

## **Healthy Eating Packet**

Most of you are reading this because you are looking for answers to your health challenges. Maybe you want to have a clearer complexion, better digestion, decreased anxiety, or more energy; or maybe, you have more difficult hurdles to overcome. At whatever point in life you are and whatever challenges you are given, you can always improve your current state of well being. At the root of most of this, are changes in your lifestyle and most specifically, your diet.

Some of you will use this resource as a springboard to assist you in a detoxification diet or elimination diet of certain food groups that you are sensitive or allergic to. If so, please remember that this elimination of certain foods may only be temporary; what is most important is that if you want to see changes, *you* have to make changes. You may be scared to get outside of your comfort zone of eating, but be assured that many people live *and thrive* on diets that eliminate products such as wheat, dairy, gluten, or corn for example. There are plenty of foods to eat, you just need to open your eyes and palette; and who knows, maybe you will feel so much better without certain foods that you willingly omit them permanently.

There are certain themes amongst many of the successful diet programs marketed to the public. If you walk into your local bookstore or library there are hundreds of books on the shelves in the health and diet section; each of them touting the newest breakthrough on how to gain more energy, lose weight or eat for certain body types. For the most part there is a consensus: white flour and potatoes cause a quick sugar boost and are one of the major causes of obesity; consume low-to moderate-glycemic carbohydrates instead of high-glycemic carbs; limit your intake of added sugar to 24 grams or 6 tsp per day (just one soft drink contains 39 grams of sugar – some even more); do not overeat at any meal; consume at least 30 grams of fiber a day (whole grains!); avoid fast foods; exercise regularly; do not eat right before bed – especially high-sugar “foods”; and/or avoid certain foods that contribute to inflammatory issues. Of course, a few books also delve into the emotional side of healthy eating.

This seems simple, right? Well it is common sense, however, when you are busy all day and you are hungry NOW, it can be challenging. Plus all of those NEW books popping up on *