

Basic Nutrition 101

1. Eat whole, natural foods. The more people who touch your food, the worse it is for you. For example, a baked potato is better than a mashed potato which is better than French fry.
2. Eat only foods that will spoil, but eat them before they spoil.
3. Eat naturally-raised hormone-free meat including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
4. Eat whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh and sour cream.
5. Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils—coconut and palm. Avoid hydrogenated and partially-hydrogenated oils.
6. Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
7. Use whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.
8. Include enzyme-enhanced lacto-fermented vegetables (i.e. kimchi, sauerkraut), fruits, beverages and condiments in your diet on a regular basis. These are an exceptional source of naturally occurring probiotics – good bacteria.
9. Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.
10. Use herb teas and coffee substitutes in moderation.
11. Use filtered water for cooking and drinking.
12. Use unrefined Celtic sea salt or Himalayan Salt and a variety of herbs and spices for food interest and appetite stimulation.
13. Make your own salad dressing using raw vinegar, extra virgin olive oil and expeller expressed flax oil. Commercial salad dressings are never fresh.
14. Use natural sweeteners in moderation, such as agave, raw honey, maple syrup, dehydrated cane sugar juice and stevia powder. Avoid artificial sweeteners like NutraSweet and Splenda.
15. Use only unpasteurized wine or beer in strict moderation with meals.
16. Cook only in stainless steel, cast iron, glass or good quality enamel.
17. Use only natural supplements, preferably made from “whole foods”. There is a difference; not all supplements are created equal.