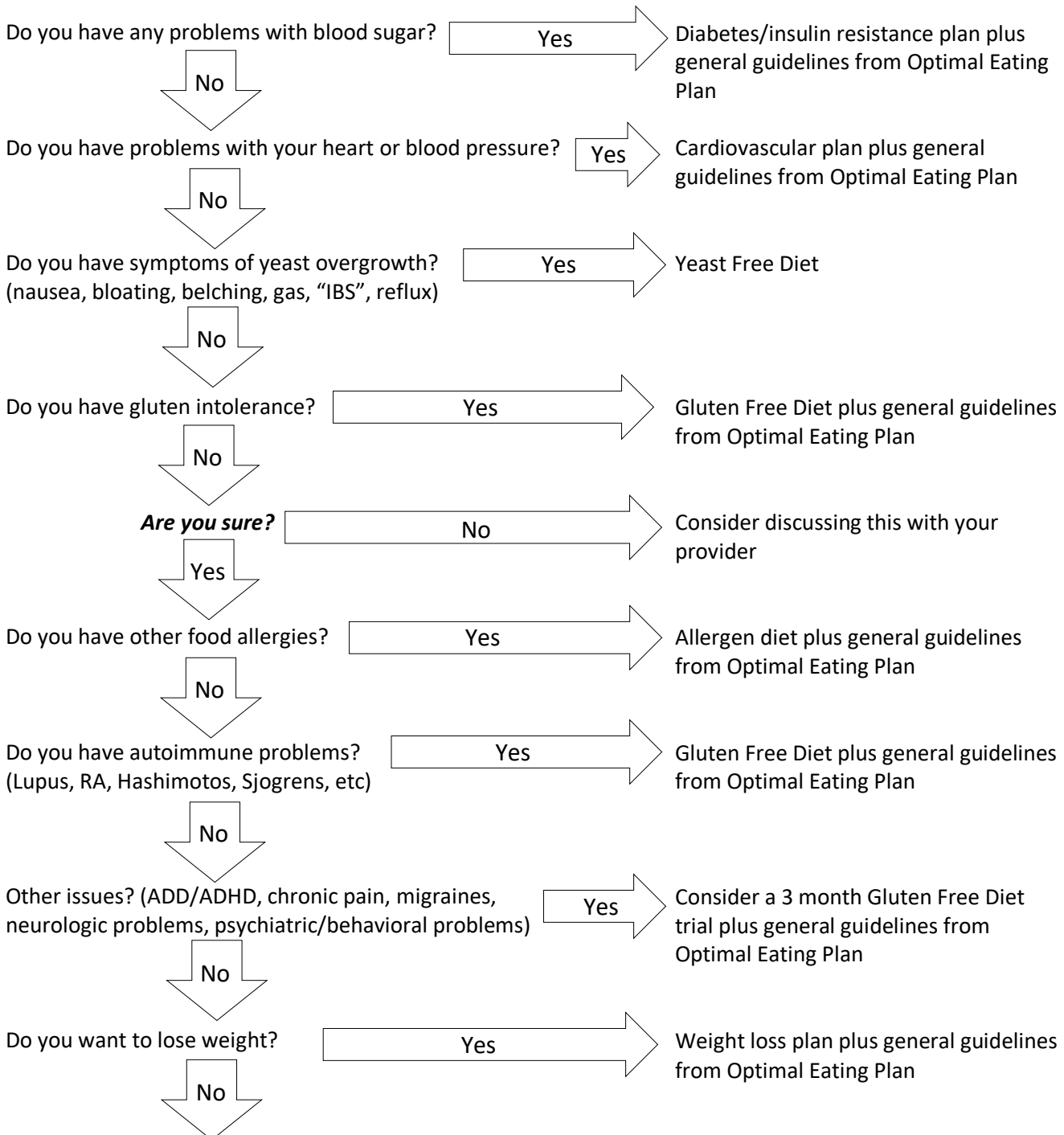


What eating plan am I supposed to be on!?!?

The following questions will help guide you along your search for the right eating plan for you. Nutrition is not a one-size-fits-all idea. The guidelines on the following pages are meant to be just that – guidelines. Please do not get bogged down in following them perfectly. Every step you make towards better nutrition is a step towards better health. Be proud of the work you are doing!



Follow the Optimal Eating Plan guidelines.

For more details and specification of your eating plan to your individual needs, contact Sally Kerr at the Hotze Health and Wellness Center 281-579-3600.

Optimal Eating Plan Guidelines

Obviously, it is not practical for many people to follow these guidelines exactly. Remember to just do the best you can.

- Lots of fresh or frozen non-starchy vegetables. Organic when possible. This should make up the largest bulk of your daily diet.
- Moderate amounts of low sugar fruits (berries, apples, oranges). Organic when possible.
- Lean, unprocessed meats. Organic/grass-fed/free range when possible.
- Little to no simple carbohydrates
- No added sugars, especially refined sugars
- No artificial flavors, colors, additives, etc
- No artificial sweeteners, including aspartame and sucralose (Splenda). Stevia, xylitol and erythritol are acceptable (i.e. Sweet and Natural).
- No sodas
- Limit caffeine except green tea
- Limit alcohol
- Limit canned foods and other sources of BPA
- Limit processed foods
- No fast foods
- Avoid the microwave as much as possible

Diabetes/Insulin Resistance

If you have trouble with blood sugar or insulin resistance, or even if you have a strong family history of diabetes or an elevated HgbA1C, these guidelines will help you control that issue.

- Follow the Optimal Eating Plan guidelines
- Strictly avoid sugars (including honey, agave, etc)
- Strictly avoid carb-based foods (bread, pasta, rice, potatoes)
- Limit fruit
- Avoid fruit juice
- Little to no alcohol

Heart problems/Blood Pressure

If you have ever had problems with your heart or elevated blood pressure, or if you have a strong family history of heart disease or an abnormal carotid scan or Max Pulse, these guidelines will help you control that issue.

- Read and apply Eat to Live by Joel Fuhrman, MD
- Increase intake of foods that boost nitric oxide formation (beets, nuts, brown rice, artichokes, spinach, kale and root vegetables)
- Decrease salt intake

Yeast Overgrowth

If you have symptoms such as nausea, bloating, belching, gas, “IBS” symptoms or reflux, or if you’ve never done a full yeast cleanse as a new guest, then the following guidelines should be followed for a total of 3 months. Please note you need to talk to the nursing department or your provider to get prescriptions for the necessary medications to go along with this plan.

- Eat mostly non-starchy vegetables, nuts, beans (from dried), lean cuts of meat, and eggs.
- Skip fruit for 2 weeks then enjoy a moderate amount of low sugar fruit
- Skip butter for 2 weeks then use real butter (no margarines, spreads, etc)
- Avoid vinegar, except apple cider vinegar, and other fermented products
- Avoid sugar in all its forms. You can use Sweet and Natural, stevia, xylitol and erythritol
- For 1 month you need to *strictly* avoid the following:
 - Sugar, flour and dairy
 - Potatoes and rice
 - Lima beans, refried beans and baked beans
 - Peas, corn and carrots (a few raw carrots are ok)
 - Processed meats (moderate amounts of “natural” lunch meats or bacon would be okay)
 - Alcohol
- For the next 2 months (if you aren’t wanting to lose weight) you may add in brown rice, sweet potatoes, cheese, oatmeal, unsweetened plain yogurt and alcohol – all in moderation. Small amounts of sugar, flour and milk may be used *very sparingly* during the final 2 months.

Gluten Sensitivity

If you have a known history of celiac disease or gluten sensitivity then it is critical that you follow a strict gluten free diet all of the time. It is not okay to just cut back or have it every now and again. It takes 6-12 months for your body to calm down after exposure to gluten and even the smallest exposure will flare it up again.

If you have other issues such as neurologic problems (migraine, alzheimers, parkinsons), children with neurobehaviorial issues (ADD/ADHD, autism spectrum, emotional outbursts), autoimmune diseases (lupus, RA, psoriasis, Hashimoto’s thyroiditis), psychiatric problems (depression, anxiety, schizophrenia), chronic pain, unexplained iron deficiency anemia, etc, then it is worth a 3 months gluten free trial to see if you improve.

- Complete elimination of wheat, rye, barley and oats (unless certified gluten free)
- Watch for hidden sources of gluten such as malt, soy sauce, beer, etc
- There are many great websites to help you learn all the various names gluten can hide under.
- Otherwise follow the Optimal Eating Plan guidelines

Other Food Allergens/Intolerances

For sensitivities to any other foods, it may be possible to eliminate them completely for 6-12 months then add them back to your diet on a rotational basis. You should not eat the offending food more often than every 4-5 days. This, of course, does not apply to serious, life-threatening allergies. If you find that you have symptoms when the food is added back then complete avoidance may be necessary.

Otherwise, follow the Optimal Eating Plan guidelines.

Weight Loss

There are many effective plans for weight loss. Every individual will prefer different ones depending on lifestyle, etc. If you have any of the other conditions listed above then you should continue to do that plan as a minimum. Remember that exercise is critical for your good health as well as weight loss. The following are diets that we often recommend for weight loss:

- Low carb (yeast free, paleo, etc)
- *Eat to Live* by Joel Fuhrman, MD
- Intermittent fasting (*The Fast Diet* by Michael Mosley)
- Weight Watchers (avoid the temptation to eat pre-packaged, processed food)