

## What Did God Create as Foods?

## WHAT to Eat & HOW MUCH?

### FRUITS

1-2 Servings daily

1 Serving = 15g net Carbs (usually ~ ½ Cup) + 3g Fiber

Fruits are rich in essential vitamins, minerals, antioxidants, and fiber.

Fruits are mainly simple carbohydrates - they are high in simple sugars.

- [Apples](#): [Fuji](#), [Gala](#), [Granny Smith](#), [Honeycrisp](#)
- [Bananas](#): [Cavendish](#), [Plantain](#)
- [Oranges](#): [Navel](#), [Valencia](#), [Blood Orange](#)
- [Grapes](#): [Red](#), [Green](#), [Purple](#)
- [Strawberries](#): [Alba](#), [Chandler](#)
- [Blueberries](#): [Earlyblue](#), [Bilberry](#)
- [Watermelon](#): [Red](#), [Yellow](#)
- [Mangoes](#): [Alphonso](#), [Kesar](#)
- [Avocados](#): [Hass](#), [Fuerte](#)
- [Pineapples](#): Smooth Cayenne, Queen
- [Kiwi](#): [Green](#), [Golden](#)
- [Pears](#): [Bosc](#), Anjou
- [Apricots](#): [Triumph](#), Tilton
- [Plums](#): [Damson](#), [Santa Rosa](#)
- [Peaches](#): Elberta, Nectarine
- [Lemons](#): Eureka, Lisbon
- [Limes](#): Persian, Key
- [Cantaloupe](#): Honeydew
- [Melons](#): Honeydew, Cantaloupe
- [Pomegranates](#): Wonderful, Dwarf
- Guava

### VEGETABLES & HERBS

5+ Servings Daily / Unlimited

1 Serving = ½ Cup = 3 g Fiber

Vegetables are broadly defined as any part of a plant that is edible and used as food.

Vegetables are an important source of vitamins, minerals, fiber, and antioxidants (colors)

- Root Vegetables: Carrots, radishes, beets, potatoes
- Stem Vegetables: Celery, asparagus
- Leafy Vegetables: Lettuce, spinach, kale, cabbage, Bok choy, napa cabbage,
- Flower Vegetables: Broccoli, cauliflower, Brussels sprouts, artichokes
- Beans & Peas: Green beans, wax beans, peas, (vs. lima beans, kidney beans, etc.)
- Fruits (often considered vegetables): Tomatoes, bell peppers, cucumbers, squash
- Fungi: Mushrooms
- Herbs: Parsley, oregano, basil, thyme, rosemary, dill, cilantro, sage

## GRAINS & STARCHES

1-2 Servings Daily

1 Serving = 15 g net Carbs (usually ~ ½ Cup) + 3 g Fiber

Whole grains provide fiber, B vitamins, minerals, antioxidants, phytochemicals, & usually 3 g protein

Whole Grains vs Processed/Refined Grains & Non-GMO Grains vs GMO Grains; Discuss Gluten

- [Wheat](#): A popular and versatile grain used in various forms like bread, pasta, and flour.
- [Rice](#): A staple food in many cultures, available in various forms like white, brown, and black rice.
- [Corn](#): Also known as maize, a sweet-tasting grain used in various dishes and products.
- [Oats](#): A small or coarse grain, often used for breakfast cereals and baked goods.
- [Barley](#): A versatile grain used in brewing, soups, and breads.
- [Rye](#): A grain used in bread and other baked goods, known for its distinct flavor.
- Potatoes
- [Sorghum](#): A grain with a wide range of colors, used in various dishes and as a livestock feed.
- [Quinoa](#): A complete protein source, often used as a grain alternative. It contains all [nine essential amino acids](#), making it an excellent choice for vegetarians, vegans, and those who do not eat a lot of protein from animal sources.
- [Amaranth](#): A gluten-free grain rich in nutrients, often used in cooking and baking.
- [Buckwheat](#): A seed that is often ground into flour and used in various dishes, like pancakes and noodles.
- Also teff, spelt

## BEANS & LEGUMES

1-2 Servings Daily

1 Serving = ½ Cup = 15 g net Carbs + 7 g Protein + 7 g Fiber

Legumes are plants in the Fabaceae (pea) family, known for their seeds that grow inside pods, and include beans, peas, lentils, and peanuts. They provide complex carbs plus protein, and are a great source of fiber.

