



EAT FAT,  
GET THIN

**VEGAN AND  
VEGETARIAN GUIDE**

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# INTRODUCTION

Eating a plant-based diet has consistently been shown to be one of the most effective ways to obtain excellent health and prevent genes from turning on chronic disease. While a diet with moderate portions of lean, naturally-fed, and humanely raised poultry, wild meat, farm fresh omega-3 eggs and wild caught fish are an important part of sustaining success with *Eat Fat, Get Thin*, vegans and vegetarians can reap the benefits, as well!

Carbohydrates, even healthy ones such as beans, lentils, squash, and yams, may spike your blood sugar and put you at risk for insulin resistance. Vegetarian sources of protein usually rely on beans and legumes and can be quite carbohydrate-rich.

Add in other carbohydrates such as fruit, squash, or whole grains to your plant based meal and you have the makings for a high-glycemic meal. Many vegetarians often wonder why they have diabetes when they eat so “healthy.” Remember, low-glycemic meals are the only proven way to prevent and reverse diabetes. Is there also a way to honor your vegetarian or vegan lifestyle and, if so, how do you create low-glycemic meals without eating animal protein?

The goal for you, if animal protein is not part of your diet, is to ensure a variety of vegetables, a balance of diverse protein sources, and moderate intake of complex carbohydrates. While this can pose a challenge for many people, eating a plant-based diet suitable for the targeted outcomes of *Eat Fat, Get Thin* is possible and, with some clear guidance, can be just as successful.

In the following guide, I will share with you the secret to making a vegan and vegetarian diet that is the perfect match for your philosophical, spiritual, religious, palate, and culinary preferences. I hope you are ready to learn, experiment, and get healthy because what you are about to read can be life-changing!

## General Nutrition Guidelines:

All Calories Are Not Created Equal. Focus on Food Quality.

**Food is Information:** Food literally talks to your genes and controls gene expression, hormones, and metabolism. What you eat has the potential to determine if you will get sick or gain weight. Eating a sugar cookie versus a small handful of raw almonds can turn on disease-promoting genes. Choose a nutrient-dense meal where quality calories work for your health goal!

**Keep Grain Portion Size Small:** You will follow the The Pegan Diet: Phase 2 to start *Eat Fat, Get Thin*. On it, you may include moderate whole grains such as quinoa, amaranth, or black rice, which contain moderate amounts of protein. In general, balancing a whole grain with a legume, such as rice and beans, can create a complete protein.

**No Grain Option:** If you are trying to avoid grains while following *Eat Fat, Get Thin* you can omit ALL grains for the duration of the program. See Appendix A of this report for more examples of portion sizes for when the 6 weeks are over.

**Focus on the Glycemic Load, not the Calories:** How quickly your meal raises your blood sugar and spikes insulin is the essential piece of information you need to understand to sustain healthy weight and wellness. It is MORE important than mastering calories. Foods with fiber, protein, and anti-inflammatory fats mitigate the negative effects that blood sugar and insulin spikes have on your system. Curious about what this looks like? My nutritionally balanced and complete meal plan provides a terrific example of how to create low-glycemic load meals.

**What About Protein?** If you are trying to remain vegetarian or vegan, you can swap animal proteins for whole, organic, Non-GMO soy products such as tofu or tempeh once or twice a day. A serving size of traditional soy foods is a quarter pound or about 3 ounces. This does NOT include soy protein isolates or concentrates found in alternative “meats” such as soy burgers, meatless “chicken,” soy protein found in protein bars, or even hidden in restaurant meat as filler!

**Go Nuts:** Add nuts and seeds to your diet as a source of protein and good fats including almonds, walnuts, pecans, macadamia nuts, pine nuts, pumpkin seeds, sesame seeds, chia seeds, and hemp seeds.

**Eat Eggs:** Eggs are a wonderful source of protein (for vegetarians not vegans) and if you choose whole omega-3 eggs you will be getting good fats with great protein.

**Start Sprouting:** You can sprout beans, seeds, and even grains to increase their nutritional value and ease of digestion.

