

WellnessPlus

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*MD*

# Basic Rules of Nutrition

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- Don't count calories; eat what you want as long as you follow these rules.
- Eat in 3-4 hour windows. Anything closer together creates stress on the digestive system. The digestive system needs breaks too.
- Do not eat after 8pm or even earlier if you can....leave a good 10-11 hour window (or longer) of fasting to promote better sleep and better digestion.
- Start reading labels (and not the nutrition facts labels, but the ingredients list!): Avoid food products that contain ingredients that you cannot pronounce nor recognize as food.
- Avoid foods with some form of sugar or sweetener (cane sugar, high fructose corn syrup, Stevia, aspartame, dextrose, etc.). You will be surprised how much of the food you eat contains sugar. If you must sweeten something, use honey or PURE maple syrup and keep even those two to a minimum.
- Avoid food products that say "low fat, non-fat, or lite" on the label. Since their introduction in the 1950's, people have only gained more weight! Always eat WHOLE fats (ex: butter rather than margarine or coconut oil rather than vegetable oil)
- Eat organic when possible, (obligatory for animal products) but also vegetables and fruits (If you can't afford all organic, focus on the DIRTY DOZEN list). If you are not eating organic, then you are guaranteed to be eating glyphosate which adds to your toxic burden.
- Eat mostly plants and fruits and small amounts of meat. I generally recommend 50% vegetables, 30% fruits, 10% protein and 10% carbohydrates (not refined, but things like potatoes, sweet potatoes, quinoa, some rice, buckwheat).
- Meat is a treat, not a main course. Limit consumption to a few servings per week and when you do eat meat, it must be pasture raised (organic is not enough) and ideally locally sourced. Avoid factory farmed meats that are traditionally found in the grocery store. While they do have protein, they also have high levels of pesticides, hormones, glyphosate and inflammatory omega 6's.
- Limit grain and bread consumption. If you want to have some grains in your diet, focus on whole grains: brown rice, quinoa, wild rice, couscous, & amaranth are good examples. For breads, I don't recommend them other than as an occasional treat and choosing clean gluten free breads, REAL sourdough or sprouted wheat breads such as Ezekiel are your best options.
- Eliminate gluten, sugar, corn, peanuts and dairy while healing from chronic illness. If you must eat some sugar, use honey or pure maple syrup. If you must eat some dairy, eat goat or sheep dairy, but in very limited quantities.

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- When you eat soy (which can be beneficial for a lot of people!) ALWAYS choice organic and ideally fermented.
- Do not use vegetable, canola or other processed oils. These create inflammation in the body. Use coconut oil and avocado oil to cook with and olive oil or flax oil for dressings.
- Eat at home! Any meals that come through your window or in a take out box are likely not “real food.” If you are eating out, find restaurants that serve organic foods or at minimum have good vegetables options without additives or inflammatory oils.
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These rules take time to incorporate into your daily life. Don't stress about them, just slowly incorporate these into your diet as you are able!! Even while introducing these slowly, you will begin to notice positive changes in your body. Enjoy your newfound health!!

