



FAT & OIL GUIDE



HIGH FAT

SATURATED
=
SOLID
SAFE TO EAT

- Coconut oil
- Butter & ghee
- Palm oil
- Duck fat
- Goose fat
- Lard
- Beef tallow
- Lamb tallow

LOW FAT

MONOUNSATURATED
=
MODERATE HEAT

- Sesame oil
- Macadamia oil
- Olive oil
- Avocado oil

DO NOT EAT

DAMAGED
IMMFLAMMATORY
RANCID
TOXIC

- Canola oil
- Corn oil
- Soybean oil
- Rapeseed oil
- Sunflower oil
- Safflower oil
- Vegetable oil
- Hydrogenated oils



PROTEIN GUIDE

MEAT

Simply stating "grass-fed" doesn't guarantee that the cows exclusively consumed grass; they could have also ingested grain.

- 100% Grass-fed
- Pasture finished
- No antibiotics
- No hormones
- No growth promoters
- Non-GMO fed
- Organic

POULTRY & EGGS

Exercise caution, as "all natural" lacks regulatory oversight.

- Pasture raised
- Free range
- Soy free
- No antibiotics
- No hormones
- No growth promoters
- Non-GMO fed
- Organic

DAIRY

healthy animals
= healthy products

- Same as meat standards
- Raw, unpasteurized
- Fermented
- Active cultures
- Full-fat
- Goat or sheep

FISH & POULTRY

When aiming for fish with the lowest toxin levels, recall the acronym **SMASH**: salmon, mackerel, anchovies, sardines, and herring.

- Sustainably wild caught
- Non-GMO fed (if farmed)
- No added colors
- No sodium tripolyphosphate
- Third-party verification
- See MCS Fish Guide

TYPES OF SUGAR

OBVIOUS SUGAR

Easily identifiable sugars are typically refined, sweet in taste, and frequently disclosed on product labels.

- Sweeties/Candy
- Ice Cream
- Cookies, cake, etc
- Sweetened beverages
- Syrups & jams
- Baking sugar
- Corn syrup

SNEAKY SUGAR

Hidden sugars are frequently concealed in food products marketed as "healthy."

- Yogurt
- Granola
- Energy bars
- Smoothies
- Salad dressing
- Nut butters
- Kombucha

PRE-SUGAR

Pre-sugars may not have a sweet taste initially but can convert into sugars.

- Bread
- Pasta
- Cereal
- Crackers
- Puffs & pretzels
- Anything with flour
- Potato products

FRUIT SUGAR

The metabolism of fruit sugars benefits from the presence of fiber, enzymes, and nutrients found in whole fruits.

- Low-sugar fruits
berries
melons
citrus
- High-sugar fruits
tropical
grapes

SWEETENER GUIDE

WHOLE-FOOD SUGARS

- Raw honey
- Real maple syrup
- Date syrup
- Fruit puree

OKAY IN SMALL AMOUNTS

- Coconut sugar
- Stevia
- Xylitol
- Erythritol

MINIMIZE WHEN POSSIBLE

- Raw sugar
- Agave syrup
- White sugar
- Brown sugar

AVOID WHEN POSSIBLE

- Corn syrup
- High-fructose corn syrup
- Sucralose
- Aspartame

Sugar tolerance varies greatly among individuals. Some can consume moderate amounts of natural sugars from whole foods without problems, whereas others may feel better with less. If you experience symptoms of blood sugar imbalance or dysbiosis, it's advisable to limit all sweeteners, including zero-calorie alternatives.

FOOD LABEL BREAKDOWN

Serving size indicates the typical recommended-consumption amount.

Calories alone do not indicate the overall healthfulness of a product; prioritize examining the ingredients first.

The significance of **fat content** lies in its quality rather than quantity. Focus on minimizing trans fats and processed seed oils for optimal health.

Dietary cholesterol has minimal influence on your body's cholesterol levels, so there's no need to be overly concerned about this factor.

Sodium is not inherently negative; it's essential. Concentrate on consuming high-quality foods, and your kidneys will naturally regulate your sodium levels.

Total carbohydrate equals fibre + sugar.

Fibre helps offset the effects of other sugars, enhances digestive regularity, and supports a healthy microbiome.

Checking and minimizing added sugar is crucial and should be a top priority.

While **additional nutrient** content is beneficial, the majority of micronutrients should be obtained from whole foods that don't require a label.

Prioritize reading the ingredients list first; if you don't recognize an ingredient, chances are your body won't either.

- Opt for products with fewer than six ingredients.
- Ingredients listed by descending weight.
- Manufacturers may use multiple forms of sugar to appear lower on the list.
- Parentheses can manipulate the perception of certain ingredients.
- Exercise caution with vague terms such as "natural flavours" or "spices."
- Note that gluten is not always listed as a top allergen.

SAFE COOKWARE GUIDE

Choosing safe cookware is essential for maintaining your health and well-being in the kitchen. A reliable guide to safe cookware ensures that you're not inadvertently exposing yourself to harmful substances while preparing your meals. When selecting cookware, consider options that are free from toxic chemicals such as perfluorooctanoic acid (PFOA), lead, cadmium, and other heavy metals. Opt for materials like stainless steel, cast iron, ceramic, glass, or enamel-coated cookware, which are known for their durability and non-toxic properties. Avoid cookware with non-stick coatings made with PFOA or PTFE, as they can release harmful fumes when overheated. Additionally, prioritize cookware that is easy to clean and maintain. By following a safe cookware guide, you can create a healthier cooking environment and enjoy your meals with peace of mind.

Safe Cookware:

1. **Stainless Steel:** Durable, non-reactive, and does not leach harmful chemicals into food.
2. **Cast Iron:** Excellent heat retention, adds iron to food, and naturally non-stick when seasoned properly.
3. **Ceramic:** Non-toxic and does not release harmful fumes, great for low to medium heat cooking.
4. **Glass:** Non-reactive, does not contain harmful chemicals, and safe for use in the oven and microwave.
5. **Enamel-Coated Cast Iron:** Combines the benefits of cast iron with a non-reactive enamel coating, easy to clean and maintain.

Not Great Cookware:

1. **Non-Stick Cookware (PTFE-Free):** Some newer non-stick coatings are PTFE-free and considered safer than traditional non-stick coatings. However, they may still release fumes if overheated.
2. **Copper:** Provides excellent heat conductivity but may react with acidic foods if not lined with a protective coating.
3. **Anodized Aluminum:** Hardened aluminum that is less likely to leach into food. However, it's still advisable to avoid cooking acidic foods in anodized aluminum cookware.

Avoid Cookware:

1. **Traditional Non-Stick Cookware (with PTFE):** Contains perfluorooctanoic acid (PFOA), which can release toxic fumes when heated to high temperatures.
2. **Aluminum:** Uncoated aluminum cookware can leach into food, especially when cooking acidic or salty dishes.
3. **Teflon-Coated Cookware:** Contains PTFE, which can release toxic fumes when heated. Overheating Teflon-coated pans can also lead to the release of harmful chemicals.

BEING AWARE AT THE GROCERY STORE

- **Explore the perimeter** for fresher whole foods like produce, meats, and dairy.
- **Opt for bulk** purchases when feasible to avoid excess packaging costs. For instance, consider buying applesauce in larger containers rather than individual cups.
- **Utilize price** per ounce comparisons, often displayed on price tags, to evaluate different-sized packages easily.
- **Consider store-brand options**; you're often paying for the label, not necessarily a superior product.
- **Don't Confuse Things**; remember that convenience often comes at a higher price, and excessive packaging drives up costs.
- **Remain vigilant against marketing tactics**; while some claims may be informative, many can be deceptive. For instance, Oreos may tout being "plant-based," but that doesn't necessarily equate to healthfulness.
- **Scrutinize ingredient lists**; if there are six or more ingredients, or if you struggle to pronounce any, it's advisable to skip the product.



PLATE BLUEPRINT

VEGETABLES

50% of the plate
(non-starchy)

Peppers:

- Bell peppers (red, green, yellow, orange)
- Chili peppers (jalapeño, serrano, habanero)
- Banana peppers
- Poblano peppers

Other:

- Cucumbers
- Tomatoes
- Zucchini and other summer squash
- Radishes
- Celery
- Asparagus
- Green beans

Leafy Greens:

- Spinach
- Kale
- Swiss chard
- Romaine lettuce
- Arugula
- Collard greens
- Bok choy
- Watercress
- Turnip greens
- Beet greens

Cruciferous Vegetables:

- Broccoli
- Cauliflower
- Brussels
- Cabbage
- Kale
- Bok choy

Allium

Vegetables:

- Garlic
- Onion
- Shallots
- Leeks
- Scallions

Mushrooms:

- Button
- Portobello
- Shiitake
- Cremini



PROTEIN

Animal-Based Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Fish
- Shellfish
- Eggs
- Dairy
- Game meats

Plant-Based Proteins:

- Legumes
- Tofu
- Tempeh
- Edamame
- Seitan
- Quinoa
- Buckwheat
- Seeds
- Nuts
- Nut butters

Other Protein Sources:

- Protein powders
- Spirulina
- Nutritional yeast

Healthy FAT

Healthy Fats:

- Avocado
- Extra virgin olive oil
- Coconut oil
- Nuts
- Seeds
- Fatty fish
- Flaxseed oil
- Hemp oil
- Nut butters
- Olives
- Dark chocolate
- Full-fat dairy
- Eggs
- Grass-fed butter
- Ghee (clarified butter)

Whole food CARBS

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Farrow
- Bulgur
- Millet
- Buckwheat
- Whole wheat
- Spelt
- Amaranth

Root Vegetables:

- Sweet potatoe
- Potatoes
- Carrots
- Beets
- Turnips
- Rutabaga

Legumes:

- Beans
- Peas
- Soybeans
- Edamame
- Peanuts

PLATE BLUEPRINT

VEGETABLES

50% of the plate
(non-starchy)

Peppers:

- Bell peppers (red, green, yellow, orange)
- Chili peppers (jalapeño, serrano, habanero)
- Banana peppers
- Poblano peppers

Other:

- Cucumbers
- Tomatoes
- Zucchini and other summer squash
- Radishes
- Celery
- Asparagus
- Green beans

Leafy Greens:

- Spinach
- Kale
- Swiss chard
- Romaine lettuce
- Arugula
- Collard greens
- Bok choy
- Watercress
- Turnip greens
- Beet greens

Cruciferous Vegetables:

- Broccoli
- Cauliflower
- Brussels
- Cabbage
- Kale
- Bok choy

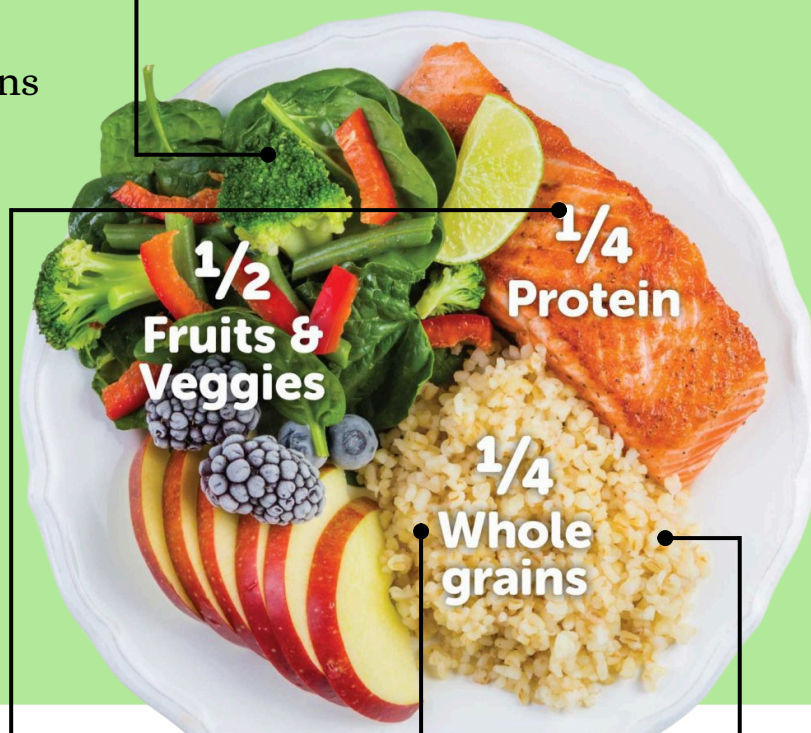
Allium

Vegetables:

- Garlic
- Onion
- Shallots
- Leeks
- Scallions

Mushrooms:

- Button
- Portobello
- Shiitake
- Cremini



PROTEIN

Animal-Based Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Fish
- Shellfish
- Eggs
- Dairy
- Game meats

Plant-Based Proteins:

- Legumes
- Tofu
- Tempeh
- Edamame
- Seitan
- Quinoa
- Buckwheat
- Seeds
- Nuts
- Nut butters

Other Protein Sources:

- Protein powders
- Spirulina
- Nutritional yeast

Healthy FAT

Healthy Fats:

- Avocado
- Extra virgin olive oil
- Coconut oil
- Nuts
- Seeds
- Fatty fish
- Flaxseed oil
- Hemp oil
- Nut butters
- Olives
- Dark chocolate
- Full-fat dairy
- Eggs
- Grass-fed butter
- Ghee (clarified butter)

Whole food CARBS

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Farrow
- Bulgur
- Millet
- Buckwheat
- Whole wheat
- Spelt
- Amaranth

Root Vegetables:

- Sweet potatoe
- Potatoes
- Carrots
- Beets
- Turnips
- Rutabaga

Legumes:

- Beans
- Peas
- Soybeans
- Edamame
- Peanuts

PLATE BLUEPRINT

VEGETABLES

50% of the plate
(non-starchy)

Peppers:

- Bell peppers (red, green, yellow, orange)
- Chili peppers (jalapeño, serrano, habanero)
- Banana peppers
- Poblano peppers

Other:

- Cucumbers
- Tomatoes
- Zucchini and other summer squash
- Radishes
- Celery
- Asparagus
- Green beans

Leafy Greens:

- Spinach
- Kale
- Swiss chard
- Romaine lettuce
- Arugula
- Collard greens
- Bok choy
- Watercress
- Turnip greens
- Beet greens

Cruciferous Vegetables:

- Broccoli
- Cauliflower
- Brussels
- Cabbage
- Kale
- Bok choy



Allium

Vegetables:

- Garlic
- Onion
- Shallots
- Leeks
- Scallions

Mushrooms:

- Button
- Portobello
- Shiitake
- Cremini

PROTEIN

Animal-Based Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Fish
- Shellfish
- Eggs
- Dairy
- Game meats

Plant-Based Proteins:

- Legumes
- Tofu
- Tempeh
- Edamame
- Seitan
- Quinoa
- Buckwheat
- Seeds
- Nuts
- Nut butters

Other Protein Sources:

- Protein powders
- Spirulina
- Nutritional yeast

Healthy FAT

Healthy Fats:

- Avocado
- Extra virgin olive oil
- Coconut oil
- Nuts
- Seeds
- Fatty fish
- Flaxseed oil
- Hemp oil
- Nut butters
- Olives
- Dark chocolate
- Full-fat dairy
- Eggs
- Grass-fed butter
- Ghee (clarified butter)

Whole food CARBS

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Farrow
- Bulgur
- Millet
- Buckwheat
- Whole wheat
- Spelt
- Amaranth

Root Vegetables:

- Sweet potatoe
- Potatoes
- Carrots
- Beets
- Turnips
- Rutabaga

Legumes:

- Beans
- Peas
- Soybeans
- Edamame
- Peanuts

PLATE BLUEPRINT

VEGETABLES

50% of the plate
(non-starchy)

Peppers:

- Bell peppers (red, green, yellow, orange)
- Chili peppers (jalapeño, serrano, habanero)
- Banana peppers
- Poblano peppers

Other:

- Cucumbers
- Tomatoes
- Zucchini and other summer squash
- Radishes
- Celery
- Asparagus
- Green beans

Leafy Greens:

- Spinach
- Kale
- Swiss chard
- Romaine lettuce
- Arugula
- Collard greens
- Bok choy
- Watercress
- Turnip greens
- Beet greens

Cruciferous Vegetables:

- Broccoli
- Cauliflower
- Brussels
- Cabbage
- Kale
- Bok choy

Allium

Vegetables:

- Garlic
- Onion
- Shallots
- Leeks
- Scallions

Mushrooms:

- Button
- Portobello
- Shiitake
- Cremini



PROTEIN

Animal-Based Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Fish
- Shellfish
- Eggs
- Dairy
- Game meats

Plant-Based Proteins:

- Legumes
- Tofu
- Tempeh
- Edamame
- Seitan
- Quinoa
- Buckwheat
- Seeds
- Nuts
- Nut butters

Other Protein Sources:

- Protein powders
- Spirulina
- Nutritional yeast

Healthy FAT

Healthy Fats:

- Avocado
- Extra virgin olive oil
- Coconut oil
- Nuts
- Seeds
- Fatty fish
- Flaxseed oil
- Hemp oil
- Nut butters
- Olives
- Dark chocolate
- Full-fat dairy
- Eggs
- Grass-fed butter
- Ghee (clarified butter)

Whole food CARBS

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Farrow
- Bulgur
- Millet
- Buckwheat
- Whole wheat
- Spelt
- Amaranth

Root Vegetables:

- Sweet potatoes
- Potatoes
- Carrots
- Beets
- Turnips
- Rutabaga

Legumes:

- Beans
- Peas
- Soybeans
- Edamame
- Peanuts

PLATE BLUEPRINT

VEGETABLES

50% of the plate

Peppers:

- Bell peppers (red, green, yellow, orange)
- Chili peppers (jalapeño, serrano, habanero)
- Banana peppers
- Poblano peppers

Other:

- Cucumbers
- Tomatoes
- Zucchini and other summer squash
- Radishes
- Celery
- Asparagus
- Green beans

Leafy Greens: (non-starchy)

- Spinach
- Kale
- Swiss chard
- Romaine lettuce
- Arugula
- Collard greens
- Bok choy
- Watercress
- Turnip greens
- Beet greens

Cruciferous Vegetables:

- Broccoli
- Cauliflower
- Brussels
- Cabbage
- Kale
- Bok choy

Allium

Vegetables:

- Garlic
- Onion
- Shallots
- Leeks
- Scallions

Mushrooms:

- Button
- Portobello
- Shiitake
- Cremini



PROTEIN

Animal-Based Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Fish
- Shellfish
- Eggs
- Dairy
- Game meats

Plant-Based Proteins:

- Legumes
- Tofu
- Tempeh
- Edamame
- Seitan
- Quinoa
- Buckwheat
- Seeds
- Nuts
- Nut butters

Other Protein Sources:

- Protein powders
- Spirulina
- Nutritional yeast

Healthy FAT

Healthy Fats:

- Avocado
- Extra virgin olive oil
- Coconut oil
- Nuts
- Seeds
- Fatty fish
- Flaxseed oil
- Hemp oil
- Nut butters
- Olives
- Dark chocolate
- Full-fat dairy
- Eggs
- Grass-fed butter
- Ghee (clarified butter)

Whole food CARBS

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Farrow
- Bulgur
- Millet
- Buckwheat
- Whole wheat
- Spelt
- Amaranth

Root Vegetables:

- Sweet potatoe
- Potatoes
- Carrots
- Beets
- Turnips
- Rutabaga

Legumes:

- Beans
- Peas
- Soybeans
- Edamame
- Peanuts

VEGETABLE'S

Leafy Greens:

- Spinach
- Kale
- Romaine lettuce
- Arugula
- Swiss chard
- Collard greens
- Bok choy
- Watercress
- Turnip greens
- Beet greens

Cruciferous Vegetables:

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Kale
- Collard greens
- Bok choy

Root Vegetables:

- Carrots
- Potatoes
- Sweet potatoes
- Beets
- Turnips
- Rutabaga
- Parsnips
- Radishes

Allium Vegetables:

- Garlic
- Onion
- Shallots
- Leeks
- Scallions

Nightshade Vegetables:

- Tomatoes
- Bell peppers
- Eggplant
- Potatoes

Gourds and Squashes:

- Zucchini
- Yellow squash
- Butternut squash
- Acorn squash
- Pumpkin
- Spaghetti squash
- Cucumber

Legumes

(considered vegetables in culinary terms):

- Green beans
- Peas
- Snap peas
- Snow peas
- Chickpeas (garbanzo

beans)

- Lentils
- Black beans
- Kidney beans
- Lima beans

Stalk and Stem Vegetables:

- Celery
- Asparagus
- Rhubarb
- Bamboo shoots
- Fennel

Sea Vegetables:

- Nori
- Wakame
- Kombu
- Dulse

Other Vegetables:

- Artichokes
- Avocado
- Corn (technically a grain, but often categorized as a vegetable)
- Okra
- Water chestnuts
- Hearts of palm

Mushrooms:

- Button
- Portobello
- Shiitake
- Cremini

PROTEIN

Poultry:

- Chicken (breast, thigh, drumstick)
- Turkey (breast, thigh)

Red Meat:

- Beef (steak, ground beef, roast)
- Pork (loin, chops, tenderloin)
- Lamb (chops, leg, shoulder)

Game Meats:

- Venison
- Bison
- Elk

Fish and Seafood:

- Salmon
- Tuna
- Cod
- Tilapia
- Trout
- Halibut
- Shrimp
- Crab
- Lobster
- Mussels
- Oysters

Shellfish:

- Shrimp
- Crab
- Lobster
- Mussels
- Oysters

Eggs

Dairy Products:

- Milk
- Yogurt
- Cheese
- Cottage cheese

Plant-Based Proteins:

- Legumes:
- Beans (black beans, kidney beans, chickpeas, etc.)
- Lentils
- Peas
- Soybeans (tofu, tempeh, edamame)

Stalk and Stem Vegetables:

- Celery
- Asparagus
- Rhubarb
- Bamboo shoots
- Fennel

Other Protein Sources:

- Protein Powders:
- Whey protein
- Pea protein
- Soy protein
- Rice protein
- Spirulina
- Nutritional Yeast

Nuts and Seeds:

- Almonds
- Walnuts
- Cashews
- Pistachios
- Pecans
- Macadamia nuts
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds

Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Bulgur
- Millet
- Amaranth
- Seitan
- Nutritional Yeast
- Spirulina

HEALTHY FATS

Plant-Based Healthy Fats:

- Avocado
- Olives
- Extra Virgin Olive Oil
- Coconut Oil
- Coconut Milk
- Coconut Cream
- Coconut Butter
- Flaxseeds
- Chia Seeds
- Hemp Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds
- Tahini (sesame seed paste)
- Almonds
- Walnuts
- Cashews
- Pistachios
- Macadamia Nuts
- Pecans

Fatty Fish:

- Salmon
- Mackerel
- Sardines
- Herring
- Trout
- Anchovies
- Tuna
- Halibut
- Swordfish

Others:

- Grass-Fed Beef
- Grass-Fed Bison
- Grass-Fed Lamb
- Grass-Fed Venison

Dark Chocolate:

- Dark Chocolate (70% cocoa or higher)

Oils:

- Flaxseed Oil
- Hemp Oil
- Walnut Oil
- Sesame Oil
- Sunflower Oil
- Safflower Oil
- Avocado Oil

Dairy and Dairy

Alternatives:

- Full-Fat Greek Yogurt
- Full-Fat Plain Yogurt
- Cottage Cheese
- Cheese (Cheddar, Feta, Goat Cheese, etc.)
- Butter (Grass-Fed preferably)
- Ghee (Clarified Butter)
- Coconut Milk Yogurt
- Coconut Milk (Canned)

Seeds:

- Flaxseeds
- Chia Seeds
- Hemp Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds

Whole Eggs:

- Egg Yolks (rich in healthy fats)

CARBS

Whole Grains:

- Quinoa
- Brown Rice
- Oats
- Barley
- Farro
- Bulgur
- Millet
- Buckwheat
- Whole Wheat
- Spelt
- Amaranth
- Teff
- Sorghum

Legumes:

- Beans (Black beans, Kidney beans, Chickpeas, Lentils, etc.)
- Peas (Green peas, Split peas, etc.)
- Soybeans (Edamame, Tofu, Tempeh, etc.)
- Peanuts

Root Vegetables:

- Sweet Potatoes
- Potatoes
- Carrots
- Beets
- Turnips
- Rutabaga
- Parsnips
- Radishes

Dairy:

- Milk
- Yogurt
- Cheese

Whole Fruits:

- Apples
- Bananas
- Oranges
- Berries (Strawberries, Blueberries, Raspberries, etc.)
- Grapes
- Pineapple
- Mango
- Kiwi
- Watermelon
- Peaches
- Pears
- Cherries
- Plums
- Apricots
- Grapefruit
- Melons (Cantaloupe, Honeydew, etc.)
- Citrus Fruits (Lemons, Limes, etc.)

- Papaya
- Passion Fruit
- Dragon Fruit
- Guava
- Pomegranate
- Kiwi

Others:

- Honey
- Maple Syrup
- Agave Nectar
- Molasses

Other Vegetables:

- Leafy Greens (Spinach, Kale, Lettuce, Arugula, etc.)
- Cruciferous Vegetables (Broccoli, Cauliflower, Brussels sprouts, Cabbage, etc.)
- Bell Peppers
- Tomatoes
- Cucumbers
- Zucchini
- Squash
- Onions
- Garlic
- Corn
- Okra
- Artichokes
- Asparagus
- Eggplant
- Celery
- Fennel
- Bamboo Shoots

Whole Grain Products:

- Whole Wheat Bread
- Whole Wheat Pasta
- Whole Grain Tortillas
- Whole Grain Cereals
- Whole Grain Crackers
- Whole Grain Pancakes/Waffles

HERBS/SPICES

Common Culinary Herbs:

- Basil
- Parsley
- Cilantro
- Thyme
- Rosemary
- Sage
- Oregano
- Mint
- Dill
- Chives

Medicinal Herbs:

- Echinacea
- Ginger
- Chamomile
- Turmeric
- Lavender
- Peppermint
- Valerian
- Ashwagandha
- Ginseng
- St. John's Wort

Herbs for Tea:

- Lemon Balm
- Rooibos
- Hibiscus
- Lemongrass
- Elderflower
- Fennel
- Licorice Root
- Nettle
- Ginger
- Spearmint

Herbs for Aromatherapy & Essential Oils:

- Lavender
- Peppermint
- Eucalyptus
- Tea Tree
- Lemon
- Rosemary
- Frankincense
- Chamomile
- Sandalwood
- Bergamot

Herbs for Cooking & Seasoning:

- Bay Leaves
- Tarragon
- Marjoram
- Cumin
- Coriander
- Cardamom
- Allspice
- Nutmeg
- Fenugreek
- Saffron

Herbs for Medicinal Infusions & Tinctures:

- Astragalus
- Milk Thistle
- Dandelion Root
- Marshmallow Root
- Holy Basil (Tulsi)
- Lemon Verbena
- Skullcap
- Passionflower
- Cat's Claw
- Hawthorn Berry

LOW CALORIE

Numerous dietary messages advocate for calorie reduction (where calories-in are less than calories-out). From a thermodynamic perspective, maintaining a calorie deficit is essential for the body to tap into its fat reserves and shed weight. However, this viewpoint doesn't tell the whole story.

A critical issue with this simplistic approach is its failure to acknowledge the intricacies of metabolism. Various calorie sources (carbohydrates, fats, and proteins) undergo distinct breakdown and utilization processes. Food serves as more than mere energy; it also conveys information. When the body senses scarcity, it switches to a mode of conservation, hoarding fat stores.

Furthermore, the exclusive focus on calorie content overlooks the nutritional value of foods. While nuts boast high calorie counts and Kool-Aid registers low, the disparity in their nourishing qualities is stark.

Lastly, fixating solely on calorie intake may contribute to disordered eating patterns. A healthier approach involves disregarding calorie counts, attuning to bodily cues, and opting for whole, unprocessed foods.

SUGAR FREE

The term "sugar-free" serves as a marketing label that may or may not offer substantial information. While reducing processed and added sugar is generally advisable, it's crucial to delve deeper into the reasoning behind such claims.

There are two primary reasons why a product might bear the label "sugar-free." Firstly, it could naturally contain minimal sugar content, as seen in unsweetened tea. Alternatively, it might be sweetened using alternative sweeteners, providing a sweet taste without the sugar content (as in sugar-free tea that retains sweetness).

However, it's essential to recognize that alternative sweeteners are not innocuous substitutes for sugar. Despite their lack of calories, these sweeteners can still trigger hormonal responses akin to real sugar in the body, leading to undesirable fluctuations in blood sugar levels, cravings, and unhealthy weight gain.

Compounds present in alternative sweeteners, such as aspartame, sucralose, various -itol compounds, and even stevia, have the potential to disrupt gut health, brain function, and hormonal balance.

Opting for naturally low-sugar foods or those containing natural sugars, such as honey, maple syrup, or fruit, remains the optimal choice for overall health and well-being.

LOW FAT

Regrettably, the term "dietary fat" shares a name with "body fat," leading to the misconception that consuming fat contributes to weight gain, hence the notion that reducing fat intake aids weight loss. "Low-fat" is a commonly used yet somewhat misleading marketing label.

Similar to the oversimplified messaging surrounding low-calorie diets, this perspective fails to acknowledge the complexities of metabolism. Different calorie sources (carbohydrates, fats, and proteins) undergo diverse breakdown and utilization processes. Increasing fat consumption supports the body's capacity to burn it efficiently, rather than remaining trapped in a cycle of sugar burning, which often results in undesirable weight gain.

Fat plays numerous essential roles in the body: facilitating nutrient absorption, managing inflammation, regulating hormone production, providing sustained energy, maintaining cell membrane integrity, and facilitating signalling processes. A diet lacking sufficient healthy fats can lead to deficiencies in essential fatty acids. Furthermore, low-fat products frequently compensate for the removed fat by adding more sugar.

Therefore, it's advisable to approach low-fat marketing claims with caution and prioritize consuming healthy, whole-food fats.

LOW SODIUM

The term "low-sodium" has unfairly demonized salt in consumer perception as a marketing tactic. It stems from the belief that reducing sodium intake can lower blood pressure and enhance cardiovascular health.

However, this hypothesis oversimplifies the issue. The reality is more intricate.

Sodium, the primary component of salt, is a vital electrolyte in the body. It plays a crucial role in cell signalling, muscle function, fluid balance, nutrient absorption, and various other physiological processes.

While reducing sodium intake can indeed lower blood pressure, this effect is primarily due to alterations in fluid balance rather than addressing the underlying causes of elevated blood pressure.

To promote healthy blood pressure levels, focusing on a whole-food diet and increasing intake of other nutrients such as potassium and magnesium is more beneficial. These nutrients help balance sodium levels in the body.

In essence, there is no imperative to restrict salt intake. Instead, listening to your body's cravings can guide you in determining the appropriate amount of sodium your body requires.

PLANT BASED

"Plant-based" is a widely used marketing term referring to foods derived from plants.

However, it's crucial to discern between two approaches: an exclusive plant-based diet and an inclusive one. An exclusive plant-based diet is entirely vegan, whereas an inclusive plant-based diet may include meat and animal products alongside plant-based foods, with plants making up the majority of the meal.

Moreover, the term "plant-based" doesn't inherently imply quality. While Oreos and gummy worms are technically plant-based, they are not necessarily nutritious. Conversely, a plant-based diet rich in vibrant fruits and vegetables offers exceptional nourishment.

In essence, it's important to be cautious of flashy marketing tactics and opt for whole foods that don't require labels.

LACTOSE INTOLERANCE

Lactose, a sugar present in all mammalian milk, undergoes breakdown through the digestive enzyme lactase. As milk primarily serves infants, it's common for the body to cease lactase production after childhood, a phenomenon termed lactase non-persistence. However, individuals of northern European descent often possess a genetic mutation enabling continued lactase production, facilitating dairy consumption without adverse effects. Nonetheless, many adults typically encounter symptoms like gas, bloating, stomach cramps, gut sounds, and diarrhea upon consuming high-lactose dairy. In essence, lactose malabsorption is a common occurrence in adulthood.

Yogurt and kefir, although technically containing higher levels of lactose, are often easier to digest due to the presence of added cultures during fermentation.

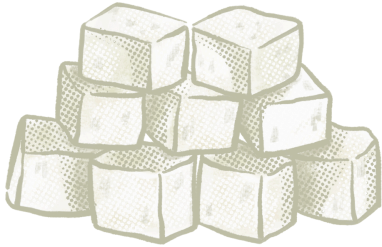
MILK ALLERGY

In contrast to lactose intolerance symptoms, which typically manifest in the gut, milk allergy symptoms can occur throughout the body. If consuming dairy results in headaches, lethargy, brain fog, depression, acne, muscle or joint aches, or sore throats, it's likely due to reactions to other compounds like immune factors, hormones, or specific proteins such as casein or whey found in milk.

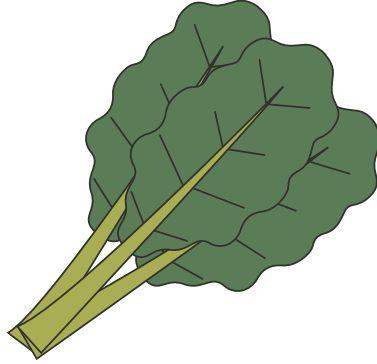
MANAGING LACTOSE INTOLERANCE

For individuals with lactose intolerance, opting to eliminate dairy entirely is a common choice. In such instances, it becomes essential to incorporate alternative calcium-rich foods into the diet. Sardines with bones, fortified milk substitutes, tofu, molasses, almonds, and tahini are excellent sources of calcium to ensure adequate intake. Another approach involves using a lactase enzyme supplement before consuming high-lactose foods. Additionally, certain probiotic strains, such as *Lactobacillus acidophilus* LA5 or *Lactobacillus casei* Shirota combined with *Bifidobacterium breve* Yakult, have shown promise in enhancing lactose digestion. Lastly, gradually increasing dairy consumption over several weeks can help build tolerance, although this adjustment period may initially be challenging before the gut adapts.

SOURCES OF CALCIUM



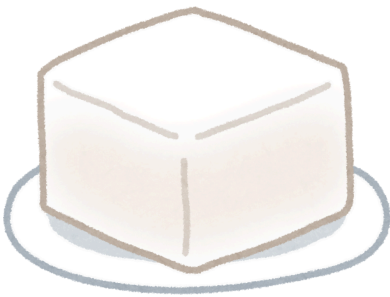
FETA



COLLARD GREENS



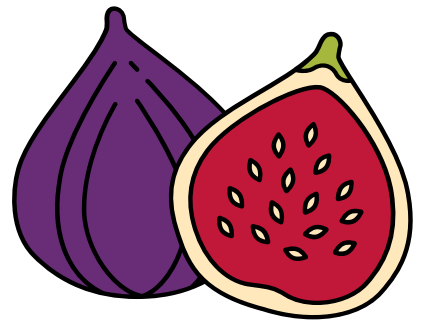
RICOTTA



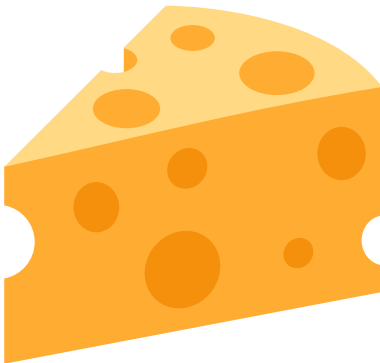
TOFU



MILK



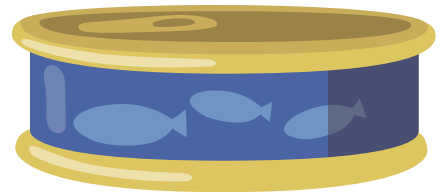
FIGS



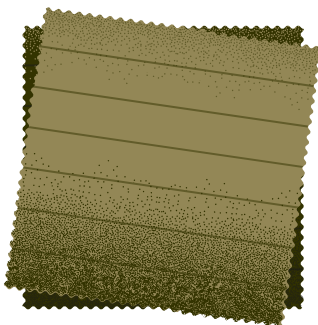
CHEESE



BROCCOLI



SARDINES

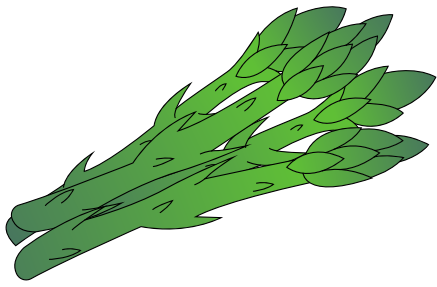


SEAWEED

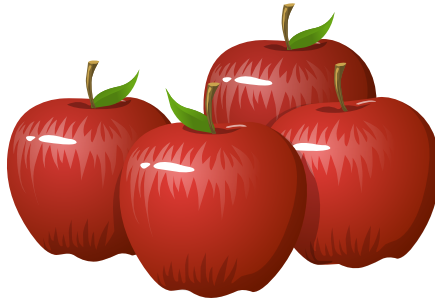


YOGURT

SOURCES OF FIBER



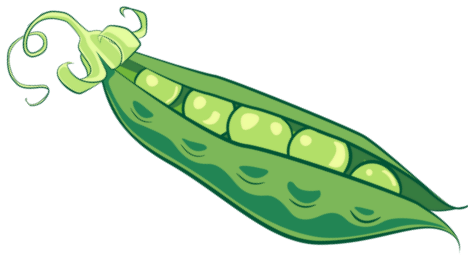
ASPARAGUS



APPLE



COCONUT



PEAS



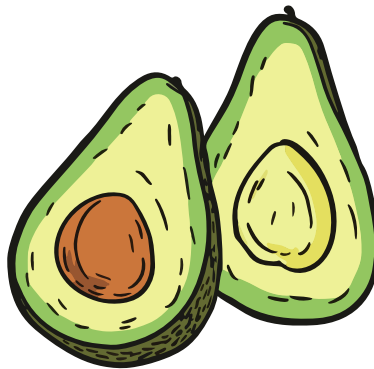
BROCCOLI



CHIA SEEDS



ALMONDS



AVOCADO

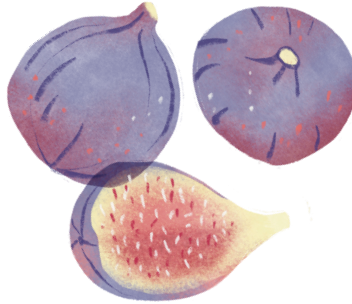


WHOLE-GRAINS

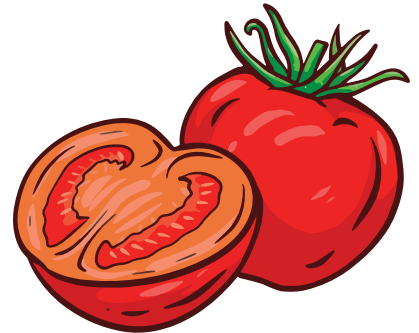
SOURCES OF POTASSIUM



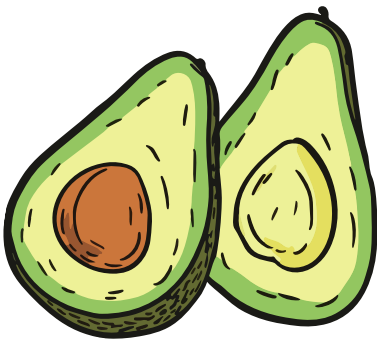
BEANS



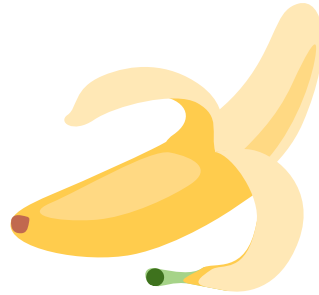
PRUNES &
DRIED FIGS



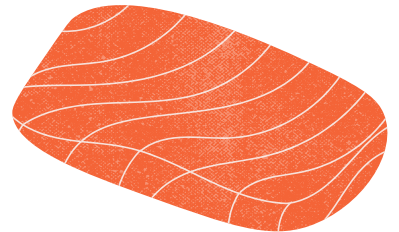
TOMATO



AVOCADO



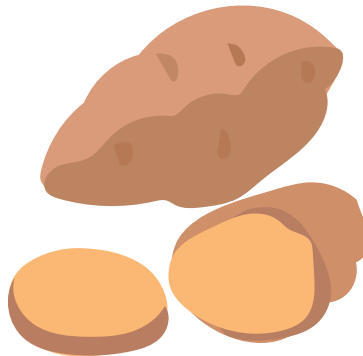
BANANA



SALMON



ACORN SQUASH



SWEET POTATO



BEET GREENS



COCONUT
MILK & WATER

SOURCES OF MAGNESIUM



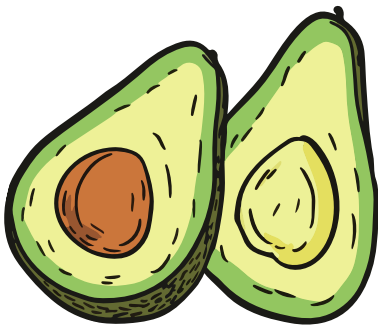
BRAZIL NUTS



BLACK BEANS



LENTILS



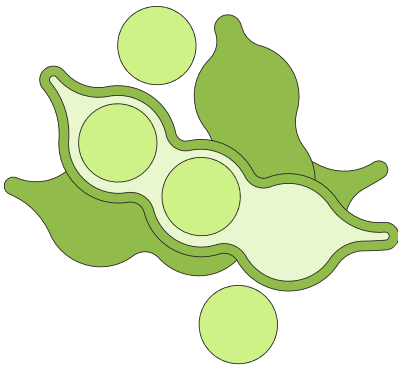
AVOCADO



GREEN HERBS



**BAKED POTATO
& SKIN**



EDAMAME



ALMONDS



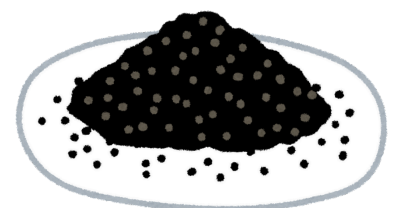
**70% DARK
CHOCOLATE**



FLAXSEED



SPINACH



SESAME SEEDS

SOURCES OF ZINC



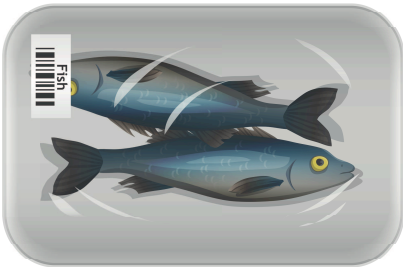
OYSTERS



PORK



BEEF



FISH



CHICKEN



LENTILS



CHICKPEAS



PUMPKIN SEEDS



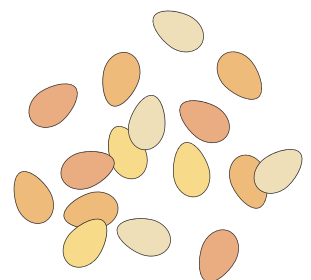
LIVER



CASHEWS

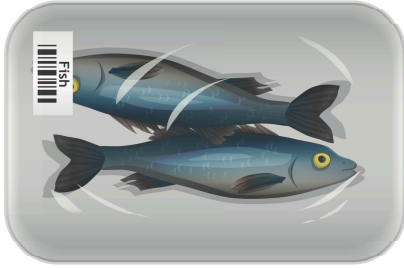


SPINACH



HEMP SEEDS

SOURCES OF SELENIUM



FISH



POULTRY



RYE & WHEAT



MUSHROOMS



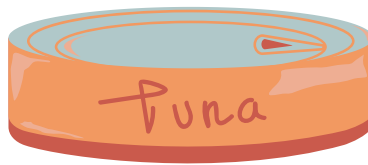
PORK



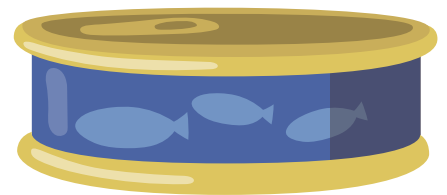
BEEF



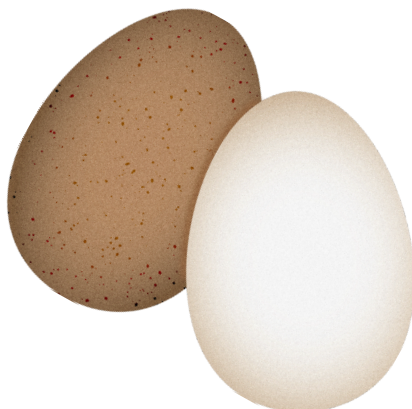
BRAZIL NUTS



TUNA



SARDINES



EGGS

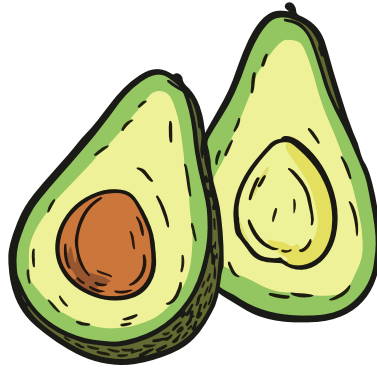


LIVER

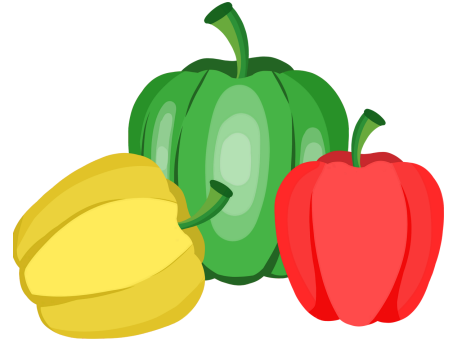
SOURCES OF VITAMIN 3



SPINACH



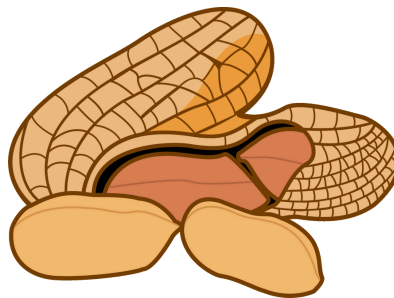
AVOCADO



BELL PEPPER



**SUNFLOWER
SEEDS**



PEANUTS



HAZELNUTS



PINE NUTS



ALMONDS

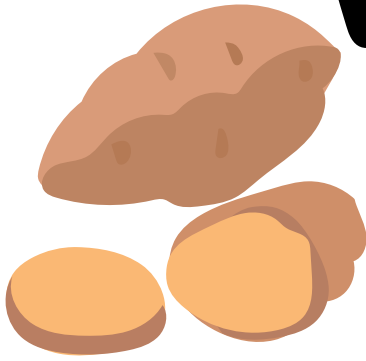


PUMPKIN

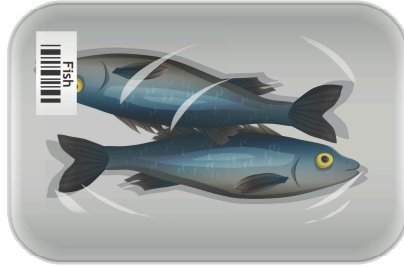


**EXTRA-VIRGIN
OLIVE OIL**

SOURCES OF VITAMIN A



SWEET POTATO



FISH



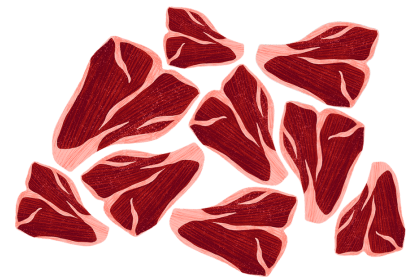
BROCCOLI



COD LIVER OIL



LEAFY GREENS



LIVER



**BUTTERNUT
SQUASH**



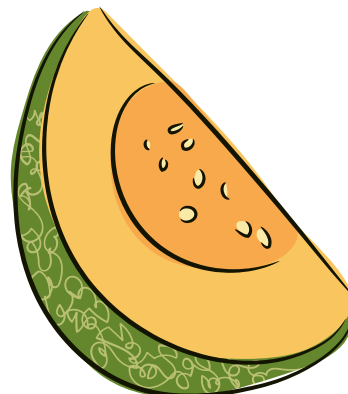
DAIRY



CARROTS



EGGS



CANTALOUPE

SOURCES OF VITAMIN B



OYSTERS



PORK



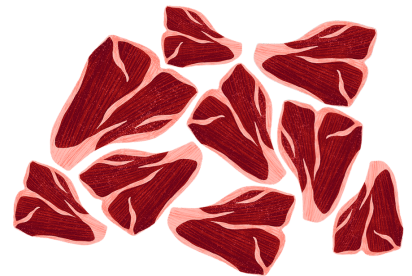
BEEF



CHICKPEAS



EGGS



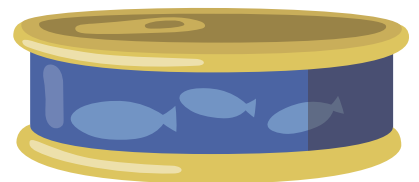
LIVER



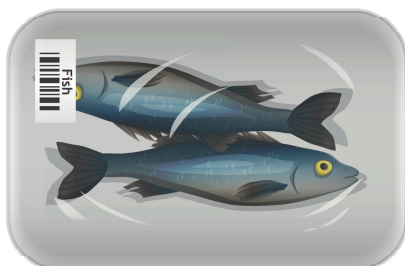
LENTILS



SPINACH



SARDINES



FISH



POULTRY

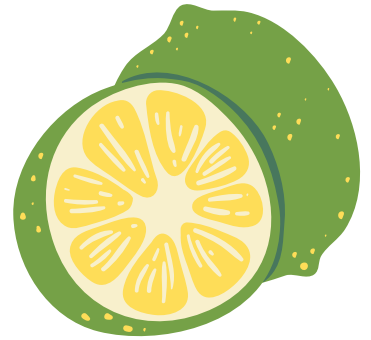
SOURCES OF VITAMIN B9



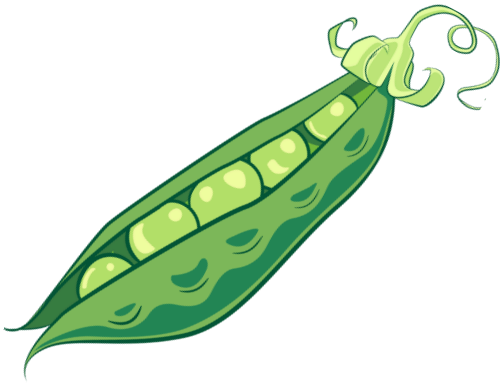
LENTILS



LEAFY GREENS



CITRUS



PEAS



BEANS



CAULIFLOWER



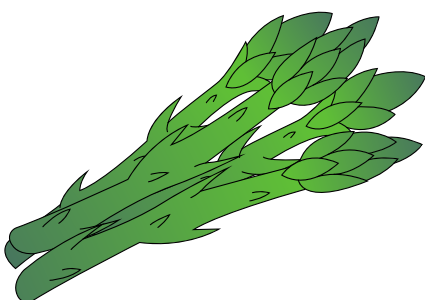
BROCCOLI



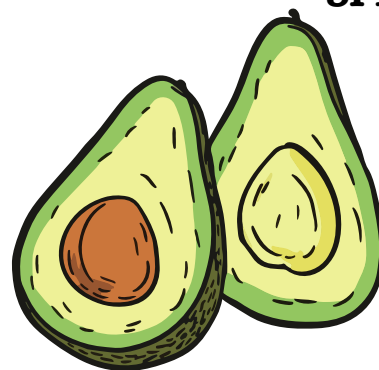
BEETS



**BRUSSELS
SPROUTS**

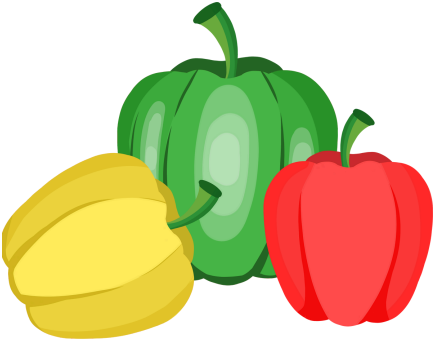


ASPARAGUS



AVOCADO

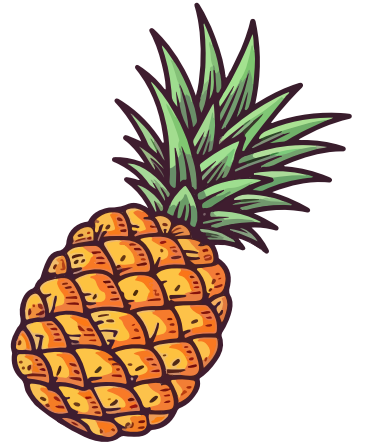
SOURCES OF VITAMIN C



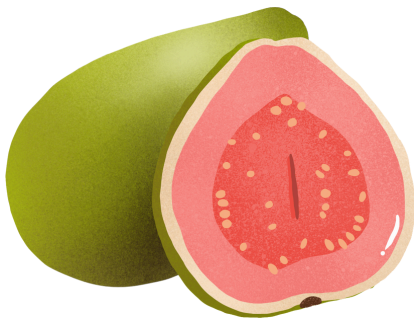
BELL PEPPER



BLACK CURRANTS



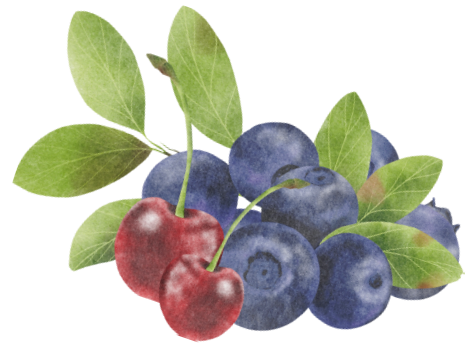
PINEAPPLE



GUAVA



KIWI



BERRIES



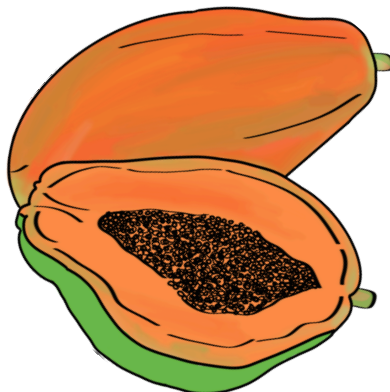
CITRUS



LEAFY GREENS



BROCCOLI



PAPAYA

SOURCES OF VITAMIN D



COD LIVER OIL



LIVER



MUSHROOMS



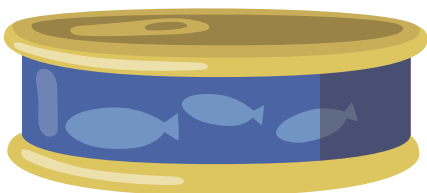
PORK



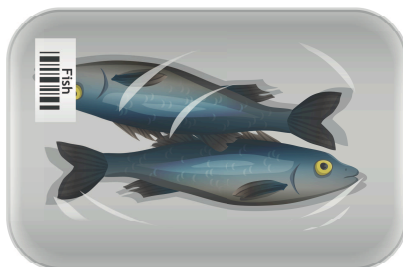
BUTTER



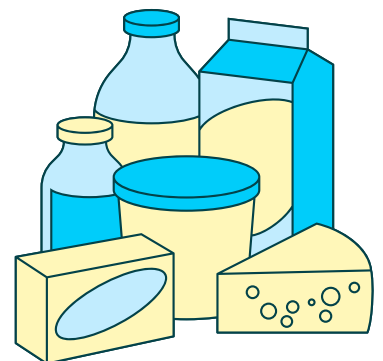
EGGS



SARDINES



FISH

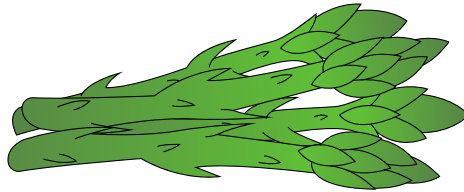


FORTIFIED DAIRY

SOURCES OF VITAMIN K



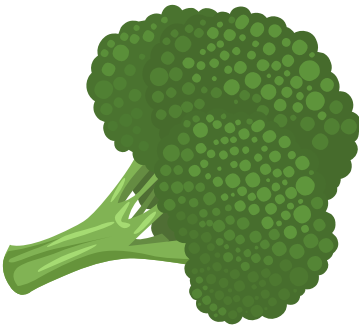
KIWI



ASPARAGUS



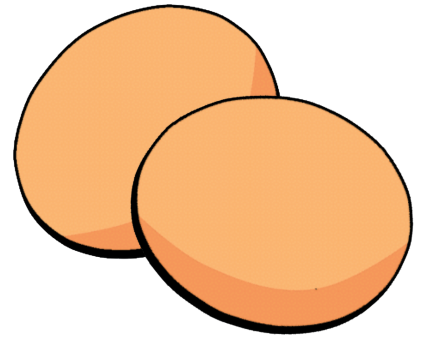
**BRUSSELS
SPROUTS**



BROCCOLI



CABBAGE



EGGS



KALE



PARSLEY

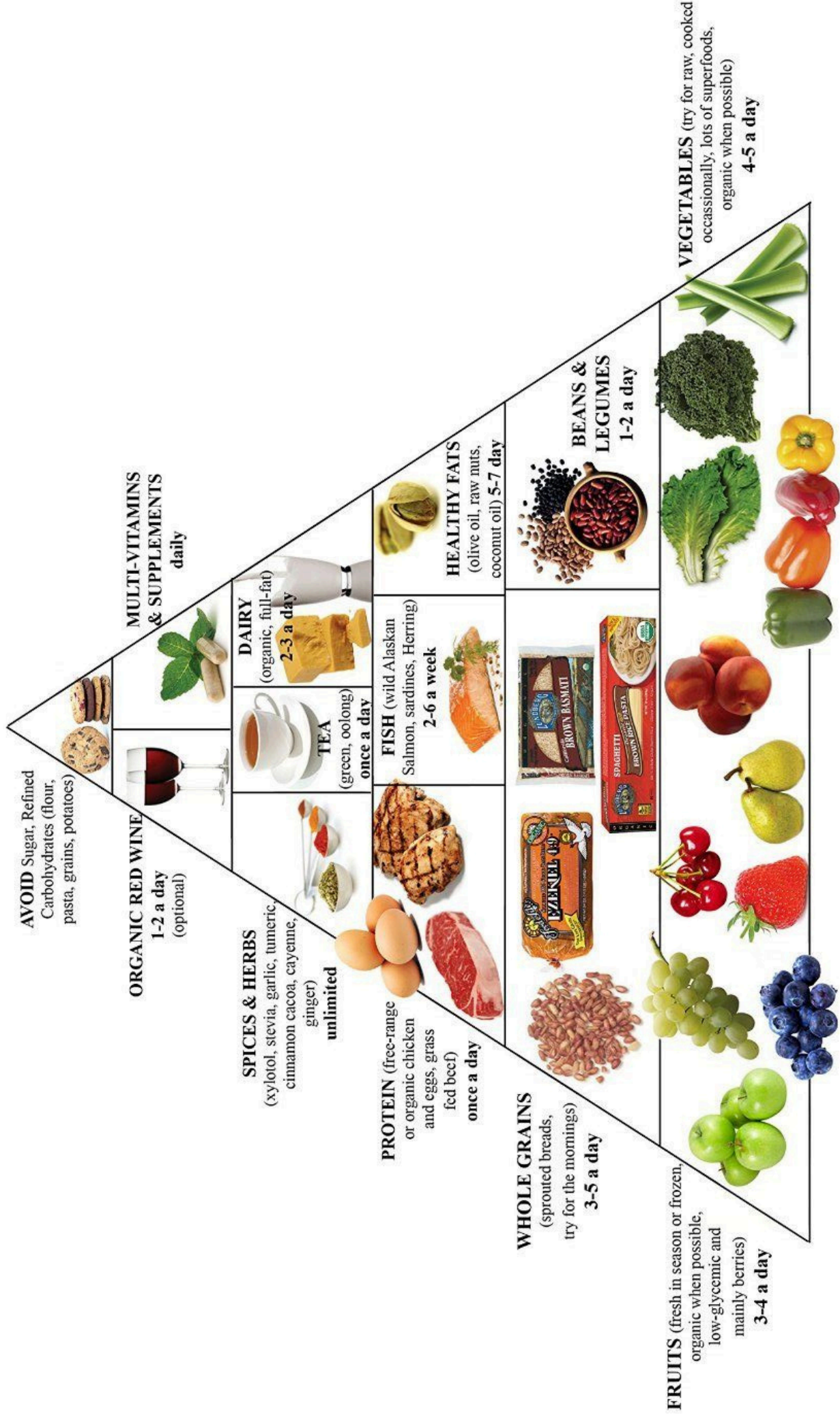


**SCALLIONS/
GREEN ONION**



OKRA

THE FOOD PYRAMID



MACRONUTRIENTS

(FATS)

Fats, also known as lipids, serve various critical functions in the body:

DESCRIPTION:

Serve as long-term energy reserves.

Essential for constructing cell membranes and synthesizing hormones.

SPECIFICS:

Energy is stored within fatty acid chains, yielding 9 calories per gram.

Typically, fats are attached to glycerol molecules.

They can exist in saturated, polyunsaturated, or monounsaturated forms.

Processed oils are detrimental, while whole food fats are indispensable.

USES:

Fats are utilized as fuel during metabolism.

They are integral for the construction of cell membranes and the synthesis of hormones.

Excess fats are stored in adipose cells for future energy needs.

SOURCES:

Derived from animals and fish.

Present in dairy products, eggs, nuts, and seeds.

Found in olives, coconut, and avocado.

MACRONUTRIENTS

(PROTEINS)

PROTEINS STRUCTURAL COMPONENTS, HORMONES, NEUROTRANSMITTERS, & ENZYMES:

DETAILS:

- Comprised of amino acid (AA) chains known as polypeptides.
- Each gram provides approximately 4 calories.
- Protein sources can be complete, containing all essential AAs (found in animal sources), or incomplete (commonly found in plant sources).

USES:

- Essential for building various bodily structures.
- Can be converted into glucose if required for energy.
- Unused amino acids are not stored but excreted from the body.

SOURCES:

- Plant-based sources include nuts, seeds, beans, legumes, and grains.
- Animal-based sources encompass meat, fish, dairy products, and eggs.

MACRONUTRIENTS

(CARBOHYDRATES)

CARBOHYDRATES - Rapid Energy Source:

DETAILS:

- Energy is stored in monosaccharide chains or rings.
- Provides 4 calories per gram.
- Carbohydrates can be categorized as simple (sugars) or complex (fibre).
- Individual tolerance to carbohydrates varies.
- While processed sugars are harmful, whole food sugars pose no such risk.
- Consumption of glucose affects blood sugar and insulin levels.

USES:

- Primarily utilized as a quick energy source.
- Stored as glycogen in muscles and the liver.
- Excess glucose can be converted and stored as fat.

SOURCES:

- Grains, beans, legumes.
- Vegetables, particularly starchy ones.
- Fruits, dairy (containing lactose).
- Natural sweeteners such as honey, maple syrup, and other unrefined sugars.
- Processed sugars including corn syrup, cane sugar, and sucrose.

SPRING

(WHAT'S IN SEASON? - MARCH-JUNE)

Fruits:

- Strawberries
- Cherries
- Apricots
- Rhubarb
- Pineapple
- Mangoes
- Kiwi
- Oranges
- Grapefruits
- Lemons
- Limes
- Papayas
- Watermelon
- Cantaloupe
- Honeydew melon

Other Seasonal Foods:

- Lamb
- Salmon
- Crab
- Shrimp
- Lobster
- Duck
- Eggs
- Young cheeses (such as goat cheese and feta)
- Young vegetables (baby potatoes, baby carrots)
- Edible flowers (nasturtiums, pansies, violets)

Vegetables:

- Asparagus
- Artichokes
- Spinach
- Lettuce (various types)
- Arugula
- Peas
- Radishes
- Green beans
- Broccoli
- Carrots
- Beets
- Swiss chard
- Fennel
- Kale
- Turnips
- Spring onions (scallions)

Herbs:

- Basil
- Mint
- Cilantro
- Parsley
- Dill
- Chives
- Tarragon

SUMMER

(WHAT'S IN SEASON?) - JULY-OCTOBER

Fruits:

- Berries (strawberries, blueberries, raspberries, blackberries)
- Peaches
- Plums
- Nectarines
- Cherries
- Apricots
- Grapes
- Melons (watermelon, cantaloupe, honeydew)
- Apples (late summer varieties)
- Pears (late summer varieties)
- Figs

Vegetables:

- Tomatoes
- Zucchini
- Summer squash
- Eggplant
- Corn
- Bell peppers (various colors)
- Green beans
- Cucumbers
- Okra
- Artichokes (late summer varieties)
- Carrots
- Beets
- Radishes
- Spinach
- Lettuce (various types)
- Arugula
- Kale
- Swiss chard

Herbs:

- Basil
- Mint
- Cilantro
- Parsley
- Dill
- Chives
- Thyme
- Rosemary
- Sage

Other Seasonal Foods:

- Summer squash blossoms
- Green peas
- Green beans
- Cabbage
- Broccoli
- Cauliflower
- Brussels sprouts (late summer varieties)
- Pumpkins (late summer varieties)
- Winter squash (late summer varieties)
- Sweet potatoes (late summer varieties)
- Peppers (jalapeño, poblano, etc.)
- Cabbage
- Mushrooms
- Green onions

WINTER

(WHAT'S IN SEASON?) - NOV-FEB

Fruits:

- Citrus fruits (oranges, mandarins, grapefruits, lemons, limes)
- Apples (late fall varieties)
- Pears (late fall varieties)
- Persimmons
- Kiwi
- Pomegranates
- Cranberries
- Grapes (late fall varieties)
- Dates
- Figs (late fall varieties)
- Passion fruit
- Quince

Vegetables:

- Brussels sprouts
- Cauliflower
- Broccoli
- Cabbage
- Kale
- Swiss chard
- Spinach
- Winter squash (butternut squash, acorn squash, kabocha squash)
- Sweet potatoes
- Carrots
- Beets
- Radishes
- Turnips
- Leeks
- Onions
- Garlic

Herbs:

- Rosemary
- Thyme
- Sage
- Parsley
- Cilantro
- Chives
- Dill

Other Seasonal Foods:

- Potatoes (various varieties)
- Mushrooms (shiitake, oyster, portobello)
- Chestnuts
- Hazelnuts
- Walnuts
- Almonds
- Pecans
- Pistachios
- Jerusalem artichokes
- Celery root
- Rutabagas
- Parsnips

HEALING ESSENTIALS

GROUNDING - Connecting with the earth, whether by walking barefoot on grass or soil, or simply spending time outdoors, can help promote a sense of grounding and stability.

WHOLE FOOD - Prioritizing whole, unprocessed foods rich in nutrients ensures that your body receives the essential vitamins and minerals it needs for optimal health and healing.

MOVEMENT - Regular physical activity, such as walking, yoga, or dancing, supports circulation, flexibility, and overall well-being, promoting healing from within.

SUNLIGHT - Spending time in natural sunlight helps regulate circadian rhythms, boosts mood, and supports the body's production of vitamin D, essential for immune function and bone health.

REST - Allowing yourself dedicated periods of rest and relaxation is crucial for recovery and rejuvenation, giving your body the time it needs to heal and recharge.

SLEEP - Quality sleep is essential for overall health and healing, supporting immune function, cognitive function, and emotional well-being.

REDUCE BLUE LIGHT - Minimizing exposure to blue light from screens, such as phones, computers, and TVs, before bedtime can improve sleep quality and promote relaxation.

DEEP BREATHING - Practicing deep breathing exercises or mindfulness techniques can help reduce stress, calm the nervous system, and promote relaxation and healing.

MEDITATION - Incorporating regular meditation or mindfulness practices into your routine can help reduce stress, improve focus, and cultivate a sense of inner peace and well-being.

LAUGHTER - Laughter has powerful healing properties, releasing endorphins, reducing stress hormones, and promoting overall well-being and happiness.

RELATIONSHIPS - Cultivating positive relationships and social connections with friends, family, and community members provides emotional support, reduces stress, and enhances overall quality of life.

HEALING ESSENTIALS

HOW CAN I INCORPORATE MORE OF THESE HEALING TACTICS
INTO MY LIFE?

GROUNDING -

WHOLE FOOD -

MOVEMENT -

SUNLIGHT -

REST -

SLEEP -

REDUCE BLUE LIGHT -

DEEP BREATHING -

MEDITATION -

LAUGHTER -

RELATIONSHIPS -