

Simple Whole Food Diet Principles

Eat to Promote Self-Healing for the Brain and Body

Shopping at a natural foods store is easier and offers more options

Shopping at a natural food store helps you avoid undesirable ingredients and food. Trader Joe's products do not contain GMOs. Sprouts and other natural grocery chains are affordable, offer specials and make it easier to get better quality food. Natural Grocers is another excellent option with all organic produce and reasonable prices. If shopping at a regular grocery store, **shopping around the perimeter is the best strategy**, staying out of the processed food in the center aisles.

Reduce/avoid sugar

- Use naturally sweet foods for treats such as fruit. A little melon or some berries are good choices. **For brain health emphasize wild blueberries** (Trader Joe's is an excellent source in the frozen section)
- Use stevia, monk fruit or other natural alternative sweeteners
- Save desserts like cake, pie and ice cream for occasional treats favoring a moderate serving

Lower starch intake – moderate servings

- Avoid white potatoes, rice, white starchy food (turns to sugar in the body), eat moderate servings for an occasional treat
- Eat yams and sweet potatoes in moderation
- **Gluten-free is highly recommended**, especially if you react to wheat and gluten products. **If you eat wheat, organic is a must due to pesticide levels**
- Try lower starch grains such as quinoa

Eat more vegetables

- Emphasize salads
- Sautéed veggies
- Steamed veggies
- **Make green drinks** – place any greens (spinach is a good choice) in a blender with water, ice, avocado if you like it creamy, and some berries or fruit (frozen works fine). Cucumber and other juicier vegetables can also work well. Lime can brighten the taste. This can be done in any blender and it is a super way to get your nitric oxide boosting vegetables without a lot of work.
 - A NutriBullet (or other smoothie blender) can make a quick drink



Examples of foods to avoid entirely:

- × Processed meat that contains preservatives
- × Foods you are allergic to
- × Potato chips, French Fries
- × Refined and processed foods, lunch meat
- × Soda
- × Alcohol
- × Candy
- × Pastries, doughnuts
- × Soy
- × GMO corn (it must be organic), and processed foods



Diet Plans - use for recipes and meal plans

- **Mediterranean Diet** <http://www.eatingwell.com/article/16372/8-ways-to-follow-the-mediterranean-diet-for-better-health/>
- **Paleo Diet** <https://www.healthline.com/nutrition/paleo-diet-meal-plan-and-menu>
- **Ketogenic Diet** - a low carb, moderate protein, and high fat diet which puts the body into a metabolic state known as ketosis (fat burning). The Ketogenic diet is more restrictive but may be **very beneficial for brain repair and support**. Endless recipes can be easily found online. <https://www.dietdoctor.com/low-carb/keto>

For all diet options: Add green drinks

Here is a green drink recipe to try. Look up recipes on the internet for more ideas *but avoid high sugar fruit choices.*

- 1 cups water
- 1/2 cup spinach
- 1/4 cup cucumber
- 1 celery stalk
- A little parsley
- 1 apple
- Small slice ginger
- Juice of lime or lemon
- ½ - ¾ cup of ice

SHOPPING LIST

These are not the only possible foods, follow the general principles on previous pages to include other food options.

Healthy fats – Brain Food, fats are good for keeping you satisfied longer

- Avocado and avocado oil
- Extra Virgin Olive Oil - make sure it is a reputable brand for good quality
- Coconut Oil –BRAIN HEALTH**
- MCT oil –BRAIN HEALTH**
- Grass fed butter – Kerrygold**
- Ghee

Healthy Protein Choices:

- Organic or naturally raised eggs, pasture raised is best**
- Organic or RBST free dairy products – *eat only if you do not get congested from dairy or have allergic symptoms, soft cheeses and cultured dairy such as yogurt can be better choices. Milk is often challenging.***
- Grass fed beef or lamb**
- Organic and pasture raised chicken or turkey**
- Legumes and beans:** soak overnight before cooking and add spices to assist digestion such as cumin
- Wild salmon or trout**
- Sardines**

Spices and Herbs: add flavor and promote brain and overall health

- | | | |
|---|---------------------------------------|--|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Curry powder | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Ginger | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Mustard | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Oregano | <input type="checkbox"/> Wasabi powder |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Paprika | |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Parsley | |

Nuts and Seeds

- Almond butter
- Almonds
- Cashew butter
- Cashews
- Chestnuts
- Hazelnuts
- Macadamias
- Pecans
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Fruits

- Apples
- Avocados
- Blackberries
- Blueberries
- Cherries
- Citrus fruits
- Coconuts
- Mango
- Peaches
- Pineapples
- Pomegranates
- Raspberries
- Strawberries

Vegetables – fresh organic or frozen

- Artichokes
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Green beans
- Kale
- Lettuce
- Mushrooms
- Okra
- Onion
- Radish
- Spinach
- Zucchini