

Bridger Natural Medicine Clinic, LLC

Dr. Robert Lemley, ND NCMP

What a Healthy Diet Should Look Like

Hint: Mother Nature cannot be bested...

...consume foods in the manner which nature intended for them to be eaten

... mother nature does not create refined, processed, preserved, fat-free, or GMO

<p>Optimal or Target Diet =Paleolithic or “Caveman” or Mediterranean or South Beach or Atkins (Atkins for 3 months only b/c is too high in saturated fat). “Live” diet great.</p> <p>=High protein =High healthy fat(s) =Low carbohydrate =LOTS of Fruits and Vegetables</p> <p>Think: NATURAL and WHOLE Foods... (... the way Mother Nature intended)</p> <p>Mantra <u>should be</u>: “Eat more whole proteins, vegetables, whole fruits and healthy fats, and get rid of the grains including ‘whole’ grains which are refined and processed”</p>	<p>Standard American Diet (SAD) -Eats too many “simple” carbohydrates and carbohydrate dense foods like: -Eats less fat and more whole grains</p> <p>=Low protein =High bad fats (trans/saturated) =High carbohydrates</p> <p>-Eats too much of the “White Death” = White: flour, potato, rice, sugar and high fructose corn syrup</p> <p>Mantra of: “Eat less fat and more whole grains” is what causes insulin resistance and type 2 diabetes</p>
<p>Breakfast: Eggs or beans (free range, organic preferred) Sausage or bacon (nitrate-free, free range, OG) Vegetables (OG) (Ex: omelet’s or huevos rancheros) Single piece of whole-grain toast with poached egg ... with real butter, or unsweetened jam</p> <p>Whole milk yogurt Protein breakfast smoothie (made with protein powder or soft tofu) Whole oatmeal, with nuts, seeds, granola? ...with whole milk, rice milk, or soy milk, sprinkled with cinnamon</p> <p>Cooked: Quinoa or Millet (eat like oatmeal) Whole oatmeal (20 minute stuff) -with sunflower seeds/fruit, 100% maple syrup</p> <p>Lunch: Caesar salad with chicken, beef, or fish (no croutons)</p> <p>Salad with vinegar and olive oil dressing and beans or other protein source</p> <p>Dinner: Fish, chicken, lean beef, buffalo, turkey, pork, tofu, tempeh, bean dishes like Dahl or Indian cuisine – vegetables in butter or olive oil – salad with <u>liberal</u> amount of olive oil and balsamic vinegar dressing – ½ baked sweet potato with real butter and sour cream – stir-fry with meat or other protein and brown rice.</p> <p>Snacks: FRUIT!!! Whole fruit (OG) and lots of it! Small handful of nuts or cheese like mozzarella</p>	<p>Breakfast: Processed cereals with non-fat milk (cheerios/corn flakes/etc) Instant oatmeal, pre-sweetened Pancakes with syrup made from HFCS Whole wheatoast, muffins or scones Bagel with low-fat cream cheese Low-fat yogurt Glass of orange juice Coffee (often is breakfast by itself)</p> <p>Lunch: Salad with fat-free dressing and bread, soda, diet soda, iced tea, burger, fries and other fast foods, sandwiches with processed meats and condiments</p> <p>Dinner: Pastas with low fat sauces Breads Glass of wine or other alcohol Desserts (cake, ice cream, etc.)</p> <p>Snacks: Breads, energy bars, energy drinks Soda or diet soda Muffin, scones, cookies, other sweets, Foodstuffs termed “junk food”</p>

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OPTIMAL DIET

Good Fats: avocados, olives, olive oil, butter, nuts, seeds, fatty fish like salmon/mackerel/sardines, real mayonnaise, eggs, (fish oils or plant oils to supplement)

Avoids: white: sugar, white flour, white rice, potato and high fructose corn syrup

Gets Daily Exercise and/or movement:

Even modest walking brings significant rewards and benefits

Chooses: to eat more **LIVE, VIBRANT, and HEALTHY** foods - eats foods closest to its original "source" or natural state – eats organic free-range whenever available. Think: **NATURAL and WHOLE FOODS!**

This Style of diet maintains: better energy and vitality, lower blood pressure, lower and stable/healthy cholesterol levels, **promotes weight loss**, prevents Type II Diabetes, prevents other chronic/degenerative diseases

S.A.D.

(Standard American Diet)

Bad Fats: margarine, hydrogenated oils, trans fats, fried foods, Olestra

Consumes: "White Death" = white sugar, white flour, white rice, white potato, high fructose corn syrup (in everything), and many other simple carbohydrates

Doesn't exercise and is sedentary

Consumes: refined, dead and processed foods that are genetically modified and altered from its natural state plus lots of starchy vegetables like white potatoes and carrots

This Style of Diet Maintains: poor energy, foggy thinking, high blood pressure, high cholesterol levels, **significantly promotes weight gain, poor health and poor skin**, causes Type II diabetes and other chronic

Did you know...

...Whole wheat flour has a **higher** glycemic index than white flour, and white flour has a **higher** glycemic index than white table sugar.

...2 pieces of “whole wheat toast” will raise blood sugars 3-4 times more than eating a Snickers candy bar.

...Whole wheat/flour and white flours are the most carbohydrate dense foods. They are not just simple carbohydrates, they are “**Uber**” carbohydrates. Not only are these foods addicting, but they are the leading cause of obesity, insulin resistance, and type II diabetes.

...One key to staying fit and healthy while preventing weight gain, obesity, and Type-2 diabetes and most chronic degenerative illness is to take out these “**Uber**” carbohydrate dense foods with high glycemic indexes and replacing with low glycemic index foods.

...The most carbohydrate dense foods are: flour (breads, pastas, etc), gluten, high fructose corn syrup), and basically all foods that are **white**, like white flour, white rice, white potato, white sugar. These foods perpetuate cycles of hunger, brain fog, mood swings, hypoglycemia, and dips in energy (especially afternoon crashes around 3pm). Gluten is an opiate!

...Calorie counting is futile. Calories don't matter because calories DO NOT regulate metabolism. HORMONES regulate metabolism, and hormones (such as insulin) is greatly affected by carbohydrate dense foods that carry high glycemic indexes.

...Glucose and fat cannot enter a cell to get stored as fat WITHOUT the presence of insulin. High insulin levels (stemming from high glycemic indexed foods) trigger the craving and consumption of carbohydrate dense foods that WILL CAUSE ABDOMINAL OBESITY AND WEIGHT GAIN!!!

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Glycemic Indexes of Foods

Goal:

...**consume** foods which have lower glycemic index

...**avoid** foods having a higher glycemic index

Highest Glycemic Index Foods (avoid and eliminate)

Whole wheat flour/bread	Cornflakes	Life cereal
White wheat flour/bread	Cheerios	Sucrose
Shredded wheat	Potatoes	most processed cereals
Cous-cous	White Rice	pasta

Did you know: 2 pieces of whole wheat toast will raise blood-sugars 3-4 times more than a Snickers candy bar??? Whole wheat flour (more so than white flour) causes the greatest aberrations to changes in blood-sugars and causes the highest release of insulin.

Medium-High Glycemic Index Foods (avoid and eliminate)

Apricots	New potatoes	Wild rice
Pineapple	Sweet potato	

Medium Glycemic Index Foods (GOOD!)

Apple juice	Bananas	Buckwheat	
Navy beans	Orange juice	Sourdough wheat bread	Parboiled rice

Low Glycemic Index Foods (BETTER!!)

Grapefruit	All-bran cereal	Peaches	Plum
Pears	Apples	Carrots	Chana dal
Chick peas	Grapes	Green peas	Kidney beans
Nopal	Oranges	Cherries	Pinto beans
Red lentils	Strawberries		

Lowest Glycemic Index Foods (BEST!!!) (Consume plenty of)

Cucumber	Radish	Artichoke	Asparagus
Spinach	Broccoli	Cauliflower	Eggplant
Celery	Cabbage	Green beans	Lettuce (all varieties)
Berries (all)	Peppers (all)	Squash/zucchini	Snow peas
Bok choy			

Protein drinks: whey protein, soy protein, egg protein, colostrums

Seeds and nuts: almonds, flax, pumpkin, sesame, sunflower, walnuts, pecans (raw is best)

Meats: grass-fed organic beef, buffalo, organic free range poultry (turkey/chicken), WILD fish (not farmed!), free range organic eggs

Fermented milk products: yogurt, kefir