

# Eat Well, Cook Well

Chronic diseases are related to what we eat!



## **Rule #1 – Eat lots of plants and animals!**

This is what our ancestors did. Focus on quality sources of meat, fowl and fish (organic, free-range, grass fed), lots of colorful fruits and vegetables, and healthy sources of fats (nuts, seeds, butters, oils, avocados). Plants and animals are all you need to get the protein, fat, carbohydrates, vitamins, minerals, antioxidants, phenols, fiber and water to sustain life, increase brain size, improve physical fitness and support immune function.

## **Rule #2 – Avoid poisonous things!**

The number of toxic agents in our food supply is worse than ever. Human-made products and chemicals are foreign to our genes and disturb the normal function of our body. Toxins include more than the pesticides and chemicals used to grow our food. Toxins to eliminate from your diet are sugars, sodas, chemically altered fats, heavily processed, packaged, fried and preserved foods.

## **Rule # 3 – No grains!**

No wheat and flour products (this includes bread, pasta, crackers, snack foods, baked goods, corn, cereal, etc.) Why? Eating grains and other processed carbs causes blood glucose levels to spike and this spike is a shock to our genes which are accustomed to natural, slow-burning foods. Our pancreas has to compensate by secreting excess levels of insulin. This results in a “sugar crash” and a vicious cycle of another high-carb meal, insulin response and another blood glucose decline. (You essentially become temporarily diabetic).

Insulin transports nutrients out of the bloodstream into muscle, liver and fat cell storage depots. Too much insulin in the bloodstream means stored body fat won't be released for energy resulting in weight gain. After your high carb, high sugar meal, insulin is released into the bloodstream and stores glucose as muscle glycogen or directs its conversion to fat. Experience this day in and day out and you will develop insulin resistance and Metabolic syndrome.

Grains are foreign to the human digestive process. Populations may have expanded, but health costs to humans were significant. Before the development of agriculture, diseases such as atherosclerosis, hypertension and Type 2 diabetes never existed.

What about whole grains? Whole grains are higher in phytates. Phytates easily bind to important minerals like calcium, magnesium and zinc in the digestive tract, making them more difficult to absorb. Grains also interfere with vitamin D metabolism and play a role in deficiencies of vitamins A, C and B12.

# Better Meal Choices

Here are our favorite foods to eat.

## Breakfast

Eggs! Cook them any way you like in butter – scrambled, poached, over-easy. Add chopped veggies to scrambled eggs while cooking, top with sliced avocado, salsa, salt and pepper

Slow cooked oatmeal — Not the instant or quick cooking kind. Add walnuts, dried or fresh fruit, almond/rice milk. If you're feeling lazy, eat your oatmeal cold with some almond milk...its delicious!

Fruit smoothie Frozen fruit, banana, protein powder, avocado, etc. Add water or almond milk and ice, blend and enjoy!

## Lunch

This is the meal that we tend to eat out the most due to lack of preparation and convenience. Here is what to eat so you won't.

A huge salad – throw in whatever you like, but the key is to add good fat like nuts, seeds, avocado, olives, etc. Add some protein like hard-boiled eggs, grilled chicken, salmon, tuna and sardines.

Leftovers – bring a thermos of soup, chili, or whatever you had the night before.

Just because it's lunch, doesn't mean you need to put it between 2 slices of bread and add a bag of chips and a Coke!

## Dinner

Make veggies the largest part of your meal! Add protein like chicken, fish, or grass-fed meat.

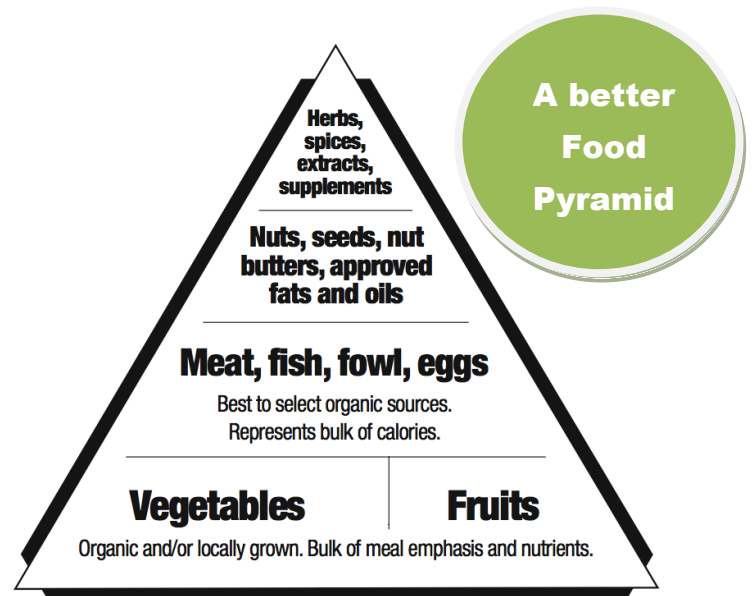
Sweet potatoes, quinoa, and wild rice are great choices too

Chili, soup, stew (make extra so you have leftovers for lunch)!

## Dessert

Need something sweet after dinner? Instead of sugar-loaded cake and pie, have fresh fruit.

A little bit of dark chocolate (70% cocoa) is a great choice too!



## Extras

- Remember the 80/20 Rule: Try to eat the Paleo/Primal way at 80% of the time and 20% of the time, you can cheat. A diet that leaves a room for indulgence is easier to stick to!
- Eat at home or bring a lunch as much as possible. Soups and stews should last for 2 meals. Stock up on good reusable glass containers or Tupperware so you have plenty of room to store leftovers.
- Don't let yourself get too hungry or else you will reach for anything in sight.
- Don't keep junk in the house because if it's there you will more than likely eat it!
- Keep healthy, satisfying snacks on hand such as nuts, cut-up veggies, eggs, beef jerky, dark chocolate.
- If it's processed or man-made, don't eat it!
- Avoid fast food! It's more expensive and less healthy. By eating at home, you have control over what is in your food i.e., preservatives, sodium, calories, or chemicals.
- Cook a whole chicken on Sunday and then make soup for the next day or use the leftover chicken for lunch in a salad.
- Planning ahead takes time and effort, but it is worth it! On Sunday, plan each meal for the week. Make a grocery list of all the food you will need and then go shopping. Stick to your plan!
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## Where to Shop

### Farmer's Markets



Shop locally — Farms like Springdell Farm and John Crowe Farm (both in Groton) carry grass-fed meat and free-range eggs. John Crowe Farm also has pasture-raised chickens.

For a list of more locations to find grass-fed meat go to [www.uswellnessmeats.com](http://www.uswellnessmeats.com) or [www.eatwild.com](http://www.eatwild.com)

Trader Joe's carries affordable organic chicken and wild salmon. The best grass-fed butter is found at Trader Joe's called Kerrygold.

Visit your local farmers' market. During the winter, Westford's is Saturday's from 9 a.m. to 1 p.m. at Eric's Garden Center. Go to [www.localharvest.org](http://www.localharvest.org) to find markets in your area.

Where to buy:

- Ground beef – cheapest at Trader Joe's and it is organic and grass-fed
- Almond flour – Trader Joe's sells almond meal that is \$6 cheaper than Market Basket! And they use the whole almond so it seems to hold pancakes together better.
- Chicken or Beef Broth – Trader Joe's (organic and low sodium)
- Coconut flakes/coconut flour – Market basket
- Fish – Shaws, Hannaford or the Westford Farmers Market
- Whole chicken – Market Basket sells Bell and Evans chicken, otherwise Trader Joe's has organic chicken
- Fruits & vegetables – Shaw's, Market Basket or your local Farmers' market (in season)
- Nuts/nut butters – Trader Joe's is all organic and the cheapest.
- Quinoa, Almond Butter – Costco

# Conventional Wisdom vs. The Primal Blueprint

*taken from The Primal Blueprint by Mark Sisson*

We challenge you to rethink and reframe these major elements of dietary "conventional wisdom". Consider the alternatives with an open mind.

## Grains

Conventional Wisdom (CW): Grains such as wheat, rice, corn, bread, cereal, and pasta are the foundation of a healthy diet. 6-11 daily servings recommended by the FDA and many nutrition experts. Grains provide the main source of energy for working muscles. Choose whole grains for more nutritional value, and extra fiber.

PRIMAL BLUEPRINT (PB): The worst mistake in the history of the human race (UCLA evolutionary biologist Jared Diamond). Grains drive excess insulin production, fat storage, and heart disease. Allergenic, immune-suppressing, nutritional value inferior to plants and animals. Whole grains possibly worse due to offensive pro-inflammatory, immune and digestive system disturbing agents, especially excessive fiber.

## Cholesterol

CW: Strictly limit intake. Elevated cholesterol levels cause heart disease. Take statin drugs (Lipitor, etc.) and eliminate animal foods (especially eggs) if your total cholesterol is over 200. Consider taking statin drugs pre-emptively if you have a family history of high cholesterol.

PB: Cholesterol is an essential metabolic nutrient that has little to no relevance to heart disease. It's only dangerous when oxidation and inflammation occur from poor diet and exercise habits. Statins can have disastrous side effects and minimal if any direct benefit.

## Eggs

CW: Minimize egg consumption due to high cholesterol; choose just egg whites as a high protein alternative.

PB: Zero correlation with heart disease or cholesterol levels. Egg yolk extremely nutritious, whites minimally so. Enjoy in abundance.

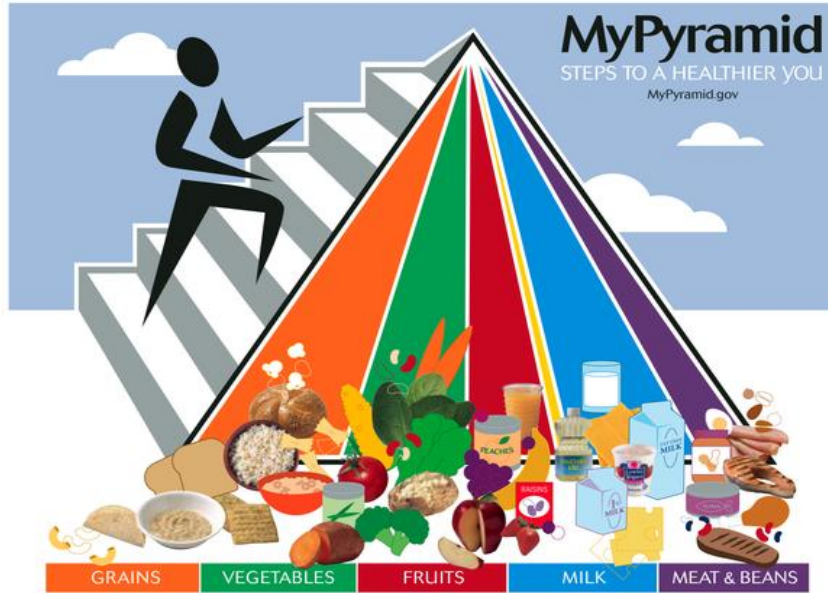
## Fiber

CW: Important dietary goal, derive mostly from grains. Improves gastrointestinal function, lowers cholesterol, speeds elimination, helps control weight by minimizing caloric intake.

PB: Incidental fiber from vegetables and fruit is optimum. Excess fiber from a grain based diet contributes to nutrient deficiency by interfering with nutrient absorption.

# Conventional Wisdom

The newly revised USDA Food Pyramid.



# The Primal Blueprint Food Pyramid