**Always Combine a Carbohydrate with Fiber, Protein or Anti-Inflammatory Fats:** Never carb it alone! Being a vegetarian, and especially vegan, makes it challenging to reduce the total glycemic load because, besides soy, there aren't many substantial complete proteins for you to fill up on. Legumes are usually the main source of protein. Beans and lentils, while chock full of healthy fiber and nutrients, are still a great source of carbohydrates. It is important to adhere to serving sizes of these legumes in order to achieve success when it is time for you to transition to *Eat Fat, Get Thin*. Please see Appendix A for appropriate serving sizes of legumes.

## 4 Principles for a Healthy Planet and Vegetarian or Vegan You

1. **Eat REAL food.** Shop the perimeter of your market for nutrient-dense whole foods.
2. **Clean up your diet.** Choose organic, Non-GMO whole soy products and completely avoid Franken-soy products typically made from Monsanto's Roundup soybeans.
3. **Go organic.** Choose as much organic food as your budget allows. See the top offenders at [www.ewg.org](http://www.ewg.org).
4. **Stay local.** Farmers Markets and Community Supported Agricultural stores (CSA's) are great opportunities to procure high-quality fresh food.

## Choose SLOW Carbs, Not LOW Carbs

### Green Carbs: Eat Freely

- **Fill your plate** with 50 percent slow-burning, low-GL (glycemic load) vegetables such as kale, broccoli, lettuce, radish, arugula, celery, mushrooms, snap peas, bok choy, asparagus, bell pepper, watercress, cauliflower, Brussels sprouts, tomatoes, dandelion greens, hearts of palm, cucumber, etc.
- **Seaweeds** - Sea vegetables supply important sources of minerals such as iodine, calcium, and iron which tend to be difficult to access from land plants in the proper form to be metabolized and used by the body. They help restore the body back to balance by decreasing acidity, boosting detoxification, and even promoting weight loss. Sea veggies are wonderful additions to your meals and add flavor as well as improve digestion of certain foods such as beans. For more information on how to get started using these superfoods, check out our easy guide to understanding sea vegetables in Appendix B.

## Yellow Carbs: Eat in Moderation

### **Whole Grains *Avoid if on the Eat Fat Get Thin diet or The Pegan Diet: Stage 1***

- Brown and black rice, quinoa, amaranth, teff, and buckwheat.

### **Legumes *Avoid if on the Eat Fat Get Thin diet***

- Lentils (red, green and yellow), black beans, kidney beans, adzuki beans, mung beans, chickpeas, pinto beans, black-eyed peas, fava beans, etc.

### **Dark Berries *Limit to 1/2 cup if on the Eat Fat, Get Thin plan or The Pegan Diet: Stage 1***

- Blackberries, raspberries, strawberries, and wild blueberries.

### **Stone Fruit *Avoid if on the Eat Fat, Get Thin plan or The Pegan Diet: Stage 1***

- Nectarines, plums, peaches, and apricots.

Apples and Pears ***Avoid if on Eat Fat, Get Thin plan or The Pegan Diet: Stage 1***

## Fiber

Aim for 30-50g daily. Studies show that vegetarian and vegan diets containing at least 50g of nutrient-dense fiber can be effective for reversing the damage from diabetes and insulin resistance.

## Red Carbs: Eat LIMITED Amounts after the plan

### **Starchy, High-Glycemic Cooked Vegetables**

- Sweet potato, yam, winter squash, parsnip, and pumpkin.

### **High-Sugar Fruits**

- Grapes, bananas, dried fruit (raisins, dates, etc.), and all fruit juice or fruit packed in juice.

## **Forbidden Carbs: Avoid COMPLETELY**

- Processed Carbs
- Gluten-Containing Whole Grains (wheat, barley, rye, kamut, spelt, einkorn, and triticale)
- Dried Fruit

## **Resistant Starch**

Boost phytonutrient intake by choosing foods with dark colors. See Appendix C for a list of phytonutrient rich foods.

## **Fat Does NOT Make You Fat**

- Get an oil change: Replace BAD fat with GOOD fat. Avoid products containing soy oil.
- Choose anti-inflammatory fats such as omega-3 and monounsaturated over trans and hydrogenated.
  - Omega-3's: Include 2 tablespoons of flaxseed and 1 combined tablespoon of borage and flaxseed oil into your daily diet. Sprinkle hemp and chia seeds on salads.
  - Monounsaturated Fats: Eat olives, olive oil, and avocado.
- Healthy Oil Choices: Extra virgin olive oil, walnut, and flax oil are great for salads. Sesame, grapeseed, coconut, and sunflower oil are good for baking.
- Healthy Saturated Fat? Yes! Enjoy coconut oil, MCT oil and small amounts of grass-fed butter.

