

Eat for life 1

Nutrition to Match our Make-up



The Golden Rules for Getting Started

1. **Take the required supplements every day.** This is the best way to start getting sufficient that requires minimal effort and brings instant health results.
2. **Fresh Fibre First!** Always eat some raw vegetable or fruit with EVERY snack or meal. It provides wonderful fibre, digestive enzymes, vitamins, minerals, antioxidants and phytochemicals. It will also fill you up and change your cravings.
3. **Enjoy frequent small meals rather than infrequent large meals.** When you are hungry eat something. The hungrier you get the more likely you are to make a poor choice.
4. **Always shop full.** The nutritional decisions that determine your health are made at the point of purchase. "If the bad foods don't get purchased, they don't get eaten!" Leave the junk food at the shop!
5. **Always judge your dietary choices based on how you will feel AFTER the meal, not before or during.** You will NEVER regret a healthy meal!! Evaluate your food choices based on what your cells need (remember what your healthy ancestors ate!).
6. **Always look forward to your next meal as an opportunity to improve your eating habits and your health.** Never feel guilty about a food choice (guilt will never serve you).

Adapted from "The Innate Diet™ & Natural Hygiene"
By Dr James Chestnut

Fundamentals of the Hunter-Gatherer Diet and Lifestyle

1. Eat whole, natural, fresh foods; avoid highly processed and high-glycaemic-load foods.
2. Consume a diet high in fruits, vegetables, nuts and berries and low in refined grains and sugars. Nutrient-dense, low-glycaemic-load fruits and vegetables such as berries, plums, citrus, apples, cantaloupe, spinach, tomatoes, broccoli, cauliflower, and avocados are best.
3. Increase consumption of omega-3 fatty acids from fish, fish oil, and plant sources.
4. Avoid *trans*-fats entirely, and limit intake of saturated fats. This means eliminating fried foods, hard margarine, commercial baked goods, and most packaged and processed snack foods. Substitute monounsaturated and polyunsaturated fats for saturated fats.
5. Increase consumption of lean protein, such as skinless poultry, fish, and game meats and lean cuts of red meat. Cuts with the words *round* or *loin* in the name usually are lean. Avoid high-fat dairy and fatty, salty processed meats such as bacon, sausage and deli meats.
6. Incorporate olive oil and avocados into the diet.
7. Drink water
8. Participate in daily exercise from various activities (incorporating aerobic and strength training and stretching exercises). Outdoor activities are ideal.

O'Keefe, J. Cordain L. Cardiovascular Disease Resulting From a Diet and Lifestyle at Odds With Our Paleolithic Genome: How to Become a 21st-Century Hunter-Gatherer. Mayo Clin Proc. 2004; 79:101-108.

Transitioning Step 1 – Creating Sufficiency

- Increase the amount of water you drink (with greens and lemon and/or pHour salts).
- Fresh Fibre First! Eat some raw vegetables or fruit with EVERY meal (fruit with breakfast).
- Take the recommended supplements
- Substitute all white bread, pasta & rice for brown
- When you are hungry – eat something.
- Eat grass fed, organic meats as much as possible
- Make your own food, including salad dressings

Animal Protein

All meats should be lean, grass fed, free range, hormone free, and antibiotic free whenever possible. Grass fed meats will have omega3 fatty acids (EPA, DHA); grain fed meats will have none.

Organ meats are very healthy IF they are from hormone free and antibiotic free, grass fed animals. DO NOT eat organ meats from industrially farmed animals.

Wild game is the best source – make sure it is NOT an endangered species please!!!

Lean Beef (trim excess fat; don't go for the fat marbled meats)

Lean Lamb (trim excess fat; avoid chops)

Turkey (do not eat skin unless organic and not if weight is an issue).

Chicken (do not eat skin unless organic and not if weight is an issue).

Eggs (No more than 6 per week; free range only)

Wild Salmon (Sockeye, Pink, Chum – canned is O.K. – check for added salt)

Limited (no more than 6x/month) cod, snapper, rockfish, haddock, halibut

Very limited (avoid completely if pregnant) tuna, swordfish etc

Avoid all farmed fish (most fish in markets is farmed; those that aren't still often highly contaminated with heavy metals).

Avoid shellfish (bottom feeders; highly contaminated)

Lactose free whey, hemp, or other vegetable protein can be used as a substitute for meat.

Counting calories is generally unimportant while eating a Hunter-Gatherer type diet and following the Move for life exercise guidelines.

Raw Milk

Available from www.hookandson.co.uk

Healthy vegetable / salad dressing

1 tsp organic omega balance oil or organic flax oil

1tsp organic extra virgin cold pressed olive oil

Organic lemon or organic (nitrate free) apple cider vinegar to taste

Organic seasoning to taste.

| DIRTY DOZEN™ | | CLEAN 15™ | |
|--------------------------|------------------------|-----------------------------|-------------------|
| <i>Buy These Organic</i> | | <i>Lowest in Pesticides</i> | |
| WORST | 1 Celery | BEST | 1 Onions |
| | 2 Peaches | | 2 Avocado |
| | 3 Strawberries | | 3 Sweet Corn |
| | 4 Apples | | 4 Pineapple |
| | 5 Blueberries | | 5 Mangos |
| | 6 Nectarines | | 6 Sweet Peas |
| | 7 Bell Peppers | | 7 Asparagus |
| | 8 Spinach | | 8 Kiwi |
| | 9 Cherries | | 9 Cabbage |
| | 10 Kale/Collard Greens | | 10 Eggplant |
| | 11 Potatoes | | 11 Cantaloupe |
| | 12 Grapes (Imported) | | 12 Watermelon |
| | | | 13 Grapefruit |
| | | | 14 Sweet Potato |
| | | | 15 Honeydew Melon |

How to transition onto the Innate (Palaeo type) Diet

Step 1 - Drink more water

So how much is enough? A good formula to use is 25-35ml of water per Kg of body weight. So if you weight 100Kg that would be 2.5 to 3.5 litres per day. Use the best quality water available to you – a filter is a great idea. Add a squeeze of lemon or lime to make it alkalinising – this also has the added benefit of making it a delicious drink that can be enjoyed hot or cold.

Step 2 - Take an omega 3 supplement

Fish or Krill oil are probably your best bet as they provide the longer chain EPH and DHA important for so many functions in the body. Vegetarians can take flax seed oil as a good source of the shorter chain ALA. Pick up a “Why Fish Oil” handout for more info.

Step 3 - Add one more portion of fresh fruit or veg to every meal

This could be adding a piece of fruit to your breakfast and a side salad or extra portion of veg to your lunch and dinner. You can try new types of veg or just have a bigger portion of your favourite veg – it all counts.

Step 4 – Replace whites with browns

Substitute all white pasta, rice and bread for brown / wholemeal versions. This is a great way to have a massive impact on your health without having to make a big change to the way you eat. Refined carbohydrates like this made from white flour spike your blood sugar, and this increases your resistance to insulin, and leads to greater body fat deposition

Step 5 – Replace fatty with lean protein

Substitute fatty cuts of meat such as bacon, sausage, salami for lean choices such as skinless poultry, fish and lean mince / steaks etc.

Step 6 – Replace saturated with unsaturated

It is still important to get enough fat in the diet and substituting unsaturated fats for saturated fats is another great health promoting choice. Reducing the fatty cuts of meats is a great way to reduce the intake of saturated fats. Good ways to increase the unsaturated fat intake is to drizzle olive oil or hemp oil over meals / salads. Other good sources of fats are avocados, raw nuts, olives, coconut oil, fish oil, flax oil. Don't be fooled by the margarine myth either. Margarines contain hydrogenated trans fats which are pro-inflammatory so it's better instead to use small amounts of organic butter. It's important to avoid trans-fats entirely if possible. This means eliminating fried foods, margarine, shortening, commercial baked goods, and most packaged and processed snack foods.

Step 7 – Replace bought with home-made

If you have sandwiches at work, make them at home and take them in with you rather than buying them in the shop. If you eat ready meals start trying to make those same meals yourself using healthy ingredients – you could always cook up a large batch and freeze portions for easy consumption later. This is the first step that requires some extra effort – the first real “lifestyle change”. It may seem daunting at first – but you are ready for it, you can do it!

The effect on your health will be huge and who knows, you might even enjoy it. When cooking for the family from scratch you can hide all sorts of veggies in children's food. If you want a sweet treat then start home baking. You can even add fruit and/or veggies into cakes (eg, carrot cake, banana cake, lime and courgette muffins, chocolate and beetroot cake). Bought cakes and biscuit treats have many additives and hydrogenated fats which are really bad news. At least if you are making things yourself you know exactly what ingredients you are putting in! Using wholemeal flour, almond flour, unrefined sugar, and olive oil are also good substitutions to make in your baking.

Step 8 - Choose healthy snacks

See if you can snack on fruit, raw veggies and nuts or leftovers from previous meals instead of chocolate bars and crisps. This is not about starving yourself – it's important that you don't get too hungry. It is about making healthier choices. If you need a chocolate fix then try switching to a dark chocolate of at least 70% solids to begin with but 85% is even better. Good quality dark chocolate has none of the refined sugar, milk fats, waxes and hydrogenated oils that other sweets and chocolate treats have.

Step 9- Become a savvy label reader

If you are buying any kind of manufactured food read the labels carefully and try to buy the item with the least amount of "non-wholefood" ingredients. For example try to avoid artificial sweeteners, monosodium glutamate, hydrolysed soy protein, hydrogenated fats, artificial flavourings and colourings etc. Watch out for sugar and salt content too. Remember that the ingredients are listed by weight/volume so the first ingredient in the list is the main ingredient. It is important to look out for different words for sugar as the manufactures will list several different forms of sugar as an ingredient to make sure that 'sugar' isn't the highest ingredient in the list (eg glucose, fructose, maltose, lactose, dextrose, corn syrup, rice syrup, barley malt syrup, fruit juice concentrate, dehydrated cane juice, sorghum – all of these mean the same thing, sugar!)

An example of savvy label reading would be, if you have to have a bag of crisps, 'kettle chips' have the following ingredients; Select Potatoes, Sunflower Oil, Sea Salt but Walkers French fries deemed as low fat and 'better for you' have the following ingredients; Potato Granules, Preservative (Sodium Metabisulphite), Potato Starch, Sunflower Oil (16%), Salt, Flavour Enhancer (Monosodium Glutamate), Colour (Annatto). Therefore on balance the kettle chips would be a better option.

So don't be fooled by 'low fat', 'healthy option' or 'free from' labels and branding. Read the ingredients list carefully for yourself and opt for choices with the smallest and healthiest list of ingredients!

Step 10- Break away from breakfast cereals

Most breakfast cereals contain almost exclusively high glycaemic carbs and very little protein or fat. A good first step to making breakfast healthier would be to add some protein – this can be done by adding a handful of raw nuts to any cereal. The best thing is to think of breakfast as just another meal – who said it has to be Kellogg's in the morning? Leftovers from last night's dinner are a great way to start the day. If the jump away from breakfast cereals is too great, go for a "no added sugar" muesli or porridge made from whole oats – and add some

nuts for the extra protein. Be aware that lots of cereals have a very high sugar content especially those geared towards children (some of them are up to a 33-34% sugar) so again get reading those labels and go for lower sugar options! That said, don't simply substitute sugar for sweeteners – rather try to choose less sweet options.

Step 11 – Start to reduce the grains

This is the next step that requires some lifestyle change but you don't have to jump straight to a “no grain” position. One way to start is to simply reduce the size of the grain portion at any particular meal. You can increase the vegetable / lean protein portion to compensate. Another easy way is to use an alternative source of starchy carbohydrate. Potatoes are not the best choice due to their high Glycaemic index but would be OK once in a while. Other great choices are pumpkin / squash / butternut, swede, turnip, sweet potatoes and other root vegetables and tubers. In this transition phase, Quinoa is another good grain substitute. It's a bit like a cross between rice and cous cous but actually a seed and as such is gluten free, a good source of protein and has a low GI. Buckwheat and wild rice are other gluten free grains that are a good option.

If you have grains at each meal time, ie cereal for breakfast, bread for lunch and pasta or rice at dinner, why not choose one meal each day to be grain free?

Step 12– Start to reduce the dairy

A good way to go here is again to use substitutes. The best way to go is to use a variety of vegetable milks; coconut, oat, rice, quinoa, almond etc. Rotate the different milks you use every few days. There's a lot of disagreement about soy products with some saying they are fantastic and others terrible. It's probably better to use soy only occasionally and to only use fermented soy products such as tempeh and avoid unfermented soy such as soy milk and tofu.

Additional supplements

A good quality 1-a-day multi-vitamin and mineral supplement (such as the one from Biocare) is probably a good idea as is a good quality pro-biotic – particularly after any type of digestive upset or a dose of anti-biotics.

Family tips

If you are cooking for a family a great way to include them in what you are doing is to keep cooking the same basic meals but substitute some of the ingredients. For example sub out the white pasta / rice / bread and use brown or wholemeal varieties. Try quinoa instead of rice, root vegetables instead of potatoes. Add a side salad or a few extra veggies in their favourite meals. See which areas they are willing to compromise in and which they are not.