.
16. Avoid any food which causes unpleasant feelings, no matter how healthful you may think it is. You may be intolerant or allergic to it.
17. Avoid any food which causes a lift or which you consistently crave -- another sign of allergy.
18. When you are thirsty, drink water instead of other beverages including liquid foods such as milk and fruit juices. (This does not mean that you should not drink fruit juices, etc., only that you should consider them as foods, not as a substitute for water to quench thirst.)
19. Avoid coffee, tea, colas, chocolate, other soft drinks and sugared fruit drinks because they contain much sugar and caffeine.
20. Always read labels when shopping. Do not buy any food product containing anything other than plain food. If you do not recognize the ingredients listed on the label, do not buy it.

21. Constantly strive to improve your nutrition. Merely making a few changes in your dietary habits does not provide continuing good nutrition. You must constantly upgrade and improve the quality of the things you eat. Do not be discouraged if you occasionally stray in the wrong direction. It is what you do day after day on a steady basis that is important.
22. Composition of daily caloric intake should consist of 55% complex carbohydrates, 15% protein, less than 30% fat. (20% polyunsaturated fats preferred.)
23. Generally speaking, polyunsaturated fats are derived from vegetable sources; saturate fats are derived from animal sources. (A no, no!) Fish and fowl are considered neutral fats.
24. BEWARE. Saturated fats may be hidden in cheeses, whole milk products, dressings, sauces, chocolate and coconut.
25. ALERT. Salt may be disguised in canned soups and vegetables, diet sodas, frozen entrees, luncheon meats, seasoned salts, soy and Worcestershire sauces and processed cheeses. READ LABELS! Sodium chloride is table salt. Other names for salt are sodium bicarbonate, monosodium glutamate (MSG), disodium phosphate, sodium benzoate, sodium saccharide and most baking powders.
26. NUTRIENT DENSITY. Get the most nutrition for the calories consumed. **Eat whole foods! If it's man-made, don't eat it!**