- Beans: Kidney beans, pinto beans, white beans, black beans, lima beans, fava beans, soybeans.
- Peas: Chickpeas, black-eyed peas, pigeon peas, split peas.
- Lentils: Red lentils, green lentils, brown lentils.
- Peanuts: Though often mistaken as nuts, peanuts are actually legumes.
- Soybeans, tofu, tempeh (comes from soybeans, like tofu).

## MEAT & FISH & EGGS

5-10 Servings Daily

Proteins provide complete proteins and some amount of fat

- Beef & Poultry: Chicken, beef, bison, turkey, cornish hens, quail, ducks, geese, venison .....  
1 oz = 7g Protein (fatty meats will also include some measure of fat / varies)
- Fish: Salmon, trout, haddock, halibut, grouper, tuna .....  
1 oz = 7g Protein (most fish are lean protein)
- Eggs: 1 Egg = 7g Protein + 5g fat

## FATS

5-10 Servings Daily

1 Serving = 5 g fat

Healthy fats are essential for healthy cell membranes & receptor sites, hormone production, and brain health.

- EVOO = Extra Virgin Olive Oil 1 tsp = 5g fat
- EVCO = Extra Virgin Coconut Oil 1 tsp = 5g fat
- Butter 1½ tsp = 5g fat
- Avocado ½ avocado = 15g fat
- Fresh olives 10 olives = 5g fat
- Eggs 1 Egg = 5g Fat + 7g protein
- Nuts & seeds 1 oz = 16g fat + 7g protein
- Nut butters, seed butters 2 Tbsp = 16g fat + 7g protein
- Cheese 1 oz = 9g fat + 7g protein
- Heavy Cream 1 Tbsp = 5g fat

## DAIRY

1-2 Servings Daily

1 Serving Raw Milk = 1 Cup = 14g carbs + 8g fat + 9g protein

Raw milk provides probiotics, enzymes, lactase (digests the lactose), CLA (conjugated linoleic acid), and immunity boosters from leukocytes, immunoglobulins, and antibodies. Pasteurized milk is a dead food and contributes to lactose intolerance and casein issues.

## SUGARS

Use Sparingly

1 Tbsp sugar = 15g carbs

Avoid refined sugars: white sugar, brown sugar, corn syrup, high fructose corn syrup

Superior options however still use in moderation: Raw honey, maple syrup, molasses, agave,

#### AVOID Artificial Ingredients:

- Artificial Sweeteners: These are non-nutritive sweeteners that mimic the taste of sugar, including aspartame, sucralose, acesulfame potassium, and saccharin.
- Artificial Flavors: These are man-made chemicals used to enhance or imitate natural flavors.
- Artificial Colors: These are synthetic dyes used to add or intensify color in food.
- Preservatives: These extend the shelf life of food by preventing spoilage, including sodium benzoate, sodium nitrite, and BHT.
- Hydrogenated oils: A process that adds hydrogen to a liquid oil, changing the liquid into a more solid form to lengthen shelf life.
- Other Additives:
  - Monosodium glutamate (MSG): A flavor enhancer that is a type of amino acid - very damaging to brain health and neurology
  - High-fructose corn syrup (HFCS): A type of sugar made from corn syrup.
  - Carrageenan: A polysaccharide used as a thickener and stabilizer.
  - Brominated vegetable oils: Used as emulsifiers in some beverages.
  - Potassium bromate: Used to strengthen dough and enhance bread's texture.
  - BHA (Butylated hydroxyanisole) and BHT (Butylated hydroxytoluene): Antioxidants used as preservatives.

#### AVOID Chemical Preservatives:

- Sorbates: Sorbic acid and its salts (like potassium sorbate and sodium sorbate) are commonly used in baked goods, cheese, and wine.
- Benzoates: Benzoic acid and sodium benzoate are often found in jams, pickles, and carbonated drinks.
- Propionates: Propionic acid and its salts (like calcium propionate) are used in bread and other baked goods.
- Nitrites and Nitrates: These are used in processed meats to prevent botulism and to impart color and flavor.
- Sulfites: Sulfur dioxide and sulfites are used in fruits, wines, and other products.
- Antioxidants: BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are antioxidants that prevent fats from going rancid.

#### Discuss:

Food vs. Non-Food

Organic vs Non-organic

GMO vs Non-GMO