

Foods in the Animal and Vegetable Protein Group

All products made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds are considered animal or vegetable proteins. Here are some examples of common animal and vegetable proteins:

Meats

Beef
Bison
Ham
Lamb
Pork
Rabbit
Veal
Venison

Poultry

Chicken
Duck
Goose
Turkey

Eggs

Chicken eggs
Duck eggs

Dry Beans

Black beans
Black-eyed peas
Chickpeas
Fava beans
Kidney beans
Lentils
Pinto beans
Soy beans
Split peas
Tofu
White beans

Nuts and Seeds

Almonds
Cashews
Hazelnuts
Mixed nuts
Peanuts
Pecans
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Fish

Catfish
Cod
Flounder
Halibut
Herring
Mackerel
Salmon
Sea Bass
Snapper
Swordfish
Trout
Tuna
Clams
Crab
Crawfish
Lobster
Mussels
Octopus
Oysters
Scallops
Squid
Shrimp

Foods in the Dairy Protein Group

All fluid milk products and many foods made from milk (cow, goat, or sheep) are in this group. Here are some examples of common dairy proteins:

Milk

All Fluid Milk:
Fat free (skim)
Low fat (1%)
Reduced fat (2%)
Whole
Lactose reduced
Lactose free

Milk-based Desserts

Puddings
Frozen yogurt
Ice cream

Cheese

Cheddar
Mozzarella
Parmesan
Swiss
Ricotta
Cottage cheese

Yogurt

Fat free
Low fat
Reduced fat
Whole milk

Foods in the Grains Group - Carbohydrates

Foods made from wheat, rice, oats, cornmeal, barley or other cereal grain is considered a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are also considered grain products.

Grains are divided into 2 subgroups, **whole grains and refined grains**.

Whole Grains: contain the entire kernel, the bran, germ, and endosperm. Examples include:

Whole wheat flour
Bulgar (cracked wheat)
Oatmeal
Whole cornmeal
Brown rice

Refined Grains: have been milled, a process that removes the bran and germ. This process removes the dietary fiber, iron and B vitamins but gives grains a finer texture and longer shelf life. Examples include:

White flour
Degermed cornmeal
White bread
White rice

Most refined grains are enriched, meaning that several B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back into the grains after processing. Fiber is not re-added. Some food products are made from mixtures of whole grains and refined grains.

Some examples of grain products are:

Whole Grains

Brown rice
Buckwheat
Bulgar (cracked wheat)
Millet
Oatmeal
Popcorn
Whole grain barley
Whole grain cornmeal
Whole rye
Whole wheat bread
Whole wheat pasta
Quinoa

Refined Grains

Cornbread
Corn tortillas
Couscous
Crackers
Flour tortillas
Grits
Pasta
Pitas
Pretzels
White bread
White rice

Foods in the Fruit Group - Carbohydrates

Any fruit or 100% fruit juice is considered part of the fruit group. Here some examples of common fruits:

Apples
Apricots
Avocado
Bananas
Grapefruit
Grapes
Kiwi
Lemons
Limes
Mangoes

Melons

Cantaloupe
Honeydew
Watermelon

Nectarines
Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines

Berries

Strawberries
Blueberries
Raspberries
Cherries

Foods in the Vegetable Group - Carbohydrates

Any vegetable or 100% vegetable juice is considered part of the vegetable group.

Vegetables are organized in five subgroups, based on their nutrient content. Here some examples of common vegetables:

Dark Green Vegetables

Bok choy
Broccoli
Collard greens
Kale
Lettuce
Mesculin
Mustard
Spinach
Watercress

Orange Vegetables

Carrots
Squash
Pumpkin
Sweet potatoes

Dry Beans and Peas

Black beans
Black-eyed peas
Garbanzo beans
Lentils
Lima beans
Soy beans
Split Peas
Tofu

Starchy Vegetables

Corn
Green peas
Potatoes

Other Vegetables

Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Celery
Cucumbers
Eggplant
Green beans
Peppers (green and red)
Mushrooms
Okra
Onions
Parsnips
Tomatoes
Zucchini

Some Facts on Fats

You need fat! Many people are deficient in beneficial fats. With our modern idea of low fat “health foods,” we are starving ourselves of good fats. Despite the plethora of fat-free products over the past 15 years, obesity has tripled in many Western countries, diabetes is now a world-wide epidemic and heart disease and cancer are killing more people than ever. Essential fats are just that: Essential. Good fats prevent pain, maintain metabolism and sex hormones, promote youthful skin, memory and good mood as well as prevent depression, irritability, heart attacks, strokes, obesity and diabetes. Studies show good fats even help burn fat.

Strange as it may seem, eating beneficial fats not only promotes health but they help burn off excess body fat. Studies have shown when subjects switch from a low fat diet to one rich in medium chain fats, such as from butter and coconut, they lose weight. The kind of fat in butter and coconut oil boosts metabolism and reduces the body’s ability to store fat. The same holds true for omega 3 fats. These oils stimulate metabolism.

Common Fat Deficiency Signs and Conditions

Memory loss	Eczema	Blood sugar and mood swings
Attention and learning problems	Hair loss	Diabetes
Depression	Weakness and fatigue	High blood pressure
Irritability and anger	Allergies	High triglycerides
Dry scaly skin, dandruff	Arthritis	PMS
Dry, cracked heels	Slow metabolism, weight gain	Excess weight gain

Beneficial Fats:

85% of Americans are deficient in beneficial omega 3 fats. These essential oils help us make hormones, prevent heart attacks and cancer, nourish the brain, help us burn unwanted fat and keep the skin healthy. Other good fats are important as they help us fight cancer, keep our skin soft and keep us satisfied after eating. Good fats lubricate the joints and keep us from experiencing pain.

