

***Basic Guide to Healthy Eating:***

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This is an outline of a health supporting dietary plan. Using this as a guide can ease the transition into or out of a cleansing program, it can serve as a general guide to a health supporting maintenance diet after cleansing and detoxification. Following these ground rules will ensure that you receive adequate intakes of all the necessary nutrients, and there is enough variety in each of the food groups listed to be sure that you won't get bored.

Nutritionists today are urging us to eat more like our primitive ancestors. The so-called palaeolithic diet is a modern approximation of what we evolved eating for millennia. Basically it calls for us to eat lots of fruit and vegetables, eggs, fish, especially oily ones like salmon, sardines and mackerel, nuts and seeds, beans and legumes. Specifically it recommends that you eat no grains at all. Carbohydrate comes from fruit and starchy vegetables. If you must eat grains try rice, spelt, quinoa, millet, buckwheat and amaranth. Do not eat wheat. The palaeolithic diet does not recommend eating dairy products but if they are consumed then butter and fermented products (yoghurt, kefir etc) are preferred. Be sure to drink plenty of filtered or bottled water each day (1 8 oz glasses for every 20 lbs of body weight) and avoid all stimulating drinks such as coffee, tea and cola.

It is always best to eat organically raised food whenever possible. The current epidemic of illnesses relating to impaired immune function (chronic fatigue syndrome, AIDS, most cancers, candidiasis, allergies) is evidence of the effects of consuming pollutants and pesticides.

## **FRUIT**

This is best eaten between meals or at least 1/2 an hour before other foods. It is also best eaten in season rather than stored, bottled or frozen. Papaya, mango, kiwi and pineapple contain substances that act as digestive enzymes (bromelain and papain) and support a weak digestive system.

apples  
oranges  
bananas  
pears  
peaches  
cherries

grapes  
strawberries  
kiwis  
plums  
currants  
gooseberries

raspberries  
grapefruit  
nectarine etc

Dried fruit includes apricots, raisins, sultanas etc. These are very high in sugar which make them a good food for quick energy but don't eat too much of them as an excess of sugar is not good.

**VEGETABLES** Up to 50% of the meal or of the total daily intake of food.

Almost all vegetables can be eaten raw or at the most lightly steamed. Some root vegetables usually eaten cooked (eg. turnip, parsnip, beet) are quite delicious raw when finely grated. The trick to enjoying salads on a regular basis is to be imaginative. Try as many unusual combinations as you can think up - most of them will be delicious!

beans	celery	parsley
beet tops	collards	peas
beets	cucumber	peppers
bok choy	eggplant	radishes
broccoli	fennel	spinach
cabbage	leeks	squash
carrots	lettuce	tomatoes
cauliflower	onions	zucchini etc.

Sprouted seeds and beans are possibly the healthiest food you can eat, they are actually living when you eat them and you receive all their vitality and life force.

**LEGUMES OR PULSES** Up to 15% of the meal or of the total daily intake of food.

These are an excellent source of protein, carbohydrate and dietary fiber. They also contain variable amounts of vitamins and minerals.

All types except the lentils need to be pre-soaked. This can be done in cold water overnight or, more quickly, by covering with boiling water, simmering for 10 minutes then soaking for 2 - 4 hours. After soaking the beans should be thoroughly rinsed then boiled till soft. Do not add salt to the cooking water as this makes them tough. Rinse again after cooking as this minimizes the problem that some people have with gas.

Beans can be added to salads or incorporated into many hot dishes. They can also be pureed with seasoning to make delicious dips and spreads. Soya beans are probably the most versatile, being available as milk, ice cream, mince, chunks, yoghurt and tofu.

Many types of bean can also be sprouted successfully. Soak a handful overnight, rinse and put in a jar with a gauze covering. Rinse them twice a day and eat them when you see shoots beginning to appear.

adzuki, mung, haricot, lima  
lentils, kidney bean, navy beans  
black eyed beans, garbanzos

Note that tofu and processed soya products are currently under scrutiny for possibly contributing to auto-immune dysfunctions. Traditionally prepared soya dishes such as tempeh and miso are beneficial, but commercially produced soy products are subject to some very harsh chemicals and heat which makes them quite toxic and hard to digest. Many people are also allergic to soy. It is recommended to avoid tofu, soya milk, tofu products such as burgers, sausages and ice-creams.

### **FISH / LEAN WILD MEATS / NATURALLY RAISED FOWL**

If you are not a vegetarian then you can eat these protein dense foods several times a week. This may be particularly useful where there is weakness, debility, poor immune function or chronic disease. It is recommended not to eat much red meat, if any, because of the high residual acid content which can acidify the body.

**SEEDS AND NUTS** Up to 5% of the meal or of the total daily intake of food.

These are high in protein and fats and also provide a variety of vitamins and minerals. They can be eaten raw in salads or fruit salad, or can be added to many cooked dishes. They also make a delicious snack if toasted and drizzled with tamari or soya sauce. Seeds and nuts are also available as pastes/butters but be careful; these are very rich and it is easy to eat too much.

sunflower, sesame, pumpkin, almond, filbert, pecan, walnut, brazil, cashew

Note that peanuts are technically a type of legume. They are very high in a type of fat which has been implicated in certain heart problems and therefore shouldn't be eaten in large quantities.

### **OILS**

These should always be used in moderation, with frying of foods being kept to minimum. Always use cold pressed oils. The best oil to use for salad dressings is flax seed, followed by canola, safflower, olive or sunflower. For cooking olive, canola, safflower or sunflower

are good. Avoid margarines, even those that claim to be high in polyunsaturated fats, because they are an artificial food and are detrimental to health

## **CONVENIENCE FOODS**

These are an occasional necessity but fortunately there are a number of healthy choices available. Tofu burgers and wieners, packet or canned soups, canned baked beans, vegetarian pizzas, tortillas, quick cooking rice, breakfast cereals and many other fast foods are found in the health food stores. These are low in fat, unsalted and unsweetened. While they should not be relied upon on a regular basis, they can be very useful in emergencies.

When preparing a meal from fresh ingredients it is a good idea to make up more than you need so that there are left overs to eat the next day or to freeze for later use.

## **ADDITIONAL ITEMS**

Honey and molasses in moderation, apple cider vinegar, tamari or soya sauce, herbs and spices, yeast flakes (give a cheesy flavour), carob powder, garlic powder, miso (fermented soya bean paste - tastes salty) and many other condiments are acceptable.

## **BASIC PRINCIPLES**

Eat organically produced food whenever possible. Avoid all red meats. Minimise chicken and fish (no more than once a week). Avoid salt, sugar, coffee, tea and alcohol. Minimise dairy products - cut out cheese and milk, a little yoghurt is OK. Avoid all processed and packaged foods as much as possible. Eat lots of fresh fruit and vegetables, at least 50% raw.

Eat your food in a calm atmosphere, chewing each mouthful thoroughly. Enjoy what you eat and give thanks for it.

## **THE MOST FOR THE LEAST**

Foods loaded with vitamins, minerals, and fibre with the least amount of calories and fat:

### Vitamin A (Beta Carotene)

carrots  
dandelion greens  
kale  
sweet potatoes  
winter squash

### B-Complex Vitamins

Thiamin (B1) - millet, peas, pinto beans, soybeans, wheat

Riboflavin (B2) - asparagus, broccoli, collard beans, mushrooms, spinach

Niacin - collard greens, kidney beans, lentils, tofu, peas

Pyridoxine (B6) - bananas, kale, lentils, soybeans, spinach

Folic Acid - chickpeas, kidney beans, navy beans, soybeans, spinach

Pantothenic Acid - broccoli, Brussels sprouts, lentils, peas, soybeans

### Vitamin C

cantaloupe

mangoes

oranges

papayas

peppers

strawberries

### Vitamin D

mushrooms

salmon

sardines

shrimp

tuna

### Vitamin E

asparagus

leeks

salmon

spinach

sweet potato

turnip greens

### Calcium

bok choy

collard greens

kale

mustard greens

sesame seeds

seaweeds

### Iron

black beans

chickpeas

lentils

millet

pinto beans

### Magnesium

beet greens

black-eyed peas

buckwheat

Swiss Chard

soybeans

### Selenium

cabbage

corn

mushrooms

onions

peas

wheat

### Zinc

black-eyed peas

chickpeas

sesame seeds  
split peas

wheat

### **SUGGESTED READING**

Diet for A New America (John Robbins)

Healing with Whole Foods (Paul Pitchford)

Vegan Nutrition - Pure and Simple (Dr. Michael Klaper)

Food and Healing (Anne Marie Colbin)

Fit For Life (Harvey Diamond)

The Vegan Cookbook (Alan Wakeman & Gordon Baskerville)

Becoming Vegetarian (Vesanto Melina)

Nourishing Traditions (Sally Fallon)

Whole Life Nutrition Cookbook (Tom Malterre and Alissa Segersten)

Macro Mellow (Sherry Rodgers)