

Dietary Recommendations

Contributed by Dr. Paul G. Jensen
Last Updated Wednesday, 23 April 2008

Breakfast:

Best: Good quality eggs every morning. Prepare anyway you like to eat them. Eat as many as you want (for meals and snacks), they are easy to digest and a good source of protein and fat. Cheese, other whole raw dairy products, quality meats, fats and vegetables may be eaten with your eggs (or by themselves if you don't like eggs).

Acceptable: One half piece of whole grain bread, muffin, etc with loads of butter or other quality fats on it. A small bowl of old fashioned oatmeal, steel cut oats or other plain cracked grain cereal with butter, cream or other fats added. A bowl of fresh fruit or berries. (preferably organic). Note: these foods should be eaten along with eggs, meats, whole raw dairy, and vegetables.

Bad: High carb breakfasts such as juice, skim milk, flavored yogurt, waffles, pancakes, etc. Drinks such as Slim Fast, Ensure and most protein powders. Breakfast bars or other low cal preparations.

Worst: Processed cereal of any kind (this would include grape nuts, shredded wheat, granola, raisin bran, cheerios, organic health food store cereals, etc.).

Lunch and Dinner:

Best: Quality animal proteins and the fats such as fish, poultry, red meat, butter, cream, cold pressed oils. Cook meats at lower temperatures. Large quantities of raw or lightly cooked organic vegetables (except potatoes). Chop these up in salads with good quality oils and raw vinegar. Add lots of butter or other fats to vegetable dishes. Add avocados, cheese, boiled eggs, tuna and other meats to salads. Add cheese, tomato and cream sauces to vegetable and meat dishes. Moderate amounts of fresh fruit and berries (preferably organic).

Acceptable: Small amounts whole grain products and organic potatoes in combination with good fats such as butter, sour cream and cold pressed oils.

Bad: Large amounts of breads, pastas, potatoes. Processed foods with high carbohydrate content and flavor enhancing additives and preservatives. Polyunsaturated oils (including canola oil). Soy products. Super-heated fats such as deep fried foods.

Worst: Chips, crackers, refined sweeteners, artificial sweeteners and hydrogenated fats.

Snacks:

Best: Crispy nuts (see recipe section), cheese, meats, boiled eggs, plain whole milk yogurt or other cultured whole milk products, fresh or dried fruit (best to combine fruit with fat and protein to slow sugar absorption). Low carb, high fat and protein recipes (see website). "Nourishing Traditions" by Sally Fallon has many good recipes.

Acceptable: Roasted or raw nuts, nut butters or seeds of any kind. Certain low carb energy bars (Please see the recipe section for the list of good health food store snacks).

Bad: High carb snacks (even if they are sold in the health food store).

Worst: Most commercial snacks of any kind except nuts and jerky.

Drinks:

Best: Clean water (I recommend quality distilled water, refer to the "pure water" section for further information). Calcium drink (see recipe section), any quality lacto-fermented drink such as kombucha, kefir, kvass, buttermilk (see Nourishing Traditions for recipes). Small amounts of fresh made vegetable juices or green drinks.

Acceptable: Raw whole milk, small amounts of fresh squeezed fruit juice, organic herb teas, roasted grain drinks, smoothies (see recipes for ingredient suggestions).

Bad: Flavored, sweetened, pasteurized drinks of any kind including energy drinks, sodas, Gatorades, juices, coffees, etc. Alcohol containing drinks.

Worst: Drinks containing artificial sweeteners.

Important Information:

-The body is only able to burn 70 grams (6 handfuls) of carbohydrates per day. Any excess of 70 grams causes your insulin levels to increase. High insulin causes a reduction in growth, sex and other hormone levels as well as increased fat storage.

-Eating fat does not cause you to get fat. Fat is used to rebuild cells, nerves, make hormones and neurotransmitters. Any surplus of fat is burned for fuel. Many of the major organs (including the heart) prefer to burn dietary fat. Quality dietary fat will give you more lasting energy than any other food you can eat.

-There is no scientific evidence that low fat diets are healthy. People who do not eat enough good fat crave sweet things and tend to overeat because their body is not satisfied. Fat is best for satisfying your hunger.

-If eating fat causes you digestive distress, you probably have gallbladder problems. Gallbladder problems can be treated naturally. People who have had their gallbladder removed can also be treated naturally so they can better tolerate fat intake.

-If eating meat causes digestive distress, you may need digestive support of some kind.

-Weight loss can be enhanced by: 1-Solving your underlying metabolic problems 2- Drinking lots of clean water 3-One hour of daily mild/moderate exercise 4-Following the above diet recommendations and eliminating all grain products from your diet.