

Dietary Recommendations

In the evening 1 hour before bedtime:

Fruit and yogurt (low fat not nonfat) 1 hour before bedtime 2-4 oz. and a few nuts (not peanuts).

Mornings:

Before breakfast, take Bromelain. Take other vitamins with meal.

Breakfast should consist of whole grains (Oats, or some wheat, Quinoa, Millet) No sugar and preferably with Soy Milk (Silk vanilla). It may contain some protein from Eggs (Omega 3 eggs) and/or Yogurt, lots of fruit and Nuts (not peanuts).

Small cup of coffee or tea OK. Accompany with Ginger tea.

Snacks:

Make a large batch of nut snack and transfer to small baggies to carry around.

Also, have a thermos of Ginger tea for between meal thirsts. Avoid all manufactured snacks and pastries. Apple slices with lemon juice and other fruit as well as celery and carrot sticks add refreshing additions to mid morning and lunch.

Lunch:

Take Supplements with the meal, except bromelain –take it before meal. Also take Bach flower remedies and homeopathic between meals.

Lunch should have vegetables of many colors either in salad mixes or in dishes pre-made by you at home for microwave in office or home. Hardboiled eggs, nuts, and fruits can garnish the salad and use Olive oil based dressings with vinegar or lime or lemon juice. (No pre-made dressings or crème dressings). For flavor, use only small amounts of grated cheeses. Organic chicken, tuna, and salmon provide good sources of nutritious protein. Keep pasta to a minimum. Avoid high salt meals (ask when at restaurants).

Shakes with yogurt, soymilk, and fruit make a good dessert and for snacks.

Dinner:

If you are cooking, have a snack before starting (nuts and raisins or an apple).

Salmon, grass fed organic beef or chicken as well as Tuna and Omega 3 eggs are a good source of needed protein. Many vegetables of rich colors lightly cooked. Best: include Broccoli, Spinach, Collards, Squash, Bell Pepper, Carrots, and dark green and varietal lettuces (not Iceberg) Add Green beans, zucchini and peppers to salads and well as cooked beans in moderation. Use only Olive and Coconut Oils, if possible, for cooking and dressings. Try lime and lemon juices instead of vinegar in dressings. Spice and herbs to taste. (Mustards, Turmeric and Horseradish as well as hot peppers are also anti-inflammatory.) Keep desserts to fruits and very small portions of ice cream (Ice milk is better). Dark chocolate, rather than milk chocolate. Make shakes from Yogurt and fruits as well. Avoid baked goods and sugar. Try Stevia as a sugar substitute; it is VERY sweet. Apple sauce is also a good sugar substitute.

Remember eat slowly, taste your food, and chew well. The more you enjoy your food, the less you need. For portion size, use a plate one size smaller than usual. Satisfaction is in the eye as well. Listen to your body, if you do not feel hungry, do not eat more.

See General Guidelines and Hints for Dieting and Diet for additional help.

For Further Information Contact Dr. Stephen Green MSDC (845) 294-9990