

Whole Food Options

Everyone needs the basic macronutrients – carbohydrates, proteins and fats along with the other components of a healthy diet including water, vitamins, minerals and other micronutrients.

Q: What are the best food choices to eat healthy?

A: The simple answer is to select whole foods. These are foods that are as close to its natural state as possible. These are supportive to health whereas refined foods are devoid of nutrients and rob the body of its stored nutrients and are typically found canned, bottled, boxed and packaged. Read labels. Strive to eat 90% of food that will nourish your body rather than deplete it. Here are some great choices.

Carbohydrates

- Fruits & Vegetables: eat seasonal & locally grown
- Legumes (dried beans and peas)
- Breads: whole grain sprouted or sourdough
- Whole Grains (brown rice, oats, rye, barley, millet, buckwheat, spelt, corn, amaranth)

Avoid: sugar, candy, soda, pastries, most breads, pasta, crackers, puffed/flaked cereal, white rice, syrup, canned vegetables, processed foods with hidden sugar

Proteins

- Free Range Eggs
- Grass fed Meats/Poultry
- Some Dairy Products
- Wild Fish (not farmed)
- Legumes
- Whole Grains
- Nuts and Seeds (almonds, cashews, pecans, walnuts, flax, pumpkin, sesame, sunflower)

Tip: culture grains & nuts/seeds to improve digestibility

Think Organic

MORE GOOD FOOD CHOICES & TIPS

- Use unrefined sea salt for extra minerals.
- Make your own salad dressings
- Include lacto-fermented vegetables, fruits and beverages (sauerkraut, kimchi, kefir, smoothies, kombucha, pickles)
- Drink plenty of filtered water
- Increase Omega-3 fatty acids in diet
- Consider supplementing with fish liver oils
- Always eat breakfast and include a protein
- Shop outside store aisles to avoid highly processed foods

Fats

Saturated: Use for cooking as they are heat stable.

animal sources (organic grass fed is best) like eggs, cheese, butter, fat on meat, tropical oils such as coconut and palm

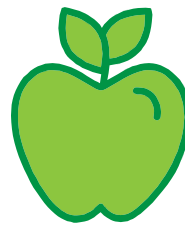
Monounsaturated: olive oil, sesame oil, almonds, cashews, pecans, peanuts, Brazil nuts, avocados

Polyunsaturated: Do not use for cooking, its unstable.

Omega 6 Fatty Acid: plant oils, nuts & seeds

Omega 3 Fatty Acid: fish oils, wild cold water fish (salmon), flax seeds/oil, walnuts, leafy green vegetables, grass fed meats, eggs & some dairy

Avoid: deep fried foods, hydrogenated oils, partially hydrogenated vegetable shortening, margarines and spreads, commercial vegetable oils such as cottonseed, soy, corn, canola



Whole Food Sweeteners

- Raw Honey
- Maple Syrup
- Molasses
- Stevia
- Evaporated whole cane juice (Sucanat, Rapadura)
- Agave Nectar
- Rice Syrup

Avoid: refined white sugar, corn syrup, high fructose corn syrup, artificial sweeteners like NutraSweet, Equal

RELAX.
BE POSITIVE.
SHOW GRATITUDE.

EAT REAL FOOD: TRADITIONAL, NUTRIENT DENSE, WHOLE FOODS

WEB RESOURCES: www.westonaprice.org, www.eatwild.com, www.mercola.com, www.price-pottenger.org, www.coconutresearchcenter.com, soyonlineservice.co.nz, organicconsumers.org, slowfoodusa.org

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