



Understanding Your Food List . . .

The **color coding** and **ranking** of items on your Food Plan was determined by the impact of the foods on the dominant system of your metabolic type. Your dominant system dictates how foods and nutrients behave in your body – your metabolic type – as opposed to someone else’s. Thus, your Ideal Foods will not be ideal for a different metabolic type.

Factors utilized to determine the color coding and ranking include: Impact on the autonomic nervous system; impact on the oxidation rate; protein, fat, carbohydrate levels; starch levels; purine levels; oxalic acid levels; phytate levels (which lower calcium), mercury levels, vitamin and mineral levels; glycemic effects; impact on pH (acid/alkaline) balance, and thyroid suppressing potential. *Note that different combinations of factors apply to the ranking in different food groups on the chart.* (See each food group below for a more detailed discussion of rankings within that group.)

- The Green items in the chart are your *Ideal* foods. They are the best foods in each category for your metabolic type. If at all possible, only these foods should be eaten for all meals and snacks. Use any other foods only when absolutely necessary.
- **Bold items should only be chosen when variety is absolutely necessary. They are not best for your metabolic type for various reasons. But of all non-Green foods, the Bold foods are the least detrimental and thus are the best 2nd choice.**
- *Italics are Caution foods and should be Restricted or Limited as much as possible. For various reasons, the Italics foods have a significantly negative impact on your metabolic type and should thus be avoided. However, if they are eaten upon occasion, they must be accompanied with sufficient protein and fat in order to minimize their negative impact.*
- **Red strikethrough foods should be strictly Avoided.** Either they are foods that are simply not good for any metabolic type, or their adverse impact upon your metabolic type is so severe that they just should be avoided altogether.

Read the notes under each food category below in order to understand more about the color coding implications in that category.

PROTEINS = Primary: *Meat, Poultry, Seafood*. Complementary: *Dairy, Legumes, Nuts, Seeds*.

§ Parasympathetics in general do well on lots of protein but not all proteins affect the body in the same way.

§ *Ideally, have meat, poultry or seafood at each meal.*

§ ***Meat is the best protein source for your metabolic type***, even better than Poultry and Seafoods.

*** Note: Dairy, legumes, nuts and seeds are usually insufficient as primary protein sources.***

FATS = *Butter, Coconut Oil, Palm Oil, Fish Oil, and oils/fats naturally found in Meat, Poultry, Seafood, Dairy, Nuts, Seeds.*

CARBOHYDRATES = *Fruits, Grains (starchy*), Vegetables (non-starchy & starchy*), Legumes (starchy*), Nuts, Seeds.*

* **Starches** All starchy foods are “glycemic” foods, meaning they turn to sugar rapidly in the body. These can be problematic for anyone with blood sugar problems. The higher the starch content, the greater the potential problem.

- **Very High Starch (high glycemic load)** = millet, rice (white, brown, basmati), wheat, potatoes, dates, figs, raisins
- **High to Medium High Starch (medium glycemic load)** = black-eyed peas, fruit juice, soft drinks, barley, buckwheat, oat, rye, wheat, wild rice, beet, carrot, corn, parsnip, pumpkin, rutabaga, squash (summer, winter), sweet potato, yam, banana, cantaloupe, pineapple, honey, watermelon, chocolate, sugar (all kinds)

High starch, high glycemic index/load foods are Caution foods

How To Eat Using Your Food List . . .

As a **Parasympathetic Dominant “Protein Type,”** plan your meals using the following guidelines:

§ Your Metabolic Type does best on a diet that is generally:

- Lower in carbohydrates
- Higher in fats
- Higher in proteins
 - § Emphasize the “heavier” proteins -- higher in fat and purine
- For exact proportions, see the next section on Fine-Tuning Macronutrient Ratios

§ Choose your foods according to the color codes in your food list chart

- Always pick from the “green” items and “black” items
 - § Always eat the “green” items
 - § Use “black” items *only* when variety is necessary
- Limit any “italics” items to very rarely or not at all
- Avoid (don’t eat) any “red strikethrough” items
- *Always eat as much fresh, organic food as possible*

§ Protein Choices

- Pick only 1 item per meal from the “green” *meats, poultry or seafood*, AND
- Freely add to any meals: *eggs, dairy, nuts, seeds, legumes* (legumes contain starch, see below)
- Note: In your metabolism, the “lighter” flesh proteins or the “complementary proteins” (combining dairy, legumes, nuts, seeds, grain) will usually leave you feeling hungry, craving sweets, or upsetting your moods, energy, personality, well-being or performance

§ Fat Choices

- Flesh proteins, eggs, and dairy products naturally contain fat
- Freely add any *additional* fats and oils to your meals
- Choose from: *butter, cream, ghee, coconut oil, palm oil, or olive oil as well as cheese, avocado, olives, nuts, seeds, nut butters, seed butters*
- Limit all other nut and seed oils (omega 6)

§ Carbohydrate Choices

- Your best carbohydrate sources are Greens and Vegetables
- Eat as much as you want from “green” foods in those lists
- Each day eat some fresh raw vegetables and/or drink some fresh raw vegetable juice (1 cup or less)
- Fresh, organic fruit is also allowed *in moderation*, but not in place of your proteins and vegetables

§ Starchy Carbohydrates – A Special Consideration

- Your *primary* foods – the ones that should make up most of your meal - are *proteins, fats and non-starchy vegetable carbohydrates* as indicated above
- Grains, starchy vegetables, and many starchy legumes are your *secondary or complementary* foods
- High starch foods are also your *Caution Foods*
- Even so, starches can be eaten, but eat only the amount necessary as determined by using your Diet Check Record
- But eating *a lot of starchy carbs* can be a big problem for your metabolic type, so they should be added to a meal *only if needed* to satisfy your hunger and prevent cravings *after* eating your proteins and vegetables
- Determine whether to eat starches and how much of them to eat by using your Diet Check Record (discuss this with your Advisor)
- Due to their high sugar content, starchy foods can create problems with your blood sugar if overeaten
- Too many *or* too few starches can create cravings and cause negative changes in your appetite, mood, personality, energy, and performance
- Note: Grains are starches and many contain gluten. 1 out of every 150 people in the U.S. suffers with digestive and intestinal disorders from gluten intolerance (see Grains below for a list of gluten grains)

Now that you know how to choose the right foods for your metabolic type from your chart, it's time to learn how to find your ideal macronutrient ratios – the right proportions of proteins, fats and carbs at each meal and snack.

Fine-Tuning Your Macronutrient Ratios . . .

The term “macronutrient ratios” refers to the *proportions* or *percentages* of proteins, fats and carbohydrates in a meal or snack. In general, Parasympathetics do **better** on **higher** fat and protein and **lower** carbohydrates to stimulate and strengthen the Sympathetic System. When carbohydrates are consumed, the **non-starchy** carbs are the **best in terms of stabilizing blood sugar**. However, most people need *some* starch so the big issue is how much. Parasympathetics actually do very well on root vegetables, unless they suffer from blood sugar problems. **Use your Diet Check Record (DCR) to fine-tune your carb intake at each meal and snack.** You will do best on the least amount of starch possible that does not cause adverse reactions (as reflected in your Diet Check Record).

- **Too many carbs** or too many high starch foods will produce hunger, cravings, desire for sweets, and/or adversely impact your energy level, mind, moods or emotions *as compared to their status before you ate.*
- **Too few carbs** will produce the same result!
- The **right proportions** of proteins+fats:carbs at each meal will produce **positive improvement** in all categories (energy production, mind, moods, emotions, feeling satiated from your meal).

Eating the right ratios of macronutrients to meet your individual metabolic requirements is just as important as eating the right foods for your metabolic type. Finding the right balance means finding the right proportions of proteins + fats to carbohydrates. This also involves determining the right amount of non-starch vs. starchy carbohydrates.

All Parasympathetics are **not** the **same** when it comes to **ideal macronutrient ratios**. Some are “mild” Parasympathetics, while others are “medium” Parasympathetics, or “strong” Parasympathetics, or “very strong” Parasympathetics. These differences between Parasympathetics impact macronutrient **ratios** as well as the ideal **types** of proteins, fats and carbs. How strong your Parasympathetic Dominance is at each meal will determine the necessary ratio of proteins+fats to carbohydrates. Plus, due to individual **circadian rhythms**, some people may have a **consistent** macronutrient ratio need throughout the day while others may **vary** dramatically from meal to meal. For these reasons, **it is very important** that you make good use of your Fine-Tuning Guidelines and Diet Check Record to **customize** your diet by adjusting your protein+fat:carb **ratios** to your own unique needs. Be sure to work very closely with your Advisor on this issue until you clearly understand it. **Customizing your macronutrient ratios at each meal is a critical component to the success of your program.** (Read the “Using Your Diet Plan” article for more detail)

Use your “**Diet Check Record**” to *customize* your **Protein+Fat : Carbohydrate Ratios** to *your* body’s needs

Think of fine-tuning your macronutrient ratios to be like tuning a station on a radio dial. Changing the amount of carbs relative to the amounts of proteins and fats at a meal, changes the influence of food on the ANS. The stronger the Parasympathetic strength, the greater the need for proteins and fats and the lesser the need for carbohydrates, and vice versa.

Weaker <----- **PARASYMPATHETIC** -----> Stronger
Need More Carbs, Less Protein+Fat <-----> Need More Protein+ Fat, Less Carbs

FINE-TUNING INSTRUCTIONS There are two ways to start and to discover your optimum macronutrient ratio. Choose whichever option appeals to you or try both methods. Use whichever one -- Option #1 or Option #2 -- works best for you.

- **Option #1** – At each meal and snack . . .
 - Eat the right foods for your MT
 - Eat whatever amount of proteins, fats and carbs appeals to your appetite
 - Then use the Diet Check Record (DCR) 1-2 hours later to see how well you did
 - Adjust the ratios as needed, following the instructions in the Fine-Tuning Guidelines document.
- **Option #2** – At each meal and snack . . .
 - Start by eating only proteins and fats and no carbohydrates (no fruits, vegetables, or grains)
 - See how you feel and use your DCR to note your reactions 1-2 hours after eating
 - If all feels great, then continue eating like that until you start to record negative reactions in your DCR
 - At that point, increase the proportion of non-starchy vegetables until the reactions resolve
 - If reactions do not resolve, only at that point, add a very small amount of starchy carbs -- either a starchy vegetable or a grain (a few bites of cooked grain, half slice toast, a little starchy vegetable, etc.)
 - If that small amount solves the problem, stay at that ratio until new adverse reactions occur at which time you can again increase starch
 - TIP: When adding starches into your diet, only add very small amounts at a time
 - NOTE: The general idea is to *increment* into your meal the addition of carbs until adverse reactions resolve and then stop at that level until your body again indicates a need for change.

Fine-Tuning Your Macronutrient Ratios (cont.) . . .

FINE-TUNING INSTRUCTIONS (cont.)

You may find the need for very *different macronutrient ratios* at the different meals of the day. Or, you may find that you need about the same ratio at all meals. It doesn't matter. The goal is to customize your macronutrient ratios to your body's needs.

Especially if you have blood sugar regulation problems or weight issues, be sure and find the least amount of carbs that works for you, i.e., the least amount of carbs in relation to proteins and fats that does not produce adverse reactions.

Discuss these methods with your Advisor. And don't worry. It's easier than it sounds and will soon become "second nature." In a very natural manner, it will become a way that you can *eat for life*. Importantly, please note that:

- You do NOT have to weigh your food
- You do NOT have to count calories
- You do NOT have to limit proportions.

By eating the right foods for your metabolic type and by eating the right macronutrient ratios at each meal, you will optimize the influence of food on your metabolism. In other words, you will be fulfilling optimally the very reason for eating. As a result, in a very easy, natural way, your appetite should normalize, sweet cravings should disappear, your mind should be alert, your emotions should balance, your mood should lift, and your energy levels and performance should improve.

Food List Categories . . .

Meat – Although not commonly eaten today as in days past, many of the choices in Green are by far the best choices for Parasympathetics. *Always* eat them if you can. Choose from the Bold list *only* when variety is necessary. In this category, the Bold and Italics foods are not actually "bad," i.e., they will not actually push you out of balance. However, they usually are *insufficient* as a source of protein and fat and will not provide the desired result that the Green foods will. Parasympathetics in general **need** the **higher purine, higher fat** proteins to balance their autonomic requirements. Of all the protein sources, **meat** is the **ideal protein** for the typical Parasympathetic. Best choices are those with high purine content. All meat should be from organic, range fed stock, free from hormones and antibiotics.

Poultry – Similar to the Meat category, any poultry is "acceptable" but Parasympathetics do **best** on the **dark meat** which has the **higher fat, higher purine** content. The leaner, lighter meats can leave Parasympathetics feeling still hungry or craving sweets or needing to eat much sooner than they should or needing to eat more food to feel "full." The green items have the highest fat and purine content, followed by the bold, then the italics items. Take care to obtain only the highest quality, free-ranging, organically fed, hormone free and antibiotic free poultry. The quality of your food is extremely important.

Seafood – Parasympathetics do **best** on the **higher fat, higher purine** seafoods. The green items have the highest fat and purine content, followed by the bold, then the italics items. However, the **mercury** content of many choices has diminished seafood's desirability. *The following are now considered to contain high mercury levels: bass, catfish, cod, crab, grouper, halibut, lobster, mackerel, mahi mahi, mussels, oysters, rockfish, roughy, salmon, shark, snapper, swordfish, tuna.* (See <http://www.cfsan.fda.gov/~dms/admeHg3.html>.) But fish do provide an excellent source of the highly beneficial omega 3 Essential Fatty Acids. A good way to counteract the mercury would be to take 2-4 capsules of X-HM #2, 30 minutes before your meal. The chlorella in them works as a sponge to bind toxic metals in the gut so they don't get into the body. Always opt for fresh over frozen, and wild over farmed fish. If canned is used, obtain packed in olive oil (or water), not soy bean oil.

Legumes – Although a source of protein, legumes are **insufficient** as the **primary** protein source at a meal. They do contain purine which is a benefit to Parasympathetics. But they also contain significant amounts of carbohydrates. Thus, legumes are **best** used as a **supplement** to the meal for Parasympathetics. And it is best to add them to a meal when the animal protein plus vegetables proves insufficient as per your recorded reactions in your DCR's. Some experimentation will be required in order to discover how *your* body handles legumes. Color code ranking for legumes is based upon their protein, purine, phytate and carbohydrate content. In preparing legumes, soak them over night, pour off water, then add fresh water before cooking. Buy organically-grown. Avoid canned preparations such as beans and chili's.

Beverages – If you're **thirsty**, your body needs **water**. Other allowed beverages should be used *occasionally* when desired. The Caution and Avoid beverages are either too high in carbohydrates or minerals that would imbalance a Parasympathetic further or are simply not recommended for anyone. Almond "milk" is relatively high in protein and can work well with grains. Note that milk and nut milks are foods, not a liquid meant for quenching thirst. Never drink tap water. Always drink purified water, preferably from a home unit such as the Nature's Spring Reverse Osmosis or the Akai Ultraviolet System.

Food List Categories (cont.) . . .

Dairy – Dairy can be **freely** used by Parasympathetics. However, like legumes, dairy is **too “light”** of a protein (as compared to meat, poultry, seafood) to be the main protein at a meal. In addition, dairy products like milk, kefir and yogurt are also fairly high in carbohydrates. Depending on how strong of a Parasympathetic you are and your unique circadian requirements, you *may* be able to do fine on an *occasional* meal using cheese and beans as your protein. But generally speaking, dairy as the only protein at a meal or snack will not work well, making you crave sweets or hungry again, sooner than normal. Dairy has wonderful health-giving properties, but **only** if it is **raw, organic** and derived from **range fed** cows. Make ample use of raw cream, an extremely good food for a Parasympathetic. Eggs should be fertile and from free-ranging, organically fed chickens, free of hormones and antibiotics. Ranking in the food list chart is based on fat, protein and carbohydrate content. Bold and italics dairy foods tend to run higher in carbs and lower in protein and fat than the green. See www.realmilk.com for more information on dairy.

Nuts & Seeds – Nuts and seeds work well as *meal supplements* and in *snacks*. But like legumes and dairy, their protein content is **insufficient** to employ as the **primary protein** in a meal for your metabolic type. Many of them also contain a substantial amount of carbohydrate. Additionally, nuts and seeds are not “nutrient dense” -- do not provide a high content of minerals and vitamins. Use them freely as a supplement, *but* watch for any adverse reactions in your DCR’s such as a desire for sweets after a meal or snack. Ranking in the food list chart is based on protein, fat, carb, and phytate content.

Grains – Parasympathetics do better with higher quantities of proteins and fats. Grains are primarily starchy carbohydrate which means they get converted to glucose. In general, grains are handled fine by Parasympathetics unless blood sugar problems are present. So in this sense, all grains are potentially “caution” foods for Parasympathetics. Some grains, due to their **high starch** content and strong **glycemic** reaction in the body as well as their **phytate** content (which lowers calcium, a mineral needed in increased quantities in Parasympathetics), are more of a concern than other grains. Grains are color ranked accordingly from best to worst choices. But even with the “green” choices, always eat only the least amount of starches necessary to fulfill your appetite, as per your reactions in using your DCR. In order to activate natural enzymes, **pre-soak** grains before cooking for at least 2 hours. Always use only certified organic, whole grains. Stay away from all refined grain products. Limit use of breads because they tend to be more glycemic, but **use** only sprouted, whole grain breads, such as **Ezekiel** and **Manna** breads when you do eat breads.

Greens & Vegetables – Due to their mineral balance, most vegetables when metabolized tend to shift the pH **alkaline** in Autonomic Dominants, a potential problem for Parasympathetics who already tend toward an alkaline imbalance. In general, Parasympathetics tend to do better on the root vegetables than the leafy greens. However, if blood sugar problems are present, high starch vegetables like beet, potato, yam, squash (summer, winter), and sweet potato become Caution foods due to their high glycemic content. If eaten, watch for low blood sugar reactions like hunger, feeling physically full but still hungry, or sweet cravings soon after eating. Always use some fats or oils with vegetables and eat them along with protein. Use your DCR’s to find the right balance. Use only organic vegetables when possible. Obtain fresh. Use frozen only when fresh is not available. Avoid canned sources. Mix raw cream or and egg with fresh vegetable juices.

Fruits – Due to the high carbohydrate, high sugar, and specific vitamin and mineral content of fruits, in general they need to be limited in the diet of a Parasympathetic. All fruit is “parasympathetizing.” Fruit will stimulate the already too strong parasympathetic system, thereby worsening the existing imbalance. The worst in this regard are the citrus fruits, so they should be avoided or severely limited. Any other fruit *may* be eaten, but limit the quantity and always eat fruit along with some protein and fat such as with some cheese or nuts or with cream in a “smoothie.” Try to eat fruit that is “just ripe” before the sugar content is maximized. Obtain fresh. Use frozen only when fresh is not available. Avoid canned, sweetened sources. If you react negatively by such signs as decreased mood or well-being, increased appetite, hungry too soon after eating, craving sweets, fatigue, sneezing, runny nose, rash, or itching skin, you will need to cut back on fruit.

Oils & Fats – Parasympathetics need liberal amounts of fats in their diets, particularly saturated fats. All natural, unadulterated, “good” fats are allowed. Use butter, cream, ghee, coconut, palm and olive oil freely and amply. *However, use any vegetable nut/seed oils (omega 6) sparingly.* Make sure to always use natural, organic, unadulterated fats and oils. Use only butter, ghee (clarified butter) or coconut for cooking purposes. Olive oil can be used for light sautéing; however, it is best to sauté or stir fry in water, then add a vegetable oil before serving for taste and texture. This assures the health promoting properties of the oil and maximizes the taste. Make sure to always use natural, organic, unadulterated fats and oils and avoid all *trans fats*. Purchase in dark bottles, store in the refrigerator, and keep the lid on tight. Olive and coconut oils should be labeled “extra virgin.”

Herbs & Spices – Because of the small amounts of herbs or spices that are consumed at any one time, most are fine to use and *should be used* for their medicinal and health promoting properties. Quantitatively, they will not be sufficient to override the effects of a proper metabolic type meal and supplement program, so use them freely and often. Use only organic sources with no additives like stabilizers. (See herb/spice usage chart below)

Additional Food List Categories Of Interest . . .

Gluten – An immune system response to eating gluten (storage proteins gliadin and prolamine) results in damage to the small intestine of people with gluten intolerance. Those with gluten intolerance diseases such as celiac disease (CD) (1 out of every 150 in the U.S.) and dermatitis herpetiformis (DH) should avoid the following gluten-containing foods: *wheat (durum, semolina), rye, barley, oats, spelt, triticale, kamut, farina and their cereals*. If problems persist, then avoid all gluten foods: *beer, liquor, rice milk, oat milk, ice cream, ricotta, roquefort, sour cream, canola oil, curry, horseradish, ketchup, mustard, soy sauce, brown sugar, vanilla extract, rice vinegar, and all grains except rice (brown, white, wild)*.

Mercury – Mercury is one of the most toxic substances on our planet. Unfortunately, it is finding its way at an alarming rate into our food supply via many forms of seafoods. It is recommended that the consumption of any mercury containing foods be limited to no more than twice a month or not at all. See <http://www.gotmercury.org/> to calculate actual mercury levels in seafoods. Mercury is found in high levels in: *bass, catfish, cod, crab, grouper, halibut, lobster, mackerel, mahi mahi, mussels, oysters, rockfish, roughy, salmon, shark, snapper, swordfish, tuna*. A good way to counteract the mercury would be to take 2-4 capsules of X-HM #2, 30 minutes before your meal. The chlorella in them works as a sponge to bind toxic metals in the gut so that they don't get into the body.

Nightshades – Nightshade vegetables include *potatoes, tomatoes, eggplant, peppers, pepinos, cape gooseberry, chinese lanterns, tomatillo, ground cherry, naranjilla, tree tomato, garden huckleberry, chili, paprika*. If you have any degenerative problems involving your bones or joints, you may want to try omitting these foods from your diet *for 12 weeks* to see if any positive change is noted. A substantial number of people report improvement in pain and other symptoms as a result. In a study published in the Journal of the International Academy of Preventive medicine, of the 5000 arthritis sufferers who eliminated Nightshade, seventy percent reported relief from aches, pains, and disfigurement.

Oxalic Acid – Oxalic acid occurs naturally in quite a large number of plants and can combine with calcium, forming less soluble salts known as oxalates. As a result, foods high in oxalic acid, by lowering calcium in the body, can worsen the imbalance of Parasympathetics. High oxalic acid foods are *chocolate, cocoa, coffee, most berries (especially strawberries and cranberries), beet greens, bell peppers, currants, endive, grapes, parsley, plums, mustard greens, rhubarb, Swiss chard, summer squash, sweet potatoes, and tea*. (Note: Coffee is high in oxalic acid and it is also high in potassium which may worsen the Parasympathetic imbalance even more, but the caffeine will help stimulate the Sympathetic system.)

Phytates – Phytates are phosphorus compounds found primarily in cereal grains, legumes, and nuts. They bind with calcium and zinc -- both needed in abundance by Parasympathetics -- and interfere with their absorption in the body. Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize the phytic acid, releasing nutrients for absorption. This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins including gluten. Soak grains for 12 – 24 hours in an acid medium such as buttermilk, yogurt, other cultured milk, or water with lemon juice, whey, or vinegar added. Highest phytate foods are: *green beans, soy beans, tofu, barley, oat, quinoa, rye, millet, rice, wheat, cantaloupe, citrus, and raisins*.

Phytoestrogens – Phytoestrogens are compounds that occur naturally in plants (phyto) and under certain circumstances can have actions like human estrogen. When eaten they bind to estrogen receptors and may act in a similar way to estrogen. Foods containing phytoestrogens are: *garbanzo beans, lentils, red beans, soy beans, tempeh, tofu, white beans; black tea, green tea; cashews, flax/linseed; peanuts, sesame seeds; sunflower seeds, walnuts; barley, rye, wheat; sprouts; cantaloupe, cranberry, gooseberry, raspberry, strawberry*.

Purines – Purines are protein fractions found in certain foods and cells in the human body and are found in the animal proteins best for Parasympathetics. Very high purine content: *buffalo, elk, heart, kidney, liver, venison; anchovy, caviar, herring, mackerel, mussel, sardine, scallop*. High purine content: *beef, dark meat poultry, duck, goose, pheasant; abalone, clam, crab, crayfish, lobster, octopus, oyster, salmon, shrimp, squid, tuna (dark)*. Medium purine content: *all other animal and seafood proteins; legumes; peanuts; grains; asparagus, cauliflower, mushroom*. Low purine content: *nuts; dairy*.

Saturated Fats – Scientific evidence is mounting that the recent belief that saturated fats cause cancer, heart disease and other degenerative conditions is false. Natural, unadulterated saturated fat in the form of animal fat, dairy (butter, cream), coconut oils and palm oil are extremely beneficial for good health. The real dangerous fats are the *trans* fats and an excess of omega 6 fats (seed, nut oils). For more info, see: http://www.mercola.com/2002/feb/23/vegetarianism_myths_06.htm and http://mercola.com/2002/aug/17/saturated_fat1.htm# and <http://raypeat.com/articles/articles/coconut-oil.shtml>.

Thyroid Suppressing Foods – If you have been diagnosed with hypothyroid, you may wish to avoid foods known to suppress thyroid function by interfering with iodine uptake known as *goitrogens*, particularly when eaten raw: *soy, tofu, peanut, millet, bok choy, broccoli, Brussels sprout, cabbage, cauliflower, kale, kohlrabi, mustard, radish, rutabaga, turnip, peach, pine nut, artificial sweeteners and the following oils: canola, corn, cottonseed, margarine, safflower, sunflower*.

Do's . . . and

Don'ts . . .

General Guidelines

- q If a food is not on your Recommended Foods Chart, either do not eat it, or greatly limit its intake to only once in a while
- q Eat only Green items on your food list as much as possible
- q If you're a vegetarian, use your Recommended Foods as listed, but substitute legumes and dairy for flesh food proteins
- q Eat a wide variety of foods from your recommended list
- q Eat different foods every day at each meal
- q Eat **only** whole, natural foods, and **organic** whenever possible
- q Eat fresh, in season, locally grown as much as possible

Each Day

- q Drink 3 cups of water upon arising, 1st thing in the morning
- q Drink a minimum of 3 quarts of purified water each day
- q Eat at least 3 meals a day
- q Snack if necessary between meals
- q Eat at the same times each day when possible
- q Always try to eat *before* you get hungry in order to maintain your blood sugar levels

Protein

- q Always eat protein with every meal
- q Most animal and seafood proteins are allowed in your diet, but emphasize the high-fat, high-purine variety (green on your list)
- q If you snack, include some protein & fatty food

Grains

- q Consume only whole grain products
- q Use sprouted grain products when possible
- q Baked foods should only contain whole grain flours
- q Grains are Caution foods if you have blood sugar problems

Butter and Oil

- q Use raw, organic butter, ghee, coconut oil and olive oil freely
- q Use only natural, cold-pressed oils made by Omega or Flora
- q Use only fresh, raw nuts and seeds

Fruits and Vegetables

- q Use only organic, fresh, frozen or dried vegetables
- q Emphasize non-starchy vegetables over starchy vegetables
- q Use only fresh vegetable juices, selected from your recommended foods and stir in an egg or raw cream
- q Consume fresh vegetable juice no more than 4 times a week
- q Consume only fresh fruits or frozen without added sugar

Water

- q Drink *only* (purified) water when thirsty
- q Use reverse osmosis for purification
- q Purify your own water (it's more economical)
- q During meals, limit fluid intake and never consume cold drinks
- q Drink water when thirsty, not milk, tea, nut milks or other drinks

Cooking

- q Use only glass or unchipped enamel for cooking
- q Use only coconut oil, ghee, butter or palm oil for cooking
- q Cook animal proteins by baking, braising, boiling or broiling
- q Cook vegetables by steaming, sautéing, boiling or baking
- q Sauté in water, then add oil to taste before serving
- q Ideally, cook at no higher than 225 degrees

Miscellaneous

- q Use only Celtra Salt as your table salt
- q If you must have coffee, limit to 1-2 cups per day, make it as weak as possible, and *only* drink organic coffee
- q As a Parasympathetic, it is best to use cream with coffee
- q Limit all sugar in your diet as much as possible
- q Prefer stevia or xylitol as sweetener when you must use "sugar"
- q Use other natural sweeteners sparingly – molasses, sorghum, maple syrup – or not at all
- q Consume 1-2 tablespoons of freshly ground, organic flax seed 4-7 times a week

Avoid These Foods:

Candy, pastry, citrus fruit, jam, jelly, ice cream, white rice, pastas, refined flour breads, crackers, refined or processed cereals, catsup, soft drinks, coffee, black tea, beer, wine, or any other alcoholic beverages

- q Avoid canned vegetables
- q Avoid all GM (genetically modified) foods
- q Avoid fruit juices except for temporary, therapeutic reasons
- q *Avoid drinking tap water!*
- q Avoid fried foods
- q Avoid microwaved foods
www.mercola.com/article/microwave/hazards.htm
- q Avoid eating carbohydrate foods (fruits, vegetables, grains) without protein
- q Avoid margarine, hydrogenated oils or fat substitutes
www.westonaprice.org/knowyourfats/skinny.html
- q Avoid soy products except fermented ones (tempeh, natto, miso, soy sauce)
www.mercola.com/article/soy/index.htm
- q Avoid roasted nuts
- q Avoid regular commercial salt other than Celtra brand
- q Avoid non-organic coffees, as they tend to be high in pesticides
- q Avoid *any* refined grain products
- q Avoid artificial products: Equal, NutraSweet, Saccharin, Splenda, all non-dairy creamers, and fat substitutes, etc.
- q Avoid Aspartame (Conditions linked to aspartame: multiple sclerosis, lupus, fibromyalgia, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, memory loss)
- q Avoid processed, canned, preserved, packaged, synthetic, colored or hormonized foods.
- q Avoid margarine and hydrogenated oils
- q Avoid refined vegetable and seed oils (canola, corn, safflower, sunflower, Wesson, regular supermarket oils)
- q Avoid foods containing MSG (monosodium glutamate)
- q Avoid foods containing cancer causing nitrites
- q Limit breads, emphasizing whole grains instead. Breads are much more refined than whole grains (rice, oats, millet, etc.)
- q Limit sugar in your diet as much as possible. It imbalances your metabolic type
- q Avoid soft drinks and soda pops

A simple rule to follow when buying food:
If your ancestors 1,000 years ago didn't eat it, you should not eat it either!
(eat **ONLY** whole, natural, unprocessed food)
- q Do not overcook vegetables
- q Do not overcook meat
- q Do not eat blackened, charred meat
- q Be cautious with all starch intake. Note starch foods on the "Notes" page and limit their intake due to their glycemic (sugar) content
- q Omit from your diet any foods to which you know that you are allergic or sensitive. See www.LeapAllergy.com for information

Reverse osmosis water purifying units, coconut butter, Celtra salt and other products designed for your Metabolic Type are available from: Ultra Life (800) 323-3842, (618) 594-7711, www.UltraLifeInc.com

For food prep, see: [Nourishing Traditions](#), by Sally Fallon

Your Metabolic Type Diet is easy to follow. Just stick to your Recommended Foods as closely as you can. **You do not need to weigh your foods, measure out serving sizes or count calories.** Eat according to your appetite. Eat at least 3 meals a day. Snack if you need to and always try to eat before you get hungry to stabilize your blood sugar. Eat protein and fat with each food intake. Although you can eat any of your foods in any combination, here are some meal suggestions to help get you started. Eat grains and other starches only if required as per your Diet Check Record Sheet reactions.

Bon Appétite!

Sample Menus For Diet Plan #2 Parasympathetics and Fast Oxidizers – “Protein Types”

Meal	Day One	Day Two	Day Three	Day Four	Day Five
Breakfast	small serving of oatmeal with heavy cream bacon scrambled egg(s) in butter	healthy sausage sautéed mushrooms boiled or coddled egg thin slice of toasted, non-wheat bread with butter	corned beef hash with poached eggs asparagus butter	smoked wild salmon steamed asparagus thin slice spelt toast butter	whole milk shake with 1-2 eggs, cream, protein powder, flax oil and ½ “green” banana
Lunch	spinach salad with hard boiled egg, streaky bacon, avocado, olives fresh olive oil dressing	leftover roast beef spinach & mayonnaise with handful walnuts/almonds	chicken thigh and drumstick cold artichoke with butter or mayonnaise carrot stick slivered almonds	dark tuna salad with chopped celery, carrot, avocado, spinach leaves, artichoke hearts, olives, olive oil, ½ tsp organic apple cider vinegar dressing	ham and split pea soup rye bread & butter cheese celery sticks
Snack	cottage cheese (not low-fat) with flax oil, ½ slice chopped “green” apple with touch of cinnamon, chopped walnuts	whole milk cheese on buttered rye-krisp cracker	tahini on celery sticks	½ “green” pear with cheese assorted nuts	thin slice 100% rye Manna bread with butter & nut butter
Dinner	roast beef steamed cauliflower and green beans with butter	roast chicken asparagus carrots or baked triticale with butter	broiled steak buttered peas and corn sliced avocado marinated in olive oil dressing	pork chops (broiled) amaranth green beans butter	roast lamb or chops steamed, buttered cauliflower and spinach barley

Note: Grain foods are optional. Any fruits eaten should be “green” – not fully ripened. Fully-ripe or over-ripe fruits are too high in sugar for Protein Types. Thus, bananas should be “green-tipped.” Apples and pears should be “green.” Preferably, they should also be eaten with some protein and/or fat, like cream, cheese, nuts.

Kitchen Herbs & Spices Usage Guide . . .

“A herb is a friend of physicians and the praise of cooks.” ~ Charlemagne

Kitchen herbs and spices are not just great for adding flavor and variety to meals; they're also filled with wonderful medicinal and health promoting properties. Most of them aid digestion. Black pepper, for example, helps in the digestion of dairy. Use the herbs and spices generously with your meals. Select from the chart below. Experiment!

H E R B S						
Meats	Poultry	Seafood	Vegetables	Salads	Soups	Desserts
Anise Basil Caraway Celery Chervil Celery Chervil Dill Fennel Ginger Horseradish Marjoram Mint Onion Oregano Parsley Rosemary Sage Savory Sesame Seed Shallot Tarragon Thyme Watercress	Anise Basil Bay Leaf Caraway Celery Chives Garlic Horseradish Lovage Marjoram Onion Oregano Parsley Rosemary Sage Savory Shallot Tarragon Thyme Watercress	Basil Bay Leaf Celery Chervil Chives Dill Fennel Garlic Horseradish Lovage Marjoram Mint Mustard Onion Oregano Parsley Rosemary Savory Tarragon Thyme Watercress	Anise Basil Bay Leaf Borage Caraway Celery Dill Fennel Lovage Marjoram Mint Mustard Onion Oregano Parsley Poppy Seed Rosemary Sage Savory Sesame Seed Tarragon Thyme	Basil Bay Leaf Borage Caraway Celery Chervil Chives Dill Fennel Garlic Horseradish Lovage Marjoram Mint Mustard Seed Nasturtium Oregano Parsley Poppy Seed Rosemary Savory Scallions Sesame Seed Shallot Tarragon Thyme Watercress	Anise Basil Bay Leaf Caraway Celery Chervil Chives Dill Fennel Garlic Leek Marigold Marjoram Mint Mustard Seed Oregano Parsley Poppy Seed Rosemary Sage Savory Sesame Seed Sorrel Tarragon Thyme Watercress	Anise Basil Bay Leaf Borage Caraway Cassia Fennel Ginger Mint Poppy Seed Rosemary Savory Sesame Seed
S P I C E S						
Meats	Poultry	Seafood	Vegetables	Salads	Soups	Desserts
Allspice Cayenne Chili Powder Cloves Coriander Cumin Seed Curry Powder Mace Nutmeg Paprika Pepper Saffron	Cumin Curry Powder Saffron	Cumin Curry Powder Paprika Pepper Saffron	Cayenne Chili Powder Coriander Cumin Curry Powder Nutmeg Pepper Saffron	Cardamom Chili Powder Coriander Curry Powder Paprika Pepper Saffron	Cardamom Cloves Coriander Cumin Mace Paprika Saffron	Allspice Cardamom Cinnamon Coriander Cumin Mace Nutmeg Saffron

TIP: When you're hot, DO NOT use the following but DO use them when you're cold:
Anise, Basil, Cardamom, Cayenne, Chive, Cinnamon, Clove, Coriander, Dill, Fennel, Garlic, Ginger, Nutmeg, Onion, Rosemary, Turmeric, Vinegar