

The Healthy Food Plan

We can live only a few minutes without **oxygen**, a few days without **water**, and weeks without **food**.

Fats

("Good" fat)

Proteins

(Use proteins associated with "good" fat)

Carbohydrates

*(Mostly from fruits, vegetables and beans;
Less from grains and sugars)*

Oxygen - Water

(Foundation of health)

OXYGEN: exercise, deep breathing, plant foods

WATER: 5-8 glasses of pure water daily. Fruits and vegetables are 70-95% water, and water is 89% oxygen.

ORGANIC: All plant and animal foods should be free from chemicals and pesticides.

CARBOHYDRATES: (55%-60% of calories) from *complex* carbohydrates (fresh whole fruit and vegetables; beans; some whole grains). The focus should be on fruits and vegetables. Limit refined carbohydrates, which include all sugars and grains especially refined (i.e. white) grains.

PROTEIN: (15-20% of calories). All whole foods have some protein. Concentrated protein sources are fish, poultry, meats, dairy, eggs, soy products, protein powders. Beans are carbohydrate and protein. Limit red meats and dairy and avoid excess protein. Use organic animal protein.

FAT: (20-25% of calories). It is important to get the majority of dietary fat from good fat sources. **GOOD FAT** sources include: fatty cold water fish (salmon, mackerel, trout, sardines, tuna, anchovies), *raw* nuts and seeds (especially flaxseeds, pumpkin seeds, sunflower seeds, walnuts and almonds), soybeans and other beans, avocado, spirulina, sea veggies, leafy greens, flaxseed oil, canola oil, rice bran oil and olive oil. The fat in "whole", unprocessed foods is good fat. **BAD FAT** sources include saturated fats from animal products like red meat and dairy, and "trans" fats such as in margarine, processed and packaged foods, *roasted* nuts and seeds and rancid food.

OTHER FOODS FOR IMMUNE SUPPORT: Soybeans and soy foods (includes soy milk, tofu, tempeh, miso); cruciferous veggies (includes cauliflower, broccoli, cabbage, kale, collards, bok choy, brussel sprouts, kohlrabi); ginger, garlic, onions, leeks and chives; curcumin, curry, cayenne, supergreen foods like spirulina; hi fiber foods; anti-oxidants.

STRESS AND MENTAL ATTITUDE: Practice stress management and relaxation techniques; maintain a positive attitude and world view; learn optimism; allow time for play; do what you have always wanted to do; cultivate social support; create the life you want to live.