

**The Ideal Plate**

**The ideal plate consists of Protein,**

**Complex Carbohydrates, lots of veggies**

**and Smart Fats**

**PROTEINS**

Protein is essential for life.

Ideally, the protein size on your plate should be the size of your palm.

**OPTIMAL PROTEIN CHOICES**

Choose free-range, cage-free, grass fed, no anti-biotics and no hormones added sources whenever possible. Avoid farm raised fish.

* Eggs – “Pasture-raised” chicken eggs, and duck eggs (are richer and creamy and delicious ~ great steamed or poached)
* Beef, chicken, lamb, rabbit, quail, goat and turkey
* Organ meats such as calf/beef/chicken/etc liver, heart, sweetbreads, etc
* Game meats such as Buffalo, Wild Boar, Venison
* Tempeh (which is fermented, try to eat only fermented soy ~ such as miso and tempeh)
* Nuts and seeds esp almonds, hemp seeds, and walnuts (properly prepare in large batches and store in refrigerator or cool place)
* Dairy (cow/goat/sheep fermented or raw – yogurt, kefir, cottage cheese, “cultured”, “pastured”and/or pasture-raised” butter, “pasture-raised” ghee, raw cheeses)
* Grains and Legume Combo makes a complete protein:
  + Beans/Legumes esp lentils and peas
  + Grains: Quinoa, Millet, Brown Rice, Amaranth, Buckwheat, Wild Rice, Spelt, Oats
* Cold water fish – sardines, anchovy, wild salmon, cod, black cod/Sable fish, small mackerel (watch for mercury levels with bigger fish) <http://www.seafoodwatch.org/>
* Best canned fish ever: Vital Choice http://www.vitalchoice.com/
* Shellfish – such as oysters (high in zinc)
* Protein Powders:
  + Spirulina (easily digestible protein and high in B12)
  + Vega Nutritional Shake
  + Garden Of Life Raw Protein Pd
  + Pea protein
  + Hemp Protein

**CARBOHYDRATES & STARCHES**

There are TWO kinds of carbohydrates:

* Refined (sugar, grains, starch, sweeteners & high fructose corn syrup)
* Complex, Unrefined (fruits, vegetables & tubers, whole grains, legumes)

1. Refined carbohydrates (turns to sugar very quickly):

* Breakdown quickly & easily into glucose
* Lowers beneficial HDL cholesterol and raise triglycerides
* Results in sugar cravings, lower energy and weight gain

1. Unrefined carbohydrates (Best option):

* Are those that you would find in nature.
* Lowers bad LDL cholesterol and have been shown to lower triglycerides
* Vegetables and fruits are very protective against heart disease and cancer, and contain beneficial fiber, vitamins, minerals and phytochemicals.

**OPTIMAL NON-STARCHY VEGETABLE CHOICES**

• Arugula • Asparagus • Bamboo shoots • Bean sprouts • Beet greens • Bell peppers (red, yellow, green) • Broadbeans • Broccoli • Brussels sprouts • Cabbage • Cassava • Cauliflower • Celery • Chayote fruit • Chicory • Chives • Collard greens • Coriander • Cucumber • Dandelion greens • Eggplant • Endive • Fennel • Garlic • Ginger root • Green beans • Hearts of palm • Jicama (raw) • Kale • Kohlrabi • Lettuce • Shitake Mushrooms • Mustard greens • Onions • Parsley • Radishes • Radicchio • Sea Vegetables • Snow peas • Shallots • Spinach • Spaghetti squash • Summer squash • Swiss chard • Tomatoes • Turnip greens • Watercress

**HIGH FIBER STARCHY CARBOHYDRATE CHOICES**

**Starches**: they are complex sugars which easily break down into one of the simple sugars (maltose), and then to glucose.   
Since starches do not taste very sweet, they do not jump to mind when sugar is mentioned. But they quickly break down from the complex sugar form to the simple sugar. Essentially, starches are sugars that merely require a few more steps to make them into glucose.

Examples of starches that turn to sugar very quickly: glutenous and refined grains such as wheat flour, white potatoes, pasta, bagels, pastries, white rice.

Optimal choices for starches: most starchy vegetables and gluten-free grains contain a lot of fiber which slow down the absorption/break down of sugar.

• GRAINS: Brown rice, buckwheat, kasha (toasted buckwheat groats), millet, quinoa, amaranth, and wild rice. Spelt and oats depending on gluten sensitivity.

• Squash (acorn, butternut, winter) • Artichokes • Leeks • Lima beans • Okra • Pumpkin • Sweet potato or yam • Turnip • Legumes • Black beans • Adzuki beans • Chick peas (garbanzo) • French beans • Great Northern beans • Kidney beans • Lentils • Mung beans • Navy beans • Pinto beans • Split peas • White beans • Yellow beans (best beans are the “Heirloom” type from Rancho Gordo)

**LOW GLYCEMIC INDEX (GI) FRUIT CHOICES ~** Eat mostly from the Low or Moderate List:

LowGI

• Berries (blackberries, black currants, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI• Cherries • Pear • Fresh apricots

• Melons • Orange • Peaches • Plum

• Grapefruit • Pitted Prunes • Apples • Avocados

• Kiwi fruit • Lemons • Limes • Nectarines

• Tangerines • Passion Fruit • Persimmons • Plums

• Pomegranates

High GI – eat sparingly, or after a workout

• Banana • Pineapple • Grapes • Watermelon • Mango • Papaya

**SMART FATS & OILS and Their Heating Points**

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| **HEALTH CHOICES OF FATS AND OILS** | **AVOID THESE FATS …** |
| Goods Fats (for HOT use):  Avocado Oil  Beef tallow  Butter [(grass-fed) can take high heat, but it is more beneficial to just melt over food to preserve the butyric acid]  Chicken fat ~ schmaltz  Coconut Oil (low/medium heat)  Duck Fat  Eggs (Yolk is optimal when runny)  Ghee (Grass-fed organic)  Grapeseed Oil (refined and organic only)  Lamb Fat (pastured)  Lard (organic pastured)  Macadamia Oil  Meat  Palm Oil (sustainably harvested only)  Peanut Oil (refined)  Rice Bran Oil (non-GMO only)  Schmaltz (Chicken Fat)  Seafood  Sesame Oil (if bottle indicates)  Good Fats (for COLD use only):  Argan Oil  Butter (Raw)  Chia Oil and Chia Seeds  Coconut Oil (Extra Virgin and/or Raw)  Fish Oil  Flax Oil and Flax Seeds  Hemp Oil and Hemp Seeds  Nuts Butters  Olive Oil (Extra Virgin)  Pecan Oil (unrefined, extra virgin)  Seed Butters  Walnut Oil (unrefined, extra virgin)  Other fats:  DAIRY (FULL FAT ONLY)  Butter (Kerry Gold brand is grass-fed)  Goat or Sheep Kefir (plain and full fat; can be added to smoothies)  Goat or Sheep yogurts (plain and Full-fat)  Raw Goat or Raw Sheep cheeses  NUTS and SEEDS  Best are “sprouted” nuts and seeds whenever possible. They’re better for digestion and higher in nutrient value.  Seeds are better for digestion | canola oil (AKA Rapeseed)  corn oil  grapeseed oil  Hydrogenated oils  hydrolyzed oils  fake man-made butter spreads such as Earth Balance, Benecol, I Can’t Believe It’s Not Butter (just to name a few)  partially hydrogenated oils  safflower oil  soybean oil  sunflower oil  trans-fats  vegetable oil  Avoid non-fat or low-fat dairy (Total fat content of any product should always be higher than the Sugar content)  Avoid commercial dairy products  Avoid “fake” cheeses (American cheese, etc)  Avoid peanuts  Avoid candied nuts |

Fats are a very important component of the diet and the typeof fat in the diet may be more important than the total fat consumed. Why you need good fats everyday:

* + Good fats provide your body with essential fatty acids (omega 3,6,9, CLA)
  + Good fats speed up your metabolism
  + Good fats facilitate fat burning
  + Good fats are essential for a strong immune system
  + Good fats are essential for maximum brain function and protection from strokes
  + Good fats slow gastric emptying

Obtaining Quality Oils

• Attempt to get your oils form whole foods where possible. This means consuming fish, walnuts, flax seed meal, sesame seeds, hemp seeds or other products rather than just consuming the oil.

• Use oils that are certified organic.

• Use oils that are unrefined. Butter is better - use raw pastured (grass-fed) butter.

• Oils should be cold‐processed, expeller pressed (look on the label for this statement)

• Check for rancidity by smelling oils from time to time.

Cooking with Oils: The Wet Sauté Method

Many oils are damaged by cooking with high temperatures.

One way to preserve the integrity of the oil while still enjoying their taste, is to ‘wet sauté’. In this method, place a small amount of water in the pan or skillet and heat just below boiling. Add the food you desire and sauté. As the food becomes cooked, add a small amount of oil. This shortens the time the oil is in contact with the heat, yet preserves the flavor in the food. Oils should not be heated to the point of smoking.

This is especially useful when cooking with Olive Oil. Check out the better choices (Hot use)listed above for sautéing or heating because they’re more stable oils.

**Watch out for fake olive oils!**

Don't buy these olive oils! They've been adulterated with other oils, such as canola, etc.

* Mezzetta
* Carapelli
* Pompeian
* Primadonna
* Mazola
* Sasso
* Colavita
* Star
* Antica Badia
* Whole Foods
* Safeway
* Felippo Berio
* Coricelli
* Bertolli

#### These brands passed:

* Corto olive
* Lucero
* McEvoy Ranch Organic
* Omaggio
* California Olive Branch
* Bariani Olive oil
* Lucini
* Ottavio
* Olea Estates
* Cobram Estate
* Kirkland Organic

You can also test the olive oil yourself at home. Put the bottle out when cold, or in the fridge for 30 min. If it gets solid, it is pure and has monounsaturated fats.

But if it stays liquid it is fake and just in case, see the label approvals like Australian Extra Virgin Certified or the other one, California Olive Oil Council Certified Extra Virgin.

[http://www.awaken.com/2017/02/ the-14-fake-olive-oil- companies-are-revealed-now- avoid-these-brands/](http://www.awaken.com/2017/02/the-14-fake-olive-oil-companies-are-revealed-now-avoid-these-brands/)

OPTIMAL FAT CHOICES

Eat a variety of different fats.

* Saturated Fats: are stable and can be used for cooking at high temperature.
  + Animal Fats: Butter, Ghee, Lard, Beef Tallow, Duck Fat, Chicken Schmaltz/Fat, Bacon Fat (animal fats should come from a clean source from pastured animals without hormones and anti-biotics). Raw Butter should not be heated however. Animal fats can be stored at room temperature in small amounts and the rest kept refrigerated to extend shelf life because they contain other nutrients that might go rancid faster.
  + Tropical Oils: Macadamia oils, avocado oil, coconut oil, palm oil. Tropical oils can be kept at room temperature. Coconut oil that is Extra Virgin and/or Raw is best not to use for high temperature because it contains nutrients sensitive to heat. Refined Coconut oil is okay however.
* Monounsaturated Oils: are relatively stable and can be used for cooking (depending)
  + Extra Virgin Olive Oil (use only for drizzling over food and salad dressings. They’re best not to use for cooking or only for low temperature cooking)
  + Refined Olive Oil can be used for cooking at higher temperatures
  + Peanut oil and Avocado oil are fine to use for cooking at higher temperatures. I really like Avocado oil for cooking as well as for salad dressing.
  + Almond, Pecan, Cashew oils: they’re fine to use for cooking only if they’re refined (indicated on the container)
* Polyunsaturated: are delicate oils and should never be used for cooking and should be stored in the refrigerator
  + Nuts (except for the ones listed above) such as walnut, almonds, cashews. Nuts can be used for baking at medium temperature because the nuts don’t make direct contact with heat as in the case when sautéing. It’s best not to cook nuts other than occasionally used for baking.
  + Seeds such as flax, hemp, chia. Seeds can be used for baking at medium temperature because the seeds don’t make direct contact with heat as in the case when sautéing. It’s best not to cook seeds other than occasionally used for baking.
  + Fish Oils, Hemp Oil, Flax Oil should never be heated. It’s okay to drizzle over plate with hot food though.
  + Nuts and Seeds are best purchased raw and then Properly Prepared (see chart on how to)