

The success of any program of nutritional therapy is often founded upon a sound daily diet. In the case of disease or deficiency conditions, this is especially important since the body must receive substantial quantities of high quality "building blocks" such as protein to facilitate the vitamins and minerals in their action. The principle underlying the following nutritional recommendations is the elimination of food items which contribute little to no benefit to your nutritional or physical status and placing emphasis upon those which are beneficial.

### **Items to eliminate**

**Sugars:** White and brown refined sugars, sugar substitutes such as saccharin or cyclamate. Use natural source sugars such as honey or molasses sparingly.

**Refined Flours:** White, partially refined flours, and products such as pastries, cookies, cakes or breads containing such flours.

**Refined Grains:** Hot and cold breakfast cereals, and any other cereal products not made from unprocessed whole grain. Moderate use of granola or multigrain breads is acceptable. White rice and bleached or de-germed grains are unacceptable.

**Pasta:** Macaroni, spaghetti, and related items

**Dried Fruits:** Eliminate all dried fruits such as raisins, dates.

**Other Fruits:** Bananas, grapes, cherries, mangoes and avocado. Canned fruits with syrup should be completely eliminated.

**Vegetables:** Whole potatoes, corn, beans other than green or wax, peas and brown rice need not be removed from your diet, but used sparingly.

**Desserts:** Virtually all prepared desserts with the exception of specially prepared dietary items or homemade preparations containing no refined sugar, such as fresh fruit cups

**Miscellaneous:** All snack foods, chips, candy products, ice cream and related items, deep fried items such as french fries should be removed.

### **Items to increase or feature**

**Dairy Products:** Milk (2% or skimmed, raw, powder) buttermilk, yogurt (unflavored), cottage cheese, cheddar and other non-processed cheeses.

**Grain Products:** Wheat germ, bran, wholegrain cereals and bread, full fat soy flour, and other items prepared from whole oats, rye, barley, brown or converted rice.

**Meat:** All forms may be consumed liberally provided all visible fat is trimmed prior to cooking. Organ meats, poultry and eggs are excellent. Ham, sausages and most canned meat should be avoided.

**Seafood:** All types of fish excluding salmon, herring and fish canned in oil. Clams and other shellfish are excellent.

Nuts & Seeds: Nuts and seeds of all varieties may be consumed daily in moderate amounts provided they are unroasted, unsalted, and have no added oil. Especially good are toasted soybeans, raw almonds, cashews, pumpkin and sunflower seeds.

Vegetables: All vegetables except those under "eliminate". Should be used regularly and in abundance. Maximum benefit obtained from fresh or frozen foods, rather than the canned variety. Emphasis should be placed on green, leafy vegetables, and the regular use of salads.

Fruit: All types except those listed under "eliminate", use regularly.

Beverages: All fruit and vegetable juices except grape, prune and those with added sugar. Weak tea, herbal tea, decaffeinated coffee and beverages listed under "dairy"

Note: Food should be well-chewed, eaten slowly and consumed in smaller amounts. Light between-meal and before-bed snacks are recommended. Avoid as much as possible any "instant" foods and products with chemical additives, colorings, or personally allergenic compounds. Care should be exercised in the preparation of foods; fry only in polyunsaturated vegetable oils and minimize consumption of fried foods. Vegetables retain maximum nutrients if quick-steamed or prepared in a wok. Brewer's yeast, wheat-germ oil, lecithin and bone meal are very useful supplements which may be liberally and imaginatively added to enhance the nutritional value of many foods. Medications should only be taken on the advise of a physician. Follow a program of regular exercise and drink plenty of water.