## **Eat High-Quality Protein for Blood Sugar and Insulin Balance and Hunger Control**

- Beans or legumes such as chickpeas, kidney beans, and lentils are excellent sources of high fiber protein. However, avoid all beans and legumes if you are on the **Eat Fat, Get Thin plan or The Pegan Diet: Stage 1**
- Whole soy products. Choose Non-GMO and organic, avoid industrial over-processed soy like soy junk food (just because it has soy doesn't mean it's healthy). Whole soy is an excellent source of magnesium and iron which are often deficient in vegetarians

and vegans with diabetes

- Nuts and Seeds. Especially protein rich hemp seeds, and almonds.
- Omega-3 Eggs or Free-Range Eggs.
- Whole-Food Protein Shakes. Hemp, pea, rice, or high-quality soy protein powder offer an efficient way to include substantial protein in your diet, especially in the morning.

## Important Nutrients Often Lacking in Vegetarian and Vegan Guides

People honoring a vegetarian or vegan diet need to consider a few essential nutrients when meal planning, such as calcium, omega-3 fatty acids, vitamin B-12, vitamin D and iron. Below is a list of the nutrients vegetarian diets sometimes lack and the foods to eat so you get enough of them:

- Calcium - The good news is you DON'T need dairy to meet your calcium requirements if you are a smart consumer. Calcium is plentiful in dark, leafy, green vegetables (bok choy, cabbage, collards, kale, mustard greens, and chard), broccoli, Brussels sprouts, fortified tofu, fortified soy or almond milk, rice milk, or hemp milk.
- Omega-3 Fatty Acids - Choose walnuts, ground flaxseed or flaxseed oil, soybeans, chia seeds, or hemp seeds.
- Vitamin B-12 - Found ONLY in animal products and in lesser amounts, in fortified foods. If you are an ovo-vegetarian then omega 3 eggs are a good source of this vitamin. If you are vegan, non-dairy milk alternatives like soy and rice milk beverages will provide some B12, but not nearly enough to meet daily requirements. **To meet your needs while on *Eat Fat, Get Thin*, I suggest you take a high-quality supplement which includes at least 250 mcg of methylcobalamin such as the one listed here: <http://store.drhyman.com/Store/Show/SearchResults/433/Methylcobalamin-B12-5000mcg>**
- Vitamin D - While some foods contain vitamin D, I recommend everyone, regardless of dietary preference, take a vitamin D supplement. Unless you live in Florida, or south of there, sun exposure will not be sufficient to help your body make its own vitamin D. I suggest everyone take at least 1,000 IUs, or more, daily depending on blood levels.
- Iron - Iron-deficiency anemia is a serious issue in vegetarian diets. It also happens to be critical in helping to restore a body from the effects of diabetes. Beans, lentils, fortified tofu, and cooked green vegetables are good sources. The key is to combine these iron-rich food sources with a good source of vitamin C such as lemon, tomatoes, broccoli, or even berries, such as strawberries, to increase absorption.



## 10 Eat Fat, Get Thin Approved High Iron Plant-Based Foods

Spirulina (1 teaspoon)	5 mg
Cooked soybeans (1/2 cup)	4.4 mg
Pumpkin seeds (1 tablespoon)	4.2 mg
Quinoa (1/2 cup)	4 mg
Walnuts (1/4 cup)	2.8 mg
Tomato paste (1/2 cup)	3.9 mg
White beans (1/2 cup)	3.9 mg
Cooked spinach (1/2 cup)	3.2 mg
Lentils (1/2 cup)	3 mg
Sulfate free dried peaches (3 halves)	1.5 mg

Source: <http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>

### Tips for Getting the Most Iron Out of Your Food:

- Eat iron-rich foods along with foods that contain vitamin C for optimal absorption. See table below for sources of vitamin C rich foods.
- Tea and coffee contain compounds, called polyphenols, which can bind with iron making it harder for our bodies to absorb.
- Calcium hinders the absorption of iron; avoid high-calcium foods for a half hour before or after eating iron-rich foods.
- Cook in iron pots. The acid in foods seems to pull some of the iron out of cast-iron pots. Simmering acidic foods, such as tomato sauce, in an iron pot can increase the iron content more than ten-fold. Cooking foods containing other acids, such as vinegar, red wine, and lemon or lime juice, in an iron pot can also increase the iron

content.

## Vitamin C Rich Foods

Guava	Kale
Red Bell Pepper	Cantaloupe
Kiwi	Broccoli
Orange	Kohlrabi
Green Bell Pepper	Sweet Potato
Grapefruit	Tomatoes
Brussel Sprouts	Mango
Strawberry	Pineapple
Papaya	Cauliflower

Source: <http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>

# Sample Meal Makeovers for Vegetarians and Vegans on *Eat Fat, Get Thin!*

## BREAKFAST:

### Poached Eggs Over Spinach

**Vegetarian:** If lacto-ovo then enjoy as is!

**Vegan:** Replace egg with either 3 ounces of tofu or chickpeas if you are on The Pegan Diet plan. In Middle Eastern cuisine, chickpea tomato salad is very common. Why not try thinking outside of the box and even experiment with other spices, such as sumac, to provide that exotic fare!

**Make it Quick and Easy:** Try any approved shake made with either rice protein, fruit and nuts, or Dr. Hyman's favorite, Whole Foods Smoothie (link <http://drhyman.com/blog/2013/05/11/in-the-kitchen-with-dr-hyman-whole-food-protein-shake/>).

### Avocado and Herb Omelet

**Vegetarian:** If lacto-ovo this is fine as is.

**Vegan:** Replace eggs with tofu or beans and make a scramble with your favorite herbs and avocado.

**Make it Quick and Easy:** Try any approved shake made with either rice protein, fruit and nuts, or Dr. Hyman's favorite, Whole Foods Smoothie (link <http://drhyman.com/blog/2013/05/11/in-the-kitchen-with-dr-hyman-whole-food-protein-shake/>).

## LUNCH:

### Taco Salad

**Vegetarian:** Replace beef with 3 ounces of Non-GMO tempeh.

**Vegan:** Replace beef with 3 ounces of Non-GMO tempeh.

**Make it Quick and Easy:** DIY Salad Bar. Choose from the following to create a quick and easy lunch: 2 cups of ANY non starchy vegetable such as arugula, spinach, red leaf lettuce, broccoli, cauliflower, roasted Brussels sprouts, carrots, celery, mushrooms, sugar snap peas, bell peppers, onion, sprouts, etc. Top off with 3 ounces of pan seared tofu, tempeh, egg, lentils, or beans. Sprinkle with a tablespoon of hemp seed or a few slices of avocado and toss with fresh lemon juice.

### Chicken and Black Bean Wraps in Steamed Collard Greens with Avocado and Salsa

**Vegetarian:** Replace chicken strips with 3 ounces seasoned tempeh strips per serving.

**Vegan:** Replace chicken strips with 3 ounces seasoned tempeh strips per serving

**Make it Quick and Easy:** DIY Salad Bar. Choose from the following to create a quick and easy lunch: 2 cups of ANY non-starchy vegetable such as arugula, spinach, red leaf lettuce, broccoli, cauliflower, roasted Brussels sprouts, carrots, celery, mushrooms, sugar snap peas, bell peppers, onion, sprouts, etc. Top off with 3 ounces of pan seared tofu, tempeh, lentils, beans or 2 omega-3 eggs. Sprinkle with a tablespoon of hemp seed or a few slices of avocado and toss with fresh lemon juice. Serve with ½ sweet potato or 1 cup cooked squash.

## DINNER:

### Coriander and Almond Crusted Scallops

**Vegetarian:** Replace scallops with 4 ounces of extra firm Non-GMO tofu.

**Vegan:** Replace scallops with 4 ounces of extra firm Non-GMO tofu.

## Roasted Roots with Turkey

**Vegetarian:** Replace turkey with crumbled Non-GMO tempeh OR make a scramble with omega-3 eggs. Sprinkle hemp, sunflower, pumpkin, or flax seeds over mixture before serving.

**Vegan:** Replace turkey with crumbled Non-GMO tempeh OR make a stir fry with green lentils or mung beans. Sprinkle hemp, sunflower, pumpkin, or flax seeds over mixture before serving.

**Make it Quick and Easy:** One pot wonders are a cinch to make. All you need is your pantry. I like to make the following One Pot Wonder: Vegetable broth and coconut milk, your favorite vegetables, cilantro or basil (fresh if possible), tamari, sesame oil, red chili paste, lime, and tofu. To make the broth: Mix everything but the tofu together and bring to a simmer in your pot. Cook on low for 10 minutes or longer if you have the time. Lightly pan-fry the tofu in grapeseed oil. Add tofu to broth before serving, garnish with fresh lime juice and more cilantro. Serve over 1/3 cup steamed black rice.

# Appendix A: Serving Sizes

Eat 3 meals per day with 2 snacks. Each meal can have 15 grams of carbohydrates, and each snack 7.5 grams. As your activity increases, you can slowly begin to double this. This is not intended to be a lifelong way of eating. As insulin sensitivity improves, you can increase your consumption of natural carbohydrates to 30-50 grams per meal. Choose primarily from starchy vegetables, whole grains, legumes, and fruit. Reduce refined carbohydrates and sugars.

## Starchy Vegetables

Food Item	Serving	Food item	Serving
Winter Squash	½ cup	Artichoke	1 globe
Beet root	1 cup	Burdock Root (raw)	½ root
Carrots	1 cup	Corn	½ cup
Green Peas	½ cup	Jerusalem Artichoke	½ cup
Turnips	½ cup	Lima Beans	½ cup
Parsnip	⅔ cup	Baked Potato	½ medium sized
Pumpkin	1 cup	Swede	¼ large sized
Sweet Potato/Yam	½ medium sized		

## Legumes

Food Item	Serving	Food item	Serving
Adzuki Beans	¼ cup	Black Beans	⅓ cup
Broad (fava) Beans	½ cup	Chickpeas	⅓ cup
Black-Eyed Peas	½ cup	French Beans	⅓ cup
Kidney Beans	⅓ cup	Lentils	⅓ cup
Mung Beans	⅓ cup	Navy (Pinto) Beans	⅓ cup
Split Peas	⅓ cup		

## Grains

(Cooked unless noted)

Food Item	Serving	Food item	Serving
Brown Rice	⅓ cup	Millet	⅓ cup
Buckwheat (kasha)	⅓ cup	Polenta	⅓ cup
Teff	⅓ cup	Quinoa	⅓ cup
Popcorn (popped)	2 ½ cups		

## Whole-Grain Flours and Meals

(Items are dry and contain 15 grams of carbohydrates.)

Food Item	Serving	Food item	Serving
Amaranth Flour	2 tablespoons	Arrowroot Flour	2 tablespoons
Brown Rice Flour	2 tablespoons	Buckwheat Flour	3 ½ tablespoons

## Fruit

Food Item	Serving	Food item	Serving
Apple	1 small	Apples, dried	3 rings
Applesauce w/o sugar	¾ cup	Apricots	2 medium
Apricots, dried	7 halves	Avocados	½ avocado
Banana	½ medium	Banana, Dried	1 tablespoon
Fresh Berries	¾ cup	Cherries	1 cup
Currants, dried	2 tablespoons	Dates	2 medium
Figs, dried	1 medium	Grapefruit	½ large
Grapes	15 grapes	Kiwi	1 large
Mangoes	½ medium	Melons	1 cup cubes
Nectarines	1 medium	Oranges	1 medium
Tangerines	2 small	Peaches	1 medium
Pears	½ large	Plums	2 plums
Prunes	3 prunes	Raisins	2 tablespoons
Strawberries	1 ½ cups	Sun-Dried Tomatoes	1/6 ounce
Tomatoes	1 medium		



## Bread and Crackers

(These are less wholesome carbohydrate options than the previous lists, but are convenient. Whole grains are always a better option)

Food Item	Serving	Food item	Serving
Rice Crackers	4 crackers	Rice Cakes	2 cakes

# Appendix B: Sea Vegetables

Sea vegetables have 10-20 times the minerals of those found in land plants. They provide an excellent source of iodine, calcium, and iron. Some of the health claims associated with the consumption of sea vegetables include detoxification, alkalization of the body, decreasing dryness, removing residues of radiation, lowering cholesterol, and improving water metabolism.

## Agar

Benefits	Contains a gel-like substance which helps stimulate the bowels possibly improving constipation. It also provides iron and calcium, along with fiber.
Culinary Uses	Natural gelling agent. Can be used in place of animal gelatin.
Preparation	¼ cup of agar gels one quart of liquid. Agar thickens at room temperature; unlike gelatin which must be chilled.
Storage	Store in a sealed container in a cool, dark place where it will keep indefinitely.
Health Claim	Promotes digestion.

## Arame

Benefits	Good introductory sea vegetable due to its milder flavor
Culinary Uses	Great in salads.
Preparation	Soak in cold water
Storage	Store in a sealed container in a cool, dark place where it will keep indefinitely.
Health Claim	If eaten daily, Arame will promote glossy hair and clear skin.

## Dulse

Benefits	Very high in iron
Culinary Uses	Leaves can be soaked for five minutes and added to soups or salads. Flakes or granulated dulse can be sprinkled onto most foods for a nutritional boost.
Preparation	Soak in cold water or add flakes directly to food.
Storage	Store in a sealed container in a cool, dark place where it will keep indefinitely.
Health Claim	If eaten daily, Dulse will promote glossy hair and clear skin.

## Hiziki

Benefits	Very high in minerals (34g of minerals/100g). Richest of all sea vegetables in calcium, ¼ cup of hiziki contains the same amount of calcium as ½ cup of whole milk
Culinary Uses	Great in salads.
Preparation	Soak in cold water before using. Cook in apple juice and combine with other vegetables to temper strong taste.
Storage	Store in a sealed container in a cool, dark place where it will keep indefinitely
Health Claim	Normalizes blood sugars and builds bone and teeth.

## Kombu

Benefits	Rich in minerals, kombu increases the nutritional value of all foods with which it is prepared
Culinary Uses	Contains glutamic acid, which acts as a tenderizer. Add kombu when cooking beans.
Preparation	Soak in cold water before using.
Storage	Store in a sealed container in a cool, dark place where it will keep indefinitely.
Health Claim	Aids digestion and improves lining of GI tract.

## Nori

Benefits	May help treat painful or difficult urination, goiter, edema, and hypertension.
Culinary Uses	Most commonly used in making sushi. Can also be added to meals by lightly toasting and crumbling onto food.
Preparation	Preparation Soak in cold water before using.
Storage	Store in the freezer in a zip-lock bag to preserve freshness.
Health Claim	May aid in lowering cholesterol.

## Wakame

Benefits	High in calcium and niacin.
Culinary Uses	Often used in soups. Can also be toasted and ground into a condiment
Preparation	A small amount expands when soaked. Soak for 10-15 minutes. After soaking, remove the main rib or stem and cut leaves into small pieces.
Storage	Store in a sealed container in a cool, dark place where it will keep indefinitely
Health Claim	May lower blood pressure and improve thyroid function.

## Brands to look for:

Maine Seaweed Company

Eden Foods

Emerald Cove

Sea Gift's roasted seaweed snacks

References: Lair, Cynthia. Feeding the whole family. Moon Smile Press. Seattle, WA, 1997.

# Appendix C: Phytonutrient-Rich Foods

Medical properties of different phytochemicals in a plant-rich diet

Curcumin - Turmeric

Glucosinolates - Broccoli

Anthocyanidins - Berries and black rice

Saponins - Beans, quinoa Quercetin - Onion, apple

Gingerole - Ginger

Kaempferol - Strawberries, broccoli

Rutin - Parsley, lemon

Catechins - Tea (white is highest in antioxidants, green is a great option too)

Isoflavones - Soy

Allicin - Garlic

Phytosterols - Nuts, seeds

Betasitosterols - Avocado, brown rice

Tocopherols - Vitamin E

Omega 3, 6 and 9 Fatty Acids - Sea vegetables, borage oil

Sulfides - Garlic, onion, shallots

DIM - Broccoli family

Silymarin - Artichokes, milk thistle

Salicylic Acid - Peppermint

Lignans - Flax seed, sesame seed, broccoli

Resveratrol - Grape skin

Cinnamic Acid - Cinnamon, aloe

Capsaicin - Chili

Ellagic Acid - Walnuts, berries

Probiotic - Kimchi, sauerkraut

Prebiotic - FOS, inulin