Sources of Beneficial Omega-3 Fats

Grass fed cheese, butter and yogurt	Range fed chicken	Walnuts
Fatty fish: wild salmon, cod, mackerel, herring, sardines, anchovies, trout	Flax seeds/flax oil	Oats/oatmeal
	Pumpkin seeds	Dark green leafy vegetables
	Grass fed beef	Hemp seeds/hemp oil
	Omega-3-rich eggs	

Benefits From Eating a Diet Rich in Omega 3 Fats

Reduced hyperactivity in children	Reduced risk of diabetes	Reduced cancer risk
Reduced violence in children	Improved mood	Reduction in cravings
Improved learning in children	Elimination of depression	Increased metabolism and fat burning
Improvement in asthma	Reduced risk of heart disease	
	Reduction in pain	
	Relief from arthritis	

Source: Linda Prout, MS, Lifeshift.biz

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Other sources of Good Fats

almonds, almond butter	sunflower seeds	coconut oil
hazelnuts	macadamia nuts	Olive oil
cashews, cashew butter	avocado	
Brazil nuts	sesame seeds	

Fats: The Harmful

Partially Hydrogenated Vegetable oils

Poor quality fats age your body. They cause easy weight gain, sour your mood, cause skin problems, increase the DNA changes of cancer and promote clots in arteries. Hydrogenated vegetable oils are the worst of the bad. For each 2% increase in partially hydrogenated vegetable oils eaten, risk of a heart attack goes up by 93%, according to Harvard's Nurses Health Study of 80,000 women. Hydrogenated vegetable oils are associated with cancer, weight gain, diabetes, and heart disease. By some estimates, 80% of the food on supermarket shelves contain it. Check your labels! In addition to hydrogenated fats, vegetable oils can be harmful when they become oxidized such as when used in cooking, left on your cupboard shelf or exposed to light.

Sources of Harmful Fats

The National Academy of Sciences *says no amount of partially hydrogenated fat is safe*. They are found in over 40,000 products including:

Margarine	Cookies	Frozen Foods (pizzas, dinners)
Shortening	Breads	Instant soups
Chips	Sauces	Cake, muffin, frosting and biscuit mixes
Fast food (anything fried)- all those nuggets!	Dressings	
Crackers	Fish Sticks	
	Sports Bars	

Omega-6: Over-Consumed Oils

We need some omega-6 oils but with the advent of bottled vegetable oils we now eat too much. The ideal ratio of omega-6:3 oils is between 5:1 and 1:1. The typical Westernized diet is 10:1 or even 30:1. Signs of too much omega-6 fat include aging skin, weight gain, inflammation/pain, arthritis, PMS, headaches, strokes, high blood pressure and mood disorders. Most cultures should reduce intake of omega 6 fats from corn, safflower, sunflower, peanut, and cottonseed oils as well as beef and dairy from grain or soy-fed cows.

Source: Linda Prout, MS, Lifeshift.biz

Fresh Foods for Each Season

Spring

Vegetables

- artichokes
- arugula
- asparagus
- (late in season) beets
- broccoli
- brussels sprouts
- cabbages
- carrots
- cauliflowers
- celery
- root collards (spring greens)
- fava (broad) beans
- garlic
- Jerusalem artichokes
- kale
- leeks
- onions
- oriental greens
- parsnips
- new potatoes
- (late in season) pumpkins
- rutabagas
- squash
- tomatillos
- turnips

Fruit

- apples
- kumquats
- rhubarb

Summer

Vegetables

- asparagus
- beets
- bush beans
- cabbages
- carrots
- cauliflowers
- celery
- chard
- chili peppers
- eggplants
- fava (broad) beans
- fennel
- garlic
- artichokes
- green sprouting kohlrabi
- leeks
- mooli
- okra
- oriental greens
- peas
- pole beans
- radishes
- shallots
- spinach
- sweet corn
- sweet peppers
- sweet potatoes
- tomatillos
- tomatoes
- turnips
- watercress
- zucchinis

Fruit

- blackberries
- black and red currants
- blueberries
- cherries
- figs
- gooseberries
- loganberries
- melons
- peaches
- plums
- raspberries

Fresh Foods for Each Season

Fall

Vegetables

- arugula
- beets
- broccoli
- cabbage
- carrots
- cauliflower
- celeriac
- celery
- chard
- chicory
- cucumbers
- eggplants
- fennel
- garlic
- green sprouting kohlrabi
- Jerusalem artichokes
- leeks
- lettuce
- mooli
- parsnips
- potatoes
- onions
- oriental greens
- pumpkins
- radishes
- rutabagas
- spinach
- squash
- sweet corn
- sweet peppers
- sweet potatoes
- tomatoes
- tomatillos
- turnips
- watercress
- zucchinis

Winter

Vegetables

- arugula
- beets
- Belgian endive
- broccoli
- Brussels sprouts
- cabbages
- carrots
- celeriac
- chard
- chestnuts
- endive
- garlic
- green sprouting kale
- Jerusalem artichokes
- kohlrabi
- leeks
- mooli
- onions
- oriental greens
- parsnips
- potatoes
- pumpkins
- rutabagas
- spinach
- sprouts
- squash
- turnips

Fruit

- apples
- citrus
- guava
- kumquats
- pears
- pomegranates
- apples
- blackberries
- cranberries
- dates
- guavas
- pears
- plums