

Diet Basics

- Breakfast is often the most important meal of the day and helps to stabilize blood sugar levels. Always have adequate protein with breakfast to support metabolism and control appetite.
 - *Breakfast option:* A nutrient-dense smoothie (see “Super Food Breakfast Smoothie” under “handouts” at www.david-lerner.com)
- Eat heavier meals earlier in the day, and keep dinner light
- Chew food slowly and mindfully, 20-30 chews per bite
- Choose organic, seasonal, and locally-grown foods whenever possible (see the “Dirty Dozen List” at www.ewg.org/foodnews/)
- Choose antibiotic/hormone-free, grass-fed: dairy, meat, poultry and eggs; wild-caught cold water fish and seafood
 - www.eatwild.com/
 - www.montereybayaquarium.org/cr/seafoodwatch.aspx
- Consuming fruits and vegetables help alkalize the body (see Acid/Alkaline Chart >“handouts” at david-lerner.com)
- When consuming carbohydrate-rich foods, make sure to combine with protein, fiber, and fat to slow down blood sugar absorption. **Choose Low Glycemic Index (<50) and Low Glycemic Load (<10) foods:** <http://nutritiondata.self.com/help/estimated-glycemic-load>
- Minimize or omit gluten-containing grains – wheat, rye, barley and even oats often cause a variety of negative health issues
- Keep calorically dense, tempting “high brain reward” foods out of the house ie: sweets, fast food, pizza, ice cream: www.wholehealthsource.blogspot.com/2012/03/food-reward-approaching-scientific.html#more)
- Incorporate a forkful of unpasteurized fermented veggies 2-3x/day (ie. raw sauerkraut, kimchi, other cultured veggies) to promote healthy digestion
- Seaweed is nature’s best mineral source, particularly for iodine; cooking instructions for seaweed: www.whfoods.org/genpage.php?name=whfkitqa&dbid=23
- Use a variety of culinary herbs & spices to add flavor & potent anti-inflammatory/antioxidant benefits to your meals
- Avoid all trans fats, hydrogenated fats, and high polyunsaturated seed oils (corn, soybean, safflower, sunflower)
- Choose gentle cooking methods. Limit high-heat options such as grilling, broiling, frying, and deep-frying. Intermittent fasting can be beneficial for some people: <http://www.marksdailyapple.com/health-benefits-of-intermittent-fasting>

Basic Dietary Guidelines

Beverage Basics

- Drink enough water to keep urine clear and use thirst as a guide, about 8 glasses of water or herbal tea per day
- Avoid drinking water during meals (alters digestion)
- Avoid liquid calories such as fruit juice, alcohol, soda and sweetened beverages
- Avoid adding sweeteners of any kind to food and drink
- Choose filtered water over tap water to reduce exposure to pollutants and endocrine-disrupting chemicals

Other Tips

- <http://www.dansplan.com>, a free online service to help assess and amend diet, sleep and exercise habits
- www.fitbit.com and www.jawboneup.com are useful tools for monitoring daily activity and sleep
- Movement after meals supports digestion and cortisol and insulin balance
- If digestive energy is weak, most do better with a diet of warm, cooked foods vs. raw, energetically “cold” food
- Doing a “cleanse” 1-2x/year is of great benefit for most people, an ideal way to kick start a weight loss program, and supports homeostasis. We have various detox protocols that can be easily combined with a food elimination/anti-inflammatory protocol. Let us know if you’re interested in learning more
- Gluten (particularly wheat), dairy, corn, eggs, and soy are the most common foods that cause adverse reactions (food sensitivities). Since reactions typically are delayed, a 3-4 week food elimination protocol is the clearest way to assess whether these foods are problematic. Please discuss with us if you’re interested in doing a food elimination diet
- Bone broth is very nutrient dense and helpful for anyone recovering from a debilitating illness, for repairing a “leaky gut”, and for supporting bone marrow and bone health. (david-lerner.com > “handouts”)
- A basic nutritional supplement regimen typically includes:
 - a whole food multi vitamin/mineral (or green powder), vitamin D (combined with vitamin K2 and A), fish oil (omega 3 source), and probiotics
 - adaptogen herbs (botanicals that help the body adapt to mental, emotional and physical stress), and “multitasking” antioxidants that target free radicals, inflammation and support detoxification pathways
- After ingesting all of this dietary information, please remember that the other 3 “magic pills” for reaching optimal levels of health include:
 1. **Regular exercise** (combo of high intensity interval training, resistance training, stretching, and walking: www.marksdailyapple.com/primal-blueprint-workout-plan-basics/#axzz1yYLvzOku)
 2. **Adequate rest** (7-9 hrs of quality sleep nightly): see www.cbtforinsomnia.com
 3. **Stress management** (ie: meditation, yoga, deep breathing, physical activity, spend time in nature) <http://www.heartmath.org/free-services/tools-for-well-being/tools-for-well-being-home.html>
<http://www.amazon.com/Relaxation-Revolution-Science-Genetics-Healing/dp/1439148651>

Suggested servings per day:

- **Fruits & Vegetables (should cover 1/2 - 2/3 of your plate)**
 - **Green Leafy Veggies:** 3 cups
 - **Sulfur-Containing Veggies/Foods:** 3 cups
 - **Colorful Fruits & Veggies:** 3 cups
- **Protein:** 3 - 5 servings
- **Complex Carbs – 0-3 servings**
 - **(Grains):** 2-12 bites/serving, **(Starchy veg):** ½ c. cooked
1 bite = 1 rounded TBS.
_____bites/meal
- **Fat:** 3-5 servings
- **Sea Vegetables:** use liberally
- **Herbs & Spices:** use liberally
- **Snack options (between meals):** ie. handful of nuts, hardboiled egg, apple w/almond butter, lettuce salmon wrap, deli meat slices wrapped in nori

PROTEIN

Serving: 4 to 6oz
ie: size of a deck of cards

- Eggs (2 whole)
- Beef
- Chicken
- Dairy, full fat (6oz)
 - Cheese
 - Greek yogurt
 - Milk, whole
- Turkey
- Lamb
- Pork
- Venison
- Buffalo
- Liver
- Salmon
- Halibut
- Tilapia
- Trout
- Tuna
- Clams, Mussels
- Oysters
- Sardines
- Shrimp
- Scallops

Legumes

Serving: ½ cup cooked or as indicated

- Adzuki beans
- Black beans
- Cannellini
- Garbanzo
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Soy beans/edamame
- Tempeh (3oz or ½ cup)
- Tofu (6oz or 1 cup)
- Hummus (¼ cup)

GREEN LEAFY VEGETABLES

Serving: 3 cups

- Arugula
- Beet greens
- Cilantro
- Collards
- Dandelion greens
- Kale
- Lettuces
- Mustard greens
- Parsley
- Spinach
- Swiss chard
- Watercress

SULFUR-RICH VEGGIES/FOOD

Serving: 3 cups

- Asparagus
- Avocado
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chives
- Egg yolks
- Garlic
- Kale
- Leeks
- Mushrooms
- Onions
- Parsnip
- Radish
- Rutabaga
- Shallots
- Sprouts
- Swiss chard
- Turnips

COLORFUL FRUITS & VEGGIES

Serving: 3 cups

Fruits:

- Apples
- Blackberries
- Blueberries
- Cranberries
- Raspberries
- Strawberries
- Cherries
- Mango
- Papaya
- Pineapple
- Pomegranate

Vegetables:

- Arugula
- Asparagus
- Beets
- Beet greens
- Bell pepper
- Broccoli
- Cabbage, red
- Carrots
- Collards
- Dandelion greens
- Green beans
- Kale
- Spinach
- Sweet potato
- Swiss chard
- Tomatoes
- Winter squash
- Yams
- Watercress

DAIRY ALTERNATIVES

Serving size: 8oz Plain or Unsweetened

- Almond milk
- Coconut milk
- Hemp milk
- Soy milk

MISC. NON-STARCHY VEGGIES

Serving: 1/2 cup cooked or 1 cup raw

- Artichoke
- Celery
- Celery root
- Cucumber
- Fennel
- Jicama
- Kohlrabi
- Summer squash

COMPLEX CARBOHYDRATES

Starchy Vegetables:

Serving: ½ cup

- Beets
- Carrots
- Peas
- Potatoes
- Sweet potatoes
- Winter squash
- Yams

Starchy Grains:

Serving size: 2-12 bites

- Amaranth
- Brown or white rice
- Buckwheat
- Millet
- Oats
- Quinoa
- Sorghum
- Teff

SEA VEGETABLES

- Arame
- Dulse
- Hijiki
- Kelp
- Kombu
- Nori
- Wakame

FATS

Cooking Oils:

Serving size: 1 Tbs.

- Butter
- Coconut oil
- Ghee (clarified butter)
- Grapeseed oil
- Lard
- Olive oil, extra virgin
- Safflower oil (high mono)
- Sesame oil (high mono)
- Sunflower oil (high mono)

Nuts & Seeds:

- Almonds (12 whole)
- Brazil nuts (6 whole)
- Chia seeds (2 Tbs.)
- Flax seeds (2 Tbs.)
- Hazelnuts (12 whole)
- Hemp seeds (2 Tbs.)
- Peanuts (2 Tbs.)
- Pecans (8 whole)
- Pine nuts (2 Tbs.)
- Pistachios (2 Tbs.)
- Pumpkin seeds (2 Tbs.)
- Sesame seeds (2 Tbs.)
- Sunflower seeds (2 Tbs.)
- Walnuts (8 whole)

Other Healthy Fats:

- Nut butters (1 Tbs.)
- Avocado (¼ fruit)
- Coconut milk (½ cup)
- Olives (8-10 medium)
- Fatty fish (salmon, sardines, trout - 4oz.)

Basic Dietary Guidelines

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HERBS & SPICES

- Anise
- Basil
- Black pepper
- Cayenne
- Chili pepper
- Cilantro
- Coriander
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Lemon juice, fresh
- Lime juice, fresh
- Marjoram
- Mint
- Mustard seeds
- Nettles
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric