

Healing Diet-Blood Sugar

Stress changes the way we eat. Most people under stress tend to eat foods that convert to sugar quickly in the bloodstream including sweets and starches. This quick fuel can keep us going in emergencies, but too frequently becomes our fuel of choice for non-emergency times as well. While we are under stress, predictable physiological changes occur in which the mechanisms, which control blood sugar levels are taxed. The following food plan is designed to counteract this trend and improve your body's functioning while under stress by maintaining blood sugar levels. The goal is to keep your blood sugar balanced throughout the day so that you avoid the highs and lows that can add to your stress levels. If you eat properly you can maintain your blood sugar and maintain even energy throughout the day. Please follow the food plan closely. As your health improves, certain foods may then be returned to your diet and their affect on your sense of well-being observed. The object is to learn what balance of foods makes you feel best. The closer you follow this plan, the more quickly your body will respond in feelings of well-being. After which a greater variety of foods may be considered to re-introduce to your diet.

The KEYS to this food plan are:

- 1) *eating moderate amounts of protein, 3-5 oz at breakfast, lunch and dinner*
- 2) *eating lots of lower carbohydrate vegetables (see the carbohydrate content list for fruits and vegetables)*
- 3) *eating frequently (you should go no longer than 2-3 hours without some food)*
- 4) *staying completely away from those foods which have been recommended to avoid until time to reintroduce them. This is usually about two weeks (if you follow the food plan closely); it takes a minimum of two weeks to re-set the body's blood sugar handling mechanism.*

The BENEFITS to this FOOD PLAN are many, you will:

- 1) feel better physically
- 2) have more energy and a steadier energy throughout the day
- 3) typically lose weight if you are overweight
- 4) notice that cravings disappear
- 5) experience greater mental and emotional stability
- 6) improve the quality of your sleep
- 7) prevent conditions of blood sugar imbalance such as Hypoglycemia and Diabetes

There are many other improvements that can result when one's blood sugar is brought into balance. Be aware of the changes you are experiencing in your body and listen to your body, intimately noticing how you are feeling and what symptoms are improving. This new awareness of your body will be your feedback tool when you move ahead to reintroduce foods into your diet.

NUTRITIONAL SUPPLEMENTS:

Please refer to the recommended supplement program. The supplements are designed to work synergistically, helping to balance your digestion and blood sugar mechanisms, maximizing your results. It is important to stay on the supplements for a minimum of 3 months to create long term changes in your nutritional status.

PROTEINS:

It is very important that you *eat adequate protein at each meal*. The variety of protein sources (i.e.: eggs, fish, turkey, chicken, lamb, beef) and the quality (i.e.: organic, hormone-free, range-free and grass fed) are very important to consider. Use only fresh meats, not those which are processed and packaged. Please refer to the suggested daily protein quantities to be consumed for your body weight. It is important to divide the day's total suggested amount of protein into several meals - i.e. - eating 3-5 oz per meal.

- **Red Meat** - as desired, with attention to variety of proteins in overall food plan recommended to have at least 3 oz./3 times a week
- **Lamb** – is a richer, fattier meat, so eat it less frequently, with attention to variety of proteins in overall food plan
- **Fish** - use a variety - grilled, steamed, baked or poached. Do not use tuna – canned or otherwise. Ask for “wild” fish – those caught in their natural habitat. In the farm-raising of fish, the fish are fed foods that they would not normally eat in the wild and it changes their fatty-acid and protein make-up to a less advantageous form.
- **Poultry** - use a variety of chicken, turkey, Cornish game hen, dark meat and white meat - grilled, steamed, baked, roasted - do not bread or deep fry
- **Eggs** – limit to 5 out of 7 days use per week. The yolk has nutrients that are denatured when cooked through. It is recommended to have eggs soft boiled, sunny-side up or over-easy as often as you can.
- **Nuts** - *best used as snack* (see details under Snacks) rather than breakfast, lunch or dinner choice
- **Pork** - reduce to a minimum and/or eliminate at this time as pork products are often filled with many preservatives which may create blood sugar and/or body water fluctuations. (This is more true for ham and bacon, less true for pork chops and pork roast)
- **Cheese** - for many people, all cow's milk products need to be eliminated altogether. It is recommended to leave all cow dairy products out for the first two weeks. Choose Goat and Sheep Cheeses and Goat's Milk Yogurt as alternatives if your specific plan allows.
- **Soy** – *Eat none at this time*. Many people are allergic to soy, especially in concentrated forms such as tofu, Tempe, soy protein powders, and protein bars.

VEGETABLES:

The key to this food plan! Nutrient rich vegetables provide an abundance of the vitamins and minerals that sustain your body. Vegetables should make up the largest portion of your meal. Again, *quality* and *variety* is key. Your body is most nourished with *organic produce* (see the attached study results from Rutgers University). Many therapeutic nutrients such as anti-oxidants and flavinoids are in the properties that give vegetables their color. Look to your shopping carts and to your meals and ask, “do I have a rainbow of colors here?”

- **Green Vegetables** - unlimited, eat an abundance of these! They are high in minerals and low in calories. Include *swiss chard, kale, collard greens, bok choy, beet greens, spinach* and *salad greens*. Dark green steamed vegetables are superior to salad greens.
- **Yellow and Orange Vegetables** - (yams, winter squash, carrots). Use in small portions and always balance with green vegetables and protein in the meal. (Corn is considered a grain and can be an allergen, which can contribute to blood sugar and weight issues. If suspecting, eliminate corn for a minimum of two weeks, add back in and be aware of the return of any of your symptoms)
- **Onions, Garlic and Tomatoes** - use as desired (unless specifically needing to avoid)
- **White Potatoes** - avoid for first two weeks while bringing blood sugar into balance as well as monitoring any inflammation and joint symptoms (this includes red-skinned potatoes)
- **Soy Products** - avoid as many people are allergic to soy

FRUITS:

Whole fresh fruits are allowed with the following exceptions: **avoid** *bananas, grapes and dried fruits* (they can play havoc with your blood sugar and may contain harmful preservatives). Berries, Citrus, Melons, Apples and Pears are allowed in moderation unless you are allergic to any of these. Fruit and vegetable juices are best to eliminate at this

time.

A great mid-meal snack, which is recommended to have approximately 2 to 2 ½ hours after each main meal, consists of a handful of nuts (6-10) and a piece of fruit. If choosing to have fruit at the end of the meal, it is recommended to have a small amount of fresh pineapple – it will give that sweet finish to a meal and is also rich with bromelain, a digestive enzyme that will assist digestion. If eating fruit with other foods causes any digestive problems either add additional digestive enzymes to your program or eat fruit separately. A good rule of thumb is to eat fruits 1 hour prior to a meal or 1 1/2 hour after a meal.

GRAINS & BEANS:

* Many people are carbohydrate intolerant and will notice that having grains in the morning causes a craving for sweets and/or more grains throughout the day. Also, some people notice that having the grains also lends to a sleepy feeling, either immediately or up to several hours later. To have your grains with the evening meal reduces the chance of these responses. It is recommended to leave these grain carbohydrates to the evening meal for a minimum of two weeks in order to monitor your body's response as you then add them back in.

If you are gluten intolerant, it is imperative to *leave out* the gluten/gliadin containing foods (wheat, rye, spelt, couscous, teff and kamut). Soy is also suspect as a problem for those who are gluten intolerant and for those with food sensitivities. It is best to eliminate it from the food plan at this time. **Beans & Lentils** are to be used in balance with protein & vegetables. Be aware of any digestive issues and/or sugar cravings that occur as you add them back into your food plan, eliminating them for now if any symptoms re-appear.

FAT AND OILS:

It is important to have some fat at each meal and as with all food groups, it is important to give your body a variety. Choose from *Extra Virgin Cold-Pressed Olive Oil, Walnut Oil, Flax Oil, Sesame Oil, Cod Liver Oil* (Carlson's Lemon Flavored Cod Liver Oil is excellent) and real *butter*. The occasional use of Safflower and Sunflower oils are okay. Avoid all margarines, hydrogenated and partially hydrogenated oils as well as Canola Oil. Mayonnaise may be used in moderation as long as it is made with only egg, oil, salt and lemon. There should be no artificial ingredients or lo-fat labeling on your mayonnaise.

Salad Dressings are best home-made where you have control over the ingredients. Use any of your permitted oils (or a combination thereof), vinegar (balsamic, raspberry, apple cider vinegar) or lemon juice and a variety of herbs (basil, rosemary, thyme), garlic, mustard, etc. for seasoning. Fresh herbs are packed with medicinal and phytonutrient qualities. Use them to your advantage!

SNACKS:

- **Raw Vegetables** – ½ c. - 1 cup
- **Protein** – 1- 2 oz **Chicken, Turkey, Fish, Beef, Lamb**
- **Hardboiled Eggs**
- **Deviled eggs** - (use a mayonnaise made only with oil, egg, lemon, salt - no artificial ingredients)
- **Lettuce Sandwiches** (a protein wrapped in lettuce leaf)
- **Nuts** - *almonds* (a higher protein content), *walnuts, brazil nuts and pecans* (6-10 nuts per snack)
 - raw (for their enzymes) and organic are preferred, be sure to chew all nuts thoroughly
 - almond butter, tahini (sesame seed butter) - 1 tablespoon per snack
 - for some people, nuts may be an allergen or pose digestive problems. This may require your leaving them out of the food plan for the first two weeks, then to add slowly back in while being aware of any return of symptoms. One sign of their being an allergen for you might be increased cravings or an inability to stop with the recommended quantity.
 - *eliminate peanuts* for a minimum of two weeks (they are a potential allergen and more difficult to digest)
 - cashews, pistachios, pine nuts and macadamia nuts are higher in fat content and best left out until weight and food cravings are properly managed
- **Sunflower, Pumpkin Seeds** - raw, unsalted & organic is your first choice 1-2 tablespoons per snack

- **Fresh fruit** (no bananas, grapes, or dried fruit) – always balance with a handful of nuts or protein

BEVERAGES:

Water is your best choice, ideally drinking 1/2 oz of water per pound of body weight per day or one quart per 50 pounds of body weight. Our bodies are 70% water and *it is considered a nutrient*, optimizing digestive function as well as elimination of toxins from your body.

It is important to eliminate the following beverages for a minimum of two weeks; maximum results are seen when eliminated for 6 weeks.

Caffeine - eliminate as it interrupts the blood sugar mechanism that we are looking to re-set. Unsweetened herbal teas are usually fine. Please avoid teas and other products that use the term “natural flavorings” as they may include products containing MSG.

Fruit juices are best eliminated until the blood sugar mechanism in your body is restored. If you are to have any fruit juices, use those containing no added sweeteners, dilute 50% with water and limit to two 6oz. glasses of 50% water, 50% juice per day.

Any **alcoholic drinks**, including beer and wine are to be eliminated for 2 weeks as the high sugar content and the rate at which alcohol is absorbed into your body disrupts your blood sugar.

If you have any sleep disturbances, depression, irritability and/or anxiety - caffeine and alcoholic drinks can be one of the major factors in creating these feelings in the body. People are often amazed at how their mood, sleep and energy shifts in a positive way when they significantly reduce and/or let go of these beverages altogether, saving them for the special occasion. You may experience some initial withdrawal symptoms (from 1 day up to 2 weeks), depending on how big a role these items have played in your food plan up until now. For those of you who have been using caffeine in significant quantities...you may choose to reduce the caffeine intake over a period of several days in order to reduce the withdrawal symptoms.

SEA SALT:

Sodium Chloride and Trace Minerals – the components of salt as it exists in nature - are very necessary and needed ingredients for our bodies. Our body fluids very much resemble the ocean in its consistency. This is contrary to what the medical media would have you believe. Generic table salt (i.e. Morton’s), however, does not fit the bill. It is highly processed, bleached, stripped of its trace minerals and has added anti-caking agents to make it pour smoothly. Dextrose (sugar) is also often added.

Recommended is “Pacific Sea Salt” from New Zealand. Celtic Sea Salt is also an excellent choice. Dosages up to ¼ *tsp per quart of water* that you drink are the recommendation some of the top nutritional researchers and sports physicians. This may be accomplished by a return to salting your foods and/or sprinkling the salt into your water as you drink it. (This is recommended especially for that water which you are drinking during your workouts).

I refer you to www.watercure2.com for further reading on the importance of water and salt intake.

FOODS NOT ALLOWED:

- **NO wheat or wheat products are allowed** (this includes both whole wheat and white flour products such as pasta, breads, crackers, etc).
- **NO Soy products**, including Soy Sauce.
- **NO sugar, honey, maple syrup, molasses, stevia**, etc. are allowed. These products serve to disrupt the sugar handling mechanism. They may be added back in sparingly at a future time.
- **NO Artificial Sweeteners** (Equal, Sweetn’low, Aspartame) are allowed. They disrupt brain chemistry, blood sugar and have many reported side effects, including neurological symptoms.

FINAL NOTE:

Again, this program is designed to improve your body's ability to maintain its blood sugar within a healthy range. Your adhering strictly to the plan will also allow you to see what symptoms you normally experience which may be related to fluctuations in your blood sugar levels. This plan can also be very helpful in correcting blood sugar problems as well as helping to detect food allergy related symptoms. For many, the changes in their health and how they feel when their blood sugar is maintained within a normal range can be dramatic. This feedback from your body is of tremendous value. This may be the most important issue that you can learn about and change regarding your health.

Please make this investment in your health by following the plan closely and noting any changes in how you feel.

Once the two weeks are completed (if you get off track, it is important to begin the two weeks again), we will begin "the Detective" work of discovering what items can be added back into your food plan. This plan is best implemented under the guidance of a nutritional consultant who can help assure your success by answering any questions you may have and helping to resolve any difficulties you may encounter.

Menu Suggestions

Eating throughout the day is important, starting with breakfast - do not skip it as your body needs it to help stabilize your energy and provide nutrients. It sets the tone for your whole day.

BREAKFAST:

- **Eggs** -scrambled, over-easy, sunny-side-up, poached with sautéed vegetables
 - ie: sauté veggies (onions, tomatoes, basil, rosemary, spinach, etc) in Olive Oil, push to side of pan and proceed to cook eggs in the vegetable/oil/juice sauces or add eggs and scramble.
 - Add yams, rice, potatoes as appropriate for your specific food plan and always in balance with the protein and vegetables.
 - Enjoy the creative process and all of the smells of the vegetables and herbs!
- **Omelets** - lots of sautéed Veggies, Avocado and Salsa, Feta or Goat Cheese if allowed on your specific Diet Plan. Be creative! Enjoy with Sautéed Vegetables, Rice/Potatoes/Yam (as appropriate for your specific plan)
- **Turkey, Lamb, Chicken Sausages** (made with good meats from Jimbo's, Henry's) – with Sautéed vegetables, Rice/Potatoes/Yam/Beans/Lentils (as appropriate for you)
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad

LUNCH:

- **Salad with Chicken, Tuna, Eggs, Turkey, Lamb, Beef, Sausages** (ie: Chicken Salad, Cobb Salad - no cheese and w/vinaigrette dressing) *
- **Chicken, Turkey, Fish, Lamb, Beef** with sautéed vegetables or salad *
- **Omelets** with vegetables, feta or goat cheese if allowed on your specific Food Plan *
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad *

*with appropriate portions of Rice/Potatoes/Yam/Beans/Lentils

DINNER:

- **Beef, Turkey, Seafood, Chicken, Lamb** - marinated, grilled, steamed, poached, herbed, spiced, baked with Salad, Vegetables and appropriate portions of Rice/Potatoes/Yam/Beans/Lentils
- **Omelet** - Be creative with vegetables and herbs
 - Salad & Vegetables on the side

EATING OUT:

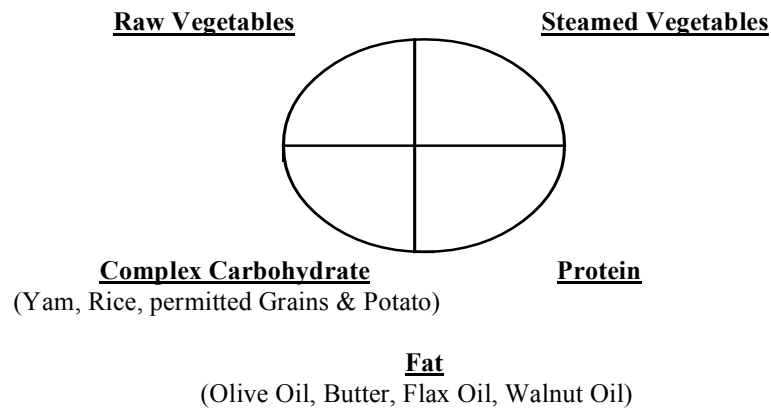
- **Meat, Chicken, Fish, Turkey, Lamb** - grilled, steamed, poached, stir fry w/Salad, Vegetables and appropriate Rice/Potatoes/Yam/Beans/Lentils
 - ask for substitutions of vegetables, salads in place of starches
 - make it easy on yourself - ask them to hold the bread basket
- **Vegetable Omelet** - with sliced vegetables, salads
- **Rice Bowls** (Protein, Veg, Rice) save for evening meal
- ***The Bunless Burger*** - available at In & Out Burgers, etc.

SNACKS:

- **1-2 oz Goat or Sheep Cheese and ½ -1 cup Vegetables**
- **1 piece fruit and 6-10 nuts or 1 Tablespoon nut or seed butter**
- **Sunflower seeds, Pumpkin Seeds**
- **Hardboiled or Deviled Eggs along with ½ - 1 cup vegetables**
- **1-2 oz piece of Chicken, Fish, Turkey, Beef, Lamb along with ½ c. vegetables**
- **Lettuce Sandwich** – a piece of protein wrapped in a lettuce leaf, add mustard or mayo, tomato

Balancing your Blood Sugar - Rules to Live By:

- *Eat within an hour of getting up* (A balanced meal that includes protein)
- *Eat every 2 1/2 hours* (Winning suggestions from clients: wearing beeper watch, setting computer timer)
- *Always carry a snack with you* (in your car, briefcase, at desk, in purse)
- *Eat before you become hungry* (if you are hungry, your blood sugar is already low)
- *Balance Protein, Fat, Carbohydrate and Fiber with each meal!*



- *If you are still hungry, have more protein, fat and carbohydrate in the same ratios* (as opposed to having more of just one food group)
- *Eat meals in a relaxed environment*, take time to sit down and be present with yourself and your body (enhances digestive process, we do not digest well when stressed)
- *Create “time release meals”*. Approach your meals eating the protein & fats first, followed by your low carbohydrate content (above ground) vegetables and lastly by eating your high carbohydrate (below ground) vegetables, legumes and/or permitted grains. Eating in this way enhances blood sugar management by reducing blood sugar spiking.
- *Stock your kitchen well* and keep it stocked with only healthful choices

Helpful Hints for the Holidays/Parties:

- *Eat before you go to the party* (Don't go on an empty stomach, especially if it is cocktails, appetizers or desserts that are being offered)
- *Eat something first before the cocktail* (Alcohol is absorbed directly from the stomach and will go directly into the blood stream spiking your blood sugar)
- *Chew your food slowly* (Doing so will increase the body's acknowledgement of the foods coming in and more quickly signal the brain of the contents of your consumption)
- *Drink a water* (mineral or plain) *in between each cocktail* (Reduces blood sugar load and the chance of blood sugar spiking, also – alcohol dehydrates your body and the water will act to replace that which is lost)
- Make your contribution to the Potluck a healthy choice (You will have a good choice for yourself and may start a trend!)

Plan ahead / Make it easy for yourself:

- **Roast a Chicken, Turkey, Beef, Lamb** to have leftovers for 2-3 days
- **Find a good quality Deli Meat Shop** for sliced meats - Turkey, Roast Beef, etc.
- Make "**Lettuce Sandwiches**" - a large leaf of romaine lettuce, topped with a slice of protein and slice of tomato - roll up and eat! Make ahead of time for quick grabbing, using a toothpick to hold together or in zip-lock bags for those meals away from home.
- Keep **Hardboiled or Deviled Eggs** on hand - boil 1 dozen eggs at a time
- **Cook Turkey, Chicken, Lamb Sausages ahead of time.** Sauté onions in a large skillet and add sausages to cook, having cooked several at a time will keep you prepared for those "I need to grab something quick" moments. Place in Tupperware container, a Ziploc bag along with some vegetables or slice onto a salad.
- **Salads -create ahead of time** in a large covered/Tupperware bowl (will usually stay fresh 2-3 days)
- **Prepare vegetables ahead of time** making them easy - i.e. celery sticks, broccoli, cauliflower, etc
- **Take your lunches** - Tupperware container of salad with tuna, chicken, fish, beef, lamb, sausages – take along your dressing in small separate container or keep a salad dressing in your work refrigerator
- **Use your weekend** - plan, shop & prepare for the upcoming week
- **Use your evening** - plan & prepare for the following day, the best time to make lunch is the night before
- **Use a Personal Chef Service**

Menu/Recipe Ideas:

There are many cookbooks, websites & cooking magazines out there - go browsing. You now know what to look for as far as ingredient preferences. Remember...it is the quality and the variety of the ingredients and a balance of your meals that is important. There are many great recipes in *Cooking Light*, *Gourmet* and *Bon Appetite* magazines. Just add your nutritional knowledge in choosing which recipes are the more healthy choices, use organic where you can, substituting quality fats and sweeteners that may be called for.

Cookbooks

- **Dr. Mercola's No-Grain Diet**
- **Dr. Mercola's Total Health Program**
- **Nourishing Traditions, by Sally Fallon**

Websites:

Websites are *great* starting places that will link you to many other recipe resources. Again, you will want to use your nutritional wisdom in selecting recipes, choosing those that have healthy ingredients specific to your food plan and/or substituting more healthy ingredient choices as you see possible. The websites are great for opening up your food and meal planning repertoire. Have fun. Enjoy the creative process!

- www.foodandwine.com
- www.epicurean.com
- www.foodtv.com
- www.vegetariantimes.com
- www.paleodiet.com (from the Paleolithic Diet / proteins,fruit,veg,nuts,fats)
- www.earthsave.bc.ca (Canada's Earthsave organization)
- www.soar.berkeley.edu/recipes.com (has over 40, 000 recipes, remember... be selective)

Cooking Tools:

The following are cooking tools that people have found to be very helpful in meal preparation:

- **Crock pots** – not only to cook meals for yourself during the day while you are not home, but also use them to cook meals overnight in preparation for the following day's breakfast or lunch
- **Black & Decker Vegetable & Grain Steamer**
- **Turbo Cooker**
- **Ron Co. Rotisserie Oven** – ronco.com or (800) 817-1500

*** Please **do not microwave your food**, as there are many negative health consequences to doing so. Please read the attached article.

EXERCISE:

Blood sugar control, hormone balancing (which lessens hot flashes and PMS symptoms), stress-management, the production of endorphins (the most powerful feel good drug that is amazingly made by your own body), proper elimination, the circulation of nutrients, the building of lean muscle (which will continue to burn calories for you), detoxification and sleep are all affected positively by exercise.

Daily is ideal. In my experience this is a must, a priority, a point of “no negotiation” or excuses. The rewards far outweigh the sacrifice of a **minimum of 30 minutes per day (40 - 60 minutes is ideal)** from our busy days. You will find yourself better able to physically and emotionally handle your day and enjoy much better sleep with the addition of this very important component to your health.

Walking is for most the easiest, most enjoyable, can do anywhere, ‘stick to it’ choice. Variety in exercise, i.e. weights, yoga, stretching, dance; will increase your body and your mind’s flexibility and range of motion abilities. Our bodies crave and thrive on movement.

If blaming me as your task master gives you permission to carve out the time in your day to do this...please do so.
Just Do It!

SLEEP:

The best hours of sleep for your body are the hours of **10pm – 6am**. These hours and what your body is programmed to do during these hours are governed by your relationship to the sun and the 24-hour circadian rhythm – all of which are out of your control! During this time the body is designed to be in a state of rest, repair, detoxification and recovery. As much as we attempt to fool Mother Nature, our bodies are nature and demands attention to this detail. If your body is busy digesting a heavy, late meal or you are up late working, playing or watching TV, your body is focused on those tasks and unavailable for rest and recovery. Being mindful to get these hours of sleep is a significant step to take in bringing your stress, fatigue and blood sugar under control.

It is also important that your room be as dark as possible and that all electronic devices be a minimum of three feet away from the head of your bed. Some people find that even the color readings on their digital clocks are enough to keep them from a deep sleep. Consider covering the clock to assist you in attaining a deeper sleep.

If you are up during the night to go to the bathroom, it is most often an indicator of blood sugar mismanagement during the day. The more that you get your blood sugar into balance during the day, the more soundly you will sleep at night. Paying attention to your sea salt intake will also be of assistance in your night time urination patterns. If our bodies do not have the proper levels of sodium and trace minerals (provided by the sea salt), the body will not hold onto and use the water appropriately, hence an awareness of frequent urination.

Living Gluten & Gliadin Free

There is life beyond a diet of gluten and gliadin containing foods! If we stop and consider for a moment, most of our primitive ancestors never ate grains. Our origins come from hunters and gatherers whose **diets were rich in fruits, vegetables, nuts, seeds, proteins and natural fats...**all of those foods that could be gathered from the earth’s harvest. There are a number of studies and research findings that show how native tribes experienced a profound sense of health that has been changed dramatically by the introduction of processed foods into their traditional diets.

Our American diet has become very grain and process-food oriented. Eating gluten / gliadin - free can in many ways is a return to an earlier way of eating...a way that our body genetically, hereditarily, digestively and metabolically better understands and functions with. Enjoy a diet rich in **proteins (chicken, beef, eggs, lamb, turkey, fish), vegetables, fruits, nuts, seeds,** and the gluten/gliadin free

grains of **rice, millet, amaranth, quinoa, oats, wild rice and buckwheat**. You will feel better for your efforts! Please note that the intestinal healing process takes a minimum 2-3 months of a gluten-free diet, the more dramatic health changes are usually seen after 6 months.

The gluten-free world is one that is growing. Know that you are not alone in this dilemma, but rather part of an expanding group who are realizing the benefits of improving their diet. To help you in your meal planning and preparation we offer the following places to start. Each of these references will lead you to further suggestions, ideas and references. Your journey will be a learning process, so be patient with yourself while on the learning curve.

Restaurants:

Any restaurant that serves grilled, poached or sautéed fish, chicken, turkey, beef and lamb - ask that bread basket not be delivered to table and ask if your menu choice has any hidden flours (see below). Accompany your meal with a Salad, Vegetable, Rice or Potato. Our culture has become very bread/pasta oriented. Do not hesitate to break the cultural rules.

Hidden Glutens:

Read food labels carefully. Glutens can be hidden under such names as *hydrolyzed vegetable protein, modified food starch, dextrin, and "natural flavorings"*. Gluten might also be found in the *alcohol used in flavorings such as vanilla* and in *distilled vinegar and veined cheese such as Blue Cheese and Roquefort*. Even the smallest amount could be enough to keep you from feeling the best that you can, so you will want to take extra care in finding those places that it might be hidden.

Not OK / Intolerable Foods / Drinks:

Wheat
Rye
Kamut
Teff
Spelt
Soy

OK / Tolerable Foods / Drinks:

Corn
Rice
Wild Rice
Oats
Buckwheat
Millet
Arrowroot
Amaranth
Quinoa
Wheat Grass
Tapioca
Taro
Barley Grass
Barley Malt
Vinegars -Apple Cider/Balsamic/Rice
Bean Flours

The focus of a gluten-free cookery is often on replacing gluten flour in baked goods with starches made from rice, arrowroot, potato, other legumes like chickpeas and wheat starch (all the protein has been carefully removed).

In many respects it is easier and nutritionally wiser to forgo the baked goods in large measure and eat other foods. The task of changing your diet is very much like moving to another country and culture. You may try to bring all your old habits with you, and struggle to get all of the ingredients that you are used to forming into meals, or you can gracefully, and with a sense of adventure try the new cuisine. Certainly, bakery foods are delicious and tempting, but so are creatively prepared rice, vegetable, fruit, fish, and meat meals. Even with multiple exclusions, an appealing, varied diet is within reach if you are willing to change your eating style. The main thing is to be inspired to create and enjoy a new cuisine that will diminish your disturbances, sustain your interest in food, and provide balanced nutrition.

Often, those being treated for food problems make odd, exotic food choices and use new food products of doubtful safety. Exotic legume products, new flours and a host of new snack foods are all put on the questionable food list. We cannot be sure how your body will tolerate these products, so eat them with caution. In food-related illness even the most wholesome-appearing food may be harmful to those with allergies, and digestive, or metabolic abnormalities.

So...even though the food industry and grocery stores are awakening to the demand for wheat & gluten-free products and providing them in new and interesting products, do not get caught up in using these new products. The best choice is still to eat those foods that come directly from the earth... those foods which Mother Nature provides.

Optimal Health

Shopping List

Proteins:

- Beef _____
- Chicken _____
- Turkey _____
- Fish _____
- Eggs _____
- Lamb _____
- Sausages _____

- Other _____

- Feta Cheese
- Goat Cheese
- Other _____

- Almonds
- Pecans
- Walnuts
- Brazil Nuts
- Sunflower Seeds/ Pumpkin Seeds
- Other _____

Grains:

- Brown Rice
- Millet
- Wild Rice
- Buckwheat
- _____
- _____

Beans:

- Black, Pinto, Garbanzo, Lentils

Fats:

- Olive Oil (Extra Virgin, Cold Pressed)
- Butter (Organic for sure, Raw if possible)
- Flax Oil, Borage Oil (Barlean's)
- Walnut Oil, Sesame Oil
- Cod Liver Oil (Carlson's Lemon Flavored)

Condiments:

- Balsamic Vinegar/Apple Cider Vinegar
- Natural Mustard
- _____

Vegetables:

- Arugula
- Avocado
- Asparagus
- Bell Peppers
- Beets/Greens
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collard Greens
- Corn (if allowed)
- Cucumber
- Eggplant

- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce -variety (no iceberg)
- Mushrooms
- Onions
- Parsley
- Spinach
- Squashes (variety)
- Sweet Pot/Yams
- Tomatoes

Herbs:

- Basil
- Dill
- Oregano
- Thyme
- Cilantro
- Ginger
- Rosemary
- _____

Fruits:

- _____
 - _____
 - _____
 - _____
 - _____
- (no on Bananas, Grapes, dried fruits)

Other :

- Herb Tea/Green Tea
- _____
- _____
- _____

- Sea Salt ("Pacific", New Zealand)
- Mayonnaise (no artificial ingred.)
- _____