

NOURISHMENT GUIDE

FOOD PATTERN RECCOMENDATIONS

BY REGINA GEE

This is a condensed guide for creating a personalized, balanced, whole-foods diet that provides the nutrients that are necessary for good health and promotes a values driven personal food system. The invitation here is for you to take this insight and education and use it to cultivate an eating pattern that is characterized by wholeness, nourishment, connection and eating well. Take it one step at a time. Don't get bogged down in the science, let the knowledge that you are taking good care and nourishing yourself fuel you.

“ Food is much more than nourishment – it's our spirituality; it's that wholeness. It's our occupations, it's physical wellness, it's emotional. It connects us to the environment and to the world. ” - Vanessa Casillos

Nourishment is defined as: *the food or other substances necessary for growth, health, and good condition; the action of nourishing someone or something.* To nourish also means to keep in one's mind, typically for a long time. The word nourish derives from the Latin word 'nutrire' which means 'feed, cherish.' The word cherish means to protect and care for lovingly. Approaching our food, how we eat, and why from a place of cherishing is radically different from consuming. I am interested in a world of loving care extended to the food we eat and how it is grown and harvested.

GENERAL GUIDLINES

- Your pattern should be around 40-50% Carbohydrates, 30% Fats, 20-30% Protein.
- Eat Vegetables & Fruits in abundance & of every color (5-9 servings daily).
- Aim for half a plate of vegetables every meal.
- Every meal should have carbs, fats, and protein.
- Eat whole foods that have been taken care of and are from meaningful sources.
- Eat unprocessed - if it can't rot, it is not food.

Explore Andrew Weil's interact anti-inflammatory food pyramid [here](#).

THIS PAMPHLET IS A COMPILATION OF INSIGHTS LEARNED IN THE LIFESTYLE & WELLNESS SERIES FROM THE ANDREW WEIL CENTER FOR INTEGRATIVE MEDICINE.

CARBOHYDRATES

Carbohydrates are formed by plants from carbon dioxide and a water during photosynthesis. They serve as energy sources and are one of the most widespread organic substances in nature. Each meal should include carbohydrates. In general, choose low glycemic index/load and unrefined carbohydrates.

EAT LOW GLYCEMIC, WHOLE, & UNPROCESSED CARBS

GLYCEMIC INDEX & GLYCEMIC LOAD

Pay attention to the glycemic index and glycemic load of carbohydrates. The higher the index number, the greater the effect on blood-sugar levels. High glycemic index foods cause spikes in blood sugar, leading to many health problems including glucose regulation. Choose low index carbohydrates whenever possible.

Glycemic Index: Low 0-55 Medium: 56-69 High: 70-100

[Searchable Glycemic Index Database](#)

PROCESSED & REFINED FOOD

Processed foods are foods that have undergone a process to increase their shelf life and distribution. They include an abundance of additives including sugar and salt. Limit consumption of processed foods to lower sugar intake. Refining grains removes the nutrient-rich germ and bran portions of the grain. Refined foods contain substantially fewer nutrients than their unrefined counterparts.

WHOLE GRAINS

Whole grains are intact carbohydrates, meaning the various pieces of the grain are still together. This is beneficial because it contains more nutrients than refined grains. Choose carbohydrates where you can literally see the grains (steel rolled oats, quinoa, etc.).

FIBER

Eat enough fiber to support your digestion, generally 14 g per 1000 kcal, which is about 25 g daily for women and 38 g daily for men. It is best to get fiber from diverse food sources, specifically vegetables, fruit, legumes, beans, seeds, & whole grains.

SUGAR

Refined sugars (sucrose, corn syrup) have no vitamins, minerals, or other micronutrients and decreases overall nutrient intake by an average of 15%. There are no health benefits to eating refined sugar. Additionally, refined sugar has been shown to be a cause of many symptoms and promote many illness. Limit your intake of added sugar and be mindful of the amount of natural sugar (from fruits) you are consuming.

PROTEIN

Proteins are large molecules composed of amino acids. Proteins are important structural components of the human body and provide building blocks for healthy muscle and tissue. Protein is the most satiating food source and is a good place to start with nutritional goal setting. Protein should make up 20-30% of your daily calorie intake. Plant based diets should include slightly more grams daily due to bioavailability.

$$\text{WEIGHT (LBS)} \times .36 = \text{RECOMMENDED DIETARY ALLOWANCE (g)}$$

PROTEIN SOURCES

The source of protein matters because of the way toxicants and other pollutants are concentrated in protein rich foods. Quality of meat is influenced by the living conditions farming practices, and environmental conditions present. Fish are also influenced by farming/harvesting practices. Whenever possible, consider the source and quality of the protein. The best animal based choice is pastured meat.

PLANT BASED

Plant-based protein tends to be lower in calories and fats and higher in fiber and essential nutrients than animal-based protein. Incorporating more plant based protein into your diet helps reduce inflammation, reduce your carbon footprint, improve your gut health, and reduce risks of many chronic diseases. Not all plant-based protein is a complete protein. Be aware of the bioavailability of the source and presence of amino acids.

Examples of Plant-Based Protein: Soy Products (Tofu, Tempeh, Edamame), Beans & Legumes, Seitan, Quinoa, and Seeds.

FISH

Fish is a good source of protein, omega-3 fatty acids, and other nutrients. Fish are also susceptible to environmental pollution. Pay attention to the source of your fish. Learn more about smart fish choices at [Seafood Watch](#) or [EWG's Consumer Guide](#).

MEAT & POULTRY

Meat & poultry contain substantial amounts of protein, heme iron, and other vitamins and minerals. However, these foods are also high in cholesterol, saturated fats, and accumulated pesticides and other toxic substances. Cured meats are Type 1 Carcinogens and should be avoided. Limit the amount of meat you consume, and consume quality meat (organic, wild range, pastured).

DAIRY

High quality organic dairy and eggs are also good sources of protein. They are also calorie dense and should be eaten in moderation.

EAT PLANT-BASED, QUALITY, & ADEQUATE PROTEIN

FATS

Fats are a major source of energy and are key components in cell membranes and function as many biochemical mediators. There are healthy and unhealthy fats. In general, nature produces healthy fats (polyunsaturated & monounsaturated fats) whereas man made processing/manufacturing fats (saturated & trans fats) are less healthy and have been linked to many diseases. 30% of your daily diet should be fats when following the Anti-Inflammatory guidelines. The fats you consume should be in a ratio of 1:2:1 of saturated to monounsaturated to polyunsaturated fats. This is around 67 grams on a 2,000 calories a day diet.

EAT OMEGA-3'S & HEALTHY FATS, AVOID TRANS FAT

POLYUNSATURATED FATTY ACIDS

Omega-3 Fatty Acids appear to have cardioprotective effects, anti-inflammatory activity, as well as numerous other benefits. Low dietary Omega-3's are one of the top four dietary risks associated with highest mortality, meaning that consuming enough omega-3's is really important for your health.

You can find Polyunsaturated fats (Omega-3's) in: fish (especially salmon, sardines, herring, & black cod), fortified eggs, hemp seeds and flax seeds (preferably freshly ground), soybeans, and walnuts.

MONOUNSATURATED FATTY ACIDS

Monounsaturated fats are also nourishing for your heart. Cooking oils such as olive oil, canola oil, and grapeseed oil contain oleic acid which is a healthy fatty acid when used in moderation. Using extra virgin olive oil as the main cooking oil is recommended (up to its smoke point) and focus on adding oils at the end of cooking as opposed to frying. Other foods high in monounsaturated fats are olives, nuts, seeds, and avocado. These foods are all very calorie dense; incorporate them in appropriate serving sizes (small to moderate).

SATURATED FATS & TRANS FATS

Saturated and Trans Fat can cause too much cholesterol to build up in your circulatory system, increasing your risk for heart disease and stroke. The World Health Organization is urging governments to eliminate Trans Fat completely by 2023. Levels of saturated and trans fat can both be found on nutrition labels. Saturated fat in moderation is okay, but *avoid trans fat all together*. A helpful trick to recognize saturated fat is that it is solid at room temperature.

BEVERAGES

WATER

The amount of water we need is very individualized; it will vary based on age, activity level, and body weight. A general rule of thumb is to drink enough water so that your urine is colorless or light yellow. If you are thirsty, it generally means you are not drinking enough water. Drink extra water when you sweat, are exposed to high heat, or drink alcohol or caffeinated beverages.

Drink pure water, or drinks that are mostly water such as tea, very diluted fruit juice, or sparkling water. It is important to understand the quality of your water, and it may be prudent to invest in a water filter/purifier, especially if the water smells or tastes of chlorine. Drink water throughout the day; chugging a lot at one time is not the best way to hydrate.

DRINK MORE WATER THAN OTHER BEVERAGES COMBINED

TEA

Drinking good quality tea, especially white, green, or oolong tea, is particularly good for you based on its antioxidant qualities. Green and black tea also contain high levels of antioxidants, higher levels than most vegetables and fruits.

Tea is a good way of replacing sugary drinks while still incorporating flavor. It is also optimal to drink tea instead of coffee. Black tea has the highest level of caffeine for tea.

CAFFEINE

Caffeine can be good in moderation, helping us to improve mental functioning. You can drink caffeine in the morning, but it should be avoided in the afternoon because it blocks sleep signals and disrupt sleep patterns. If you get headaches when you don't drink caffeine you are drinking too much. Be mindful of the sugar in coffee and other caffeinated drinks. Most bottled drinks are particularly dense with added sugar; be mindful of your sugar intake when choosing drinks.

ALCOHOL

Alcohol contributes to numerous diseases in excess. In moderation, it is okay and can be beneficial. Men who choose to drink should limit consumption to two drinks a day and women should limit consumption to one drink a day. Red wine has been shown to be a good source of flavonoids (a phytonutrient). Be mindful of added sugar, mixed drinks in particular are the most sugary.

VEGETABLES, FRUITS, & PHYTONUTRIENTS

Vegetables and fruits are rich sources of vitamins, minerals, carotenoids, flavonoids, fiber, and other phytochemicals; things we cannot get anywhere else. Most modern Americans are deficient in vegetables and fruits. We could all do well to eat more of them. Choose fruits and veggies of all different colors, especially grapes and berries, tomatoes, orange and yellow fruits, broccoli, legumes, seeds, and dark leafy greens (different colors denote different chemical composition, and diversity of intake is the goal!). Choose organic produce when possible, particularly with produce on the “Dirty Dozen” list. The Clean 15 list has produce that is okay to buy non-organic

Learn more about which crops carry pesticide residues at: www.foodnews.org

EAT AN ABUNDANCE OF COLORFUL VEGETABLES & FRUIT

PHYTONUTRIENTS

Phytonutrients are important for our health not because they are sources of energy or calories, but rather because they provide direct anti-inflammatory, antioxidant, glucose balancing, and hormonal modulating effects. Phytonutrients offer natural protection against age related diseases such as cancer, heart disease, and neurodegeneration. Phytonutrients are found exclusively in plants, meaning we should make sure to eat plenty of them!

Here are some tips to eat more phytonutrients:

- Eat a variety of fruits, vegetables, and mushrooms.
- Eat cruciferous vegetables (broccoli, cabbage, brussel sprouts, arugula, kale)
- Eat citrus
- Add a tablespoon of freshly ground flax seed to smoothies, cereals, and salads.
- Include soy foods in your diet such as edamame, soy nuts, soy milk, tofu, and tempeh.

“ EAT FOOD. NOT TOO MUCH. MOSTLY PLANTS. ”

Michael Pollan

LIGNANS

Lignans are a group of phenolic compounds found in plants. They help protect against cancer, heart disease, and osteoporosis. Flaxseed has the highest dietary lignan content, and it is recommended to eat 1-2 TBSP of ground flaxseeds daily. Flaxseed is also a good source of omega-3 fatty acids.

Flaxseed Tips:

- Store flaxseeds whole and sealed in refrigerator; they are easily oxidized.
- Ground into meal before eating.
- Flax oil is not effective for lignan intake.

FLAVONOIDS

Flavonoids have anti-inflammatory effects and can protect your cells from oxidative damage. Good sources of flavonoids include:

- Citrus, Grapes, & Berries
- Soy, Red Wine, Cocoa, Green Tea, & Turmeric

Enjoy plain dark chocolate in moderation
(minimum cocoa content of 70%)

CAROTENOIDS

Carotenoids originate from photosynthesizing plants, algae, and bacteria. Green leafy vegetables are the richest source of carotenoids, and they are also found in orange, yellow, and red fruits and vegetables.

Cooking carotenoids in oil generally increases their bioavailability, and bile acids are required for absorption.

GLUCOSINOLATES & INDOLES

Cruciferous or brassica vegetables (kale, broccoli, brussels sprouts, cabbage) are rich sources of glucosinolates and indoles. In general, cooking decreases the glucosinolate content of foods by an average of 36%, so these vegetables are most nutritious eaten raw but still beneficial cooked.

DIRTY DOZEN +

Buy these Organic:

1. Strawberries
2. Spinach
3. Kale, Mustard, Collard Greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Peppers
11. Celery
12. Tomatoes
13. Potatoes
14. Lettuce
15. Blueberries
16. Cucumbers
17. Plums
18. Green Beans

CLEAN 15

Okay to buy
Non-Organic:

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew
15. Cantaloupe

MUSHROOMS

Mushrooms are an underutilized source of phytonutrients, minerals, and vitamins in western countries. They are a rich, low calorie source of fiber, protein, and antioxidants. Mushrooms also have benefits for the immune system and the nervous system.

EAT A WIDE VARIETY OF MUSHROOMS / USE AN EXTRACT

EATING & COOKING MUSHROOMS

Mushrooms are not created equally and there are millions of different species. Explore Asian varieties of edible mushrooms (such as lions mane, oyster, shiitake, & maitake) rather than the more readily available button mushroom. Buy mushrooms grown in the US or from verified organic sources.

- Disclaimer: Do not eat mushrooms raw - thoroughly cook them to break down cell walls (make them more digestible) and breaks down toxins.
- Examples of Medicinal Mushrooms: Maitake, Reishi, Cordyceps, & Turkey Tail

MUSHROOM EXTRACTS

Mushrooms extracts are a good way to incorporate the value of mushrooms if you don't have access to whole mushrooms or want to supplement your intake.

There are a variety of different types of mushrooms extracts; some include just the mycelium, some just the fruiting body. They are all made with the intention to deliver beneficial compounds. A trustworthy product will be transparent about its source, its ingredients (plant parts, common names, botanical names), and its amount (quantity of starting material and extract and the extract ratio).

MAKE YOUR FOOD MEANINGFUL

Changing your food pattern is a real labor of love. It is an investment of your time and energy for your wellbeing. It is important that you personalize it to fit your needs and your life. The following advice is here to support and guide you as you build a nourishing food pattern.

“ The health of the soil is linked to the health of the plants and animals we eat to the health of the food culture in which we eat them to the health of the eater, in body as well as mind. ”

Michael Pollan

VITAMINS/MINERALS/ SUPPLEMENTS

There is a debate in the medical world about whether or not supplements are necessary. That being said, supplements are an available tool to help you meet your nutritional goals and provide the necessary components to your body for optimal function. The word 'supplement' means: something that completes or enhances something else when added to it. With most nutrients, it is best to meet nutritional needs with whole food sources before using supplements. Whole foods generally have higher levels of absorption and also a greater nutrient density than supplements. Supplements are an option to shore up nutritional edges if you have a hard time meeting specific nutritional needs.

Examples of Shoring the Edges:

- Whey Protein to supplement & help meet your protein requirement.
- Fish Oil Supplements to get your omega-3's if you do not like fish.
- Multivitamins to ensure you are providing needed vitamins & minerals.

When considering supplements it is helpful and important to seek the advice of a medical professional, especially if you are on prescription medications.

USE SUPPLEMENTS AS AN ENHANCEMENT TOOL

VITAMINS:

- Folate
- Niacin
- Vitamin A
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E

MINERALS:

- Calcium
- Chromium
- Iron
- Magnesium
- Selenium
- Zinc

COMMON SUPPLEMENTS:

- Fish Oil
- Coenzyme Q10
- Glucosamine
- Lutein
- Melatonin
- SAmE
- Whey Protein
- Probiotics

GET IN TOUCH FOR MORE RESOURCES ON SUPPLEMENTS!

ADDITIONAL INFO

In addition to the macronutrient, micronutrient, and phytonutrient recommendations above the following advice is also helpful for incorporating more beneficial foods into your food pattern.

FERMENTED FOODS

Fermentation is a process by which a microorganism transforms food into other products. The fermentation of fiber shifts the composition of the microbiome and is thought to impact disease risk and management. Fermented foods are rich in probiotic bacteria, and therefore help to diversify your microbiome.

Fermented foods include:

- **Miso:** fermented soy bean paste and contains various vitamins, microorganisms, salts, minerals, plant proteins, carbohydrates, and fat.
- **Kimchi:** fermented cruciferous vegetables and other foods such as garlic, ginger, and red pepper with probiotic lactic acid bacteria.
- **Kombucha:** fermented tea that, in addition to having all the benefits of normal tea, is rich in probiotics.
- **Yogurt:** fermented milk and can provide calcium, protein, and probiotics. Be aware of the sugar content of processed yogurt and its calorie density.

SPICES

Spice blends are ideal for reducing salt and sugar while adding flavor. Spices help with flavor without pushing up calorie amount, and some spices have anti-inflammatory properties. Try seasoning your food with turmeric, curry powder, ginger, garlic, chili peppers, and other herbs and spices.

BEANS & LEGUMES

Introducing more beans and legumes to your diet is beneficial for numerous reasons. They are a good source of plant protein and are very rich in fiber, B vitamins, folate, calcium, potassium, phosphorus, and zinc. They are also low in fat. They are lower calorie options while also increasing your satiety and feelings of fullness. They also contain antioxidants that help prevent cell damage and fight disease. You can add them to your diet in dips, salsas, soups, sides, etc.

Beans and legumes can also cause gas. If you do not eat a lot of beans, introduce them slowly and soak them before you cook them to reduce GI discomfort.

TIPS FROM ANDREW WEIL

- Choose whole, unprocessed foods
- Shop at farmers markets, connect to your local food system
- Meal plan for the week prior to shopping
- Meal prep so you have nutritious meals ready when you're hungry
- Eat 5 servings of vegetables daily
- Increase your daily intake of vegetables and fruit
- Replace sugary drinks with clean water and healthy teas
- Increase the quality of protein intake -- add more plant-based proteins and consider the source and quality of animal proteins
- Increase organic non-GMO whole soy foods
- Add whole grains to the meal
- Eat more legumes
- Use healthy fats in sensible proportions (emphasize poly and monounsaturated, with saturated fats in moderation)
- Add more flax meal to your foods
- Eliminate trans fat intake
- Include avocado, nuts and seeds in sensible portions
- Incorporate cold water fish like sockeye salmon
- Eat a variety of cooked Asian mushrooms
- Increase the use of spices, decrease salt
- Try new healthy recipes, learn how to cook food that works for you
- Cook most meals with a quality organic, expeller pressed extra virgin olive oil
- Eat mindfully and consider portion size at every meal
- Discuss the AI diet with family members and involve them in healthy meal planning
- Find new easy recipes that adhere to the principles of the AI or Mediterranean diet and involve children in meal preparation
- Start a backyard garden or get involved in a school garden to reinforce the importance of organically grown seasonal vegetables

TIPS FROM MICHAEL POLLAN

- Don't eat food your great grandmother wouldn't recognize as food.
- Avoid food products containing ingredients that are a) unfamiliar b) unpronounceable c) more than five in number or that include d) high fructose corn syrup.
- Avoid food products that make health claims
- Shop the peripheries of the supermarket and stay out of the middle (processed foods are in the middle)
- Get out of the supermarket whenever possible
- Eat mostly plants, especially leaves
- You are what what you eat eats too
- If you have space, buy a freezer
- Eat like an omnivore
- Eat Well grown foods from healthy soils
- Eat wild foods when you can
- Be the kind of person who takes supplements
- Eat more like the French or the Italians or the Greek or the Japanese
- Don't look for the magic bullet in the traditional diet.
- Have a glass of wine with dinner
- Pay more, eat less
- Eat Meals
- Do all your eating at a table
- Don't get your fuel from the same place as your car does.
- Try not to eat alone
- Consult your gut
- Eat slowly
- Cook and if you can, plant a garden