



Nutrition Basics for Everyone

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6 Week Road To Success: Inflammatory Ingredients To Avoid

- **Sugars in *all forms*:** from syrups, nectars and honeys to stevia, sucralose and xylitol. If you have to ask “is this okay?” it isn’t.
- **Flours in *all forms*:** including seemingly benign gluten free. Avoid bagels, wraps, pasta, pastries, bread etc.
- **All Processed food:** As Michael Pollan says, **if it was grown *on a plant*, not made *in a plant*, then you can keep it in your kitchen.** If it is something your great grandmother wouldn’t recognize as food, throw it out (like a “lunchable” or go-gurt”). Stay away from “food-like substances.”
- **Gluten and dairy:** All forms and please remember to read ingredient labels for hidden sources.
- **Advanced Plan? Avoid ALL grains, starchy vegetables and fruit** (except ½ cup berries per day)

After 6 weeks please refer to chapter 26 in *The Blood Sugar Solution* book to learn how to safely reintroduce these foods without sabotaging your success

All Calories are NOT created equal. Focus on food quality

- **Food is information and literally talks to your genes and controls gene expression, hormones and metabolism. What you eat has the potential to determine if you will develop disease or gain weight.** Eating a sugar cookie versus a small handful of raw almonds can promote expression for disease. So choose a nutrient dense meal where there are quality calories working *for* your health goal!
- **Honor responsible portion sizes.** See chapter 19 of **The Blood Sugar Solution** and Appendix A for more examples of portion sizes for when the 6 weeks are over.
- **Glycemic Load is *MORE* important than mastering 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. 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? Dr. Hyman’s nutritionally balanced and complete meal plan provides a terrific example of how to create low glycemic load meals.
- **Always combine a carbohydrate with some *fiber, protein or anti-inflammatory fats*.** Never carb it alone!

4 Principles for a Healthy Planet and a Healthy You

- **Eat REAL food.** Shop the perimeters of your market for nutrient-dense whole foods.
- **Clean up your diet.** Choose organic, grass-fed and pasture-fed meats and wild, small and sustainably farmed fish.
- **Go organic.** Choose as much organic food as your budget allows. See the top offenders at www.ewg.org
- **Stay local.** Farmers Markets and 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% slow-burning, low GI vegetables such as kale, broccoli, lettuce, radish, arugula, celery, mushroom, snap pea, bok choy, asparagus, bell pepper, watercress, cauliflower, Brussels sprouts, tomato, dandelion greens, hearts of palm, cucumber etc. See Appendix C for more low GI vegetable ideas.
- **Seaweeds:** For more information on seaweeds see Appendix D

Yellow Carbs: Eat in Moderation *Avoid if on the Advanced Plan*

- **Whole Grains.** Brown and black rice, quinoa, amaranth, millet, teff and buckwheat
- **Legumes.** Red, green and yellow lentils, black beans, kidney beans, adzuki beans, mung beans, chick peas, pinto, black-eyed and fava beans etc.
- **Dark Berries.** Blackberries, raspberries, strawberries, wild blueberries. *Limit to ½ c of on the Advanced Plan*
- **Stone Fruit.** Nectarines, plums, peaches, apricots.
- **Apples and Pears**
- **Fiber.** Aim for 30-50g daily

Red Carbs: Eat LIMITED Amounts

- **Starchy, high glycemic cooked vegetables.** Sweet potato, yam, winter squash, parsnip, pumpkin
- **High-Sugar fruits.** Grapes, bananas, dried fruit like 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, triticale)
- **Dried fruit**
- **Resistant starch**

Boost Phytonutrient Intake by choosing foods with dark colors. See Appendix B for a list of phytonutrient rich foods

Fat Does NOT Make You Fat

- **Get an oil change: replace the BAD fat with the GOOD fat**
- **Choose anti-inflammatory fats such as omega 3 fats and monounsaturated fat over trans and hydrogenated fats**
- **Omega 3's:** wild or sustainably raised cold-water fish such as salmon, sardines, herring, small halibut
- **Monounsaturated Fats:** Olives and oil, avocado
- **Healthy Oil Choices:** Extra Virgin Olive Oil, walnut and flax oil for salads, sesame, grapeseed and sunflower oil for baking
- **Healthy Saturated fat? Yes!** Enjoy coconut butter and oil in place of butter

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

- **Beans or legumes**
- **Whole soy products.** Choose Non-GMO and organic, avoid industrial over processed soy
- **Nuts and Seeds**
- **Omega-3 eggs or Free range eggs**
- **Mercury-free fish, shrimp, and scallops**
- **Organic, grass-fed, and hormone-, antibiotic-, and pesticide free poultry**
- **Responsibly small portions of wild game and lean and clean red meat.** See Chapter 19 for more details.

Use Herbs and Spices to Add Flavor and Make Your Meals Come Alive

- **Wheat Free Tamari, Red Chili paste (Sriracha is great!), Tahini, Exotic spices, Kosher salt, Peppercorns, Fresh Herbs, Homemade or store bought organic, GF, low Sodium broth or stock.**
- **Canned Foods:** canned salmon, sardines, boxed tomatoes, beans or frozen artichokes

Nutrition is Not Solely About *What to Eat* But Learning *How and When*

- **Creating the perfect plate to ignite your metabolism:**
 - 50% Low Starch, Low Glycemic Carbohydrate vegetables (as much as you like!)
 - 25% Lean and Clean Protein (fish, chicken, eggs, meat, beans, whole soy)
 - 25% Complex, Slow Burning Carbohydrate (whole grains, sweet potato, winter squash)
 - *If on the advanced plan, simply make you plate 75% low starch vegetables and protein 25%*
- **Avoid Eating Like A Sumo Wrestler and Earn Your Ideal Body:** always have a protein-based breakfast within 1 hour of waking up, eat a protein-based mini meal every 2-4 hours, and stop eating at least 3 hours before retiring to bed.
- **Establish Your Rhythm and Stick to It:** Your body evolved and exists today because of natural rhythms. Stick to a rhythm and a schedule of when you wake up and go to bed, when you eat and when you exercise. But especially when you eat. This will optimize digestion, empower your metabolism and synchronize hormones.

Avoid Food Allergies and Sensitivities

Some foods for some people have the wrong information: Because food is information, take note on which foods signal unhealthy messages to your body. Most common are **gluten and dairy**. Please avoid for these for 6 weeks. After week 6 revisit chapter 26 to properly reintroduce them into your diet without sabotaging success!

Eat Well For Less: Reorganizing How You Spend Your Money Can Also Change Your Health

- **Because cheap food is inexpensive due to subsidization it might *seem* like you have to buy this junk food in order to stay within your budget.** For 1 week track all your expenses and observe how much of what you spend your money on contributes to achieving your health goals. If you can see certain items that do not serve your ultimate health goals perhaps this is a good place to start rearranging your spending habits.

- **Reorganize your budget and priorities and potentially create more funding for good food.**
- **Money is like life energy. It represents your time in a monetary way. How you spend your money reflects how you spend your time. What do you want this pattern to reflect for you?**
- **Make choices that give you MORE resources:** Choose three things to change that can give you more time or money and record them in your journal. Reflect on how your life and health change as you go through the 6 weeks.
- **Dr. Hyman's Tricks For Eating Well For Less:**
 - Shop at neighborhood stores like Trader Joes or shopping clubs like Costco
 - Join your local food co-op
 - Join Community Supported Agriculture programs (CSA's)
 - Develop a repertoire of cheap, easy-to-prepare meals which decrease stress, time and cost
 - Create a "pot luck club" at work

How to Succeed at Restaurants, Business Luncheons, Social Events

For 6 weeks try your best to AVOID these situations as surely it creates anxiety and precarious eating adventures. However, when you must, follow these guidelines:

- **Be Obnoxious!** Be clear about your needs and do not accept any food that does not nourish or support you. Do not assume you are being impolite; you are simply taking care of yourself.
- **Choose the restaurant when you can.**
- **Tell the server you do not want bread on the table nor the alcohol menu.** But do ask for raw cut-up veggies-no dip.
- **Ask for water.** Drink 1-2 glasses before your meal to reduce appetite
- **Tell the server you will die if you have gluten or dairy.** Not a lie-just a slow death.
- **Ask for simple food preparation.** Grilled fish with an entire plate of steamed vegetables with some olive oil and lemon drizzled on top. Always ask for olive oil and lemon in lieu of dressing. These often have hidden dairy and gluten as well as unhealthy oils.
- **Skip the starches.** Ask for double vegetables
- **Avoid sauces, dressings and dips** which are usually laden with hidden sugars, poor oils, gluten and dairy
- **Follow "hari hachi bu."** Do as the Okinawan Japanese do and stop eating when you are 80% full. Instead of eating until you are FULL, eat until you are NO LONGER HUNGRY! *Bring leftovers home as even too much of the right foods may spike insulin.*
- **Ask for berries for dessert.**

Create An Emergency Pack

- **Buy a small hand-held cooler you can keep in your car, at work, trips etc. It's your life pack.**
- **What's in Dr. Hyman's Life- Pack:**
 - Small bag of raw almonds, walnuts or pecans
 - Small bag of cut carrots or celery
 - Small container of hummus such as Wild Garden single-serve packets
 - Can of wild salmon or sardines
 - A container of chickpeas with olive oil, lemon, herbs, salt, pepper
 - Healthy whole food protein bar (eat half in morning, half in afternoon)
 - Bottle of water

Be Prepared For Holidays and Special Events

Sometimes you will have to eat someplace where you perceive to have no control. Avoid food-anxiety by planning ahead and making your host aware of your dietary needs and:

- Eat a small protein-based meal before the event
- Bring your emergency pack as a backup in case there is nothing to eat. You can always eat after.
- Just relax and eat. Choose nourishing foods such as lean poultry, fish, beans and vegetables. Have as many vegetables as you want. Do your best and relax. Stress will decrease your metabolic power. And remember, there is always tomorrow to resume your routine in the morning!

Proper Metabolism Begins With the Breath

- **Mindful Eating increases awareness, pleasure, digestion, absorption and metabolism of your meal.** Notice how your food looks, feels and tastes in your mouth. How does the smell and thought of your meal make you feel? Savoring your meal is an act of gratitude to your body and the earth that created your food.
- **When we eat unconsciously we eat more.** Avoid multitasking while eating and *eat while you eat. Nothing more!* Turn off the phone, TV, email, computer and take a break from media while you focus on nourishing yourself.
- **Remember the 20 minute rule.** By eating consciously and slowly, you allow yourself to honor your true hunger and satiety needs by providing ample time for your brain to get the signal that your stomach is full.

- **Steps to Practice Mindful Eating:**
 - “Take Five” before a meal. In one minute transform your metabolism by taking five slow breaths. Breathe in through your nose for a count of 5, pause, out through your mouth for a count of 5. Repeat 4 more times or until you feel relaxed and ready to begin your meal. You can put one hand on your belly to help you connect with deeper belly-breathing.
 - **Offer gratitude before the meal.**
 - **Bring your attention fully to the food.**

Putting It All Together: Record Your Meal-Time Experience In a Journal

- **Write down what you ate in as much detail as possible.**
- **Think about how this meal or snack made you feel.** How does your body feel? Do you have more or less energy? How has your digestion been altered? How did you sleep that night?
- **Every evening, think about how your experience with food impacted your day.**

Appendix A: Serving Sizes

Eat 3 meals per day with 2 snacks. Each meal can have 15 grams of carbohydrate, and each snack, 7.5 grams. As your activity increases, you can slowly begin to double this. This is not intended to be a life-long 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, fruit and yogurt. Reduce refined carbohydrates and sugars.

STARCHY VEGETABLES (Cooked unless noted otherwise. Each selection contains 15 grams of carbohydrate)

Food Item	Serving	Food Item	Serving
Winter squash	½ cup	Artichokes	1
Beetroot	1 cup	Burdock Root (raw)	½ root
Carrots	1 cup	Corn	½ cup
Green peas	½ cup	Jerusalem artichokes	½ cup
Turnips	½ cup	Lima Beans	½ cup
Parsnip	2/3 cup	Baked Potato	½ medium
Pumpkin	1 cup	Swede	¼ large
Sweet potato/yam	½ medium		

LEGUMES (amounts are cooked unless noted otherwise. Each serving contains 15 grams of carbohydrate)

Food Item	Serving	Food Item	Serving
Adzuki beans	¼ cup	Black bean	1/3 cup
Broad (fava) beans	½ cup	Chickpeas	1/3 cup
Black-eyed beans	½ cup	French beans	1/3 cup
Kidney beans	1/3 cup	Lentils	1/3 cup
Mung beans	1/3 cup	Navy or pinto beans	1/3 cup
Split peas	1/3 cup		

GRAINS (cooked unless noted)

Food Item	Serving	Food Item	Serving
Brown rice	1/3 cup	Millet	1/3 cup
Buckwheat (kasha)	1/3 cup	Polenta	1/3 cup
Teff	1/3 cup	Quinoa	1/3 cup
		Popcorn (popped)	2 ½ cups

Whole-grain Flour and meals (items are dry, and contain 15 grams carbohydrates)

Food Item	Serving	Food Item	Serving
Amaranth flour	2 Tbls.	Arrowroot flour	2 Tbls.
Brown rice flour	2 Tbls.	Buckwheat flour	3 1/2 Tbls.

Fruit (all fruits are raw, unless noted) Selections equal 15 grams carbohydrate

Food Item	Serving	Food Item	Serving
Apple	1 small	Dried apples	3 rings
Applesauce w/o sugar	3/4 cup	Apricots	2 medium
Dried apricots	7 halves	Avocados	1/2 avocado
Banana	1/2 medium	Dried banana	1 Tbls.
Fresh berries	3/4 cup	Cherries	1 cup
Currants, dried	2 Tbls.	Dates	2 medium
Figs, dried	1 medium	Grapefruit	1/2 large
Grapes	15 grapes	Kiwi	1 large
Mangos	1/2 medium	Melons	1 cup cubes
Nectarines	1 medium	Oranges	1 medium
Tangerines	2 small	Peaches	1 medium
Pears	1/2 large	Plums	2 fruits
Prunes	3 prunes	Raisins	2Tbls
Strawberries	1 1/2 cup	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: 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, rice brown*

Tocopherols *vitamin E*

Omega 3, 6 and 9 fatty acids *sea vegetables, salmon, 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, kefir*

Prebiotic *FOS, inulin*

Appendix C: Low Glycemic Vegetables

Arugula			
Artichoke	Cucumber	Mushrooms	Swiss chard
Asparagus	Dandelion greens	Mustard greens	Tomatoes
Bean sprouts	Eggplant	Onions	Turnip greens
Beet greens	Endive	Parsley	Watercress
Bell peppers (red, yellow, green)	Fennel	Radishes	Celery
Broccoli	Garlic	Radicchio	Chives
Brussels sprouts	Ginger root	Snap beans	Collard greens
Cabbage	Green beans	Snow peas	Jalapeno peppers
Cauliflower	Hearts of palm	Shallots	Kale
Summer squash	Zucchini	Spinach	Lettuces

Sweet Potato, Beans, Lentils and Squash = GI around 50. Medium burning... but great in appropriate portions (1/2 sweet potato or 1/2 cup for beans, lentils and cooked squash)

Dose makes the poison with regards to these starches! If enjoyed in appropriate amounts they have a benevolent effect on satiety and pleasure.

Appendix D: Sea Vegetables

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

Agar

Culinary use: Natural jelling 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 use: 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 (14mg per ¼ cup).

Culinary uses: Leaves can be soaked for five minutes and added to soups or salads. Flakes or granulated dulse can be sprinkled onto most food 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, arame 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 = calcium in ½ cup whole milk.

Culinary uses: Great in salads.

Preparation: Soak in cold water before using. Cook in apple juice and combine with other vegetables to moderate strong taste.

Storage: Store in a sealed container in a cool, dark place where it will keep indefinitely.

Health Claim: Normalize blood sugars. Builds bone and teeth.

Kombu

Benefits: Rich in minerals, kombu increases nutritional value of all food 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.

Nori

Benefits:

Culinary uses: Most commonly used in making sushi. Can also be eaten directly from package by lightly toasting and crumbling onto food.

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.

May help treat painful or difficult urination, goiter, edema and hypertension.

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 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.



Brands to look for:

Maine Seaweed Co.

Eden

Emerald Cove

Airwan

References:

Lair, Cynthia. Feeding the Whole Family. Moon Smile Press, Seattle, WA, 1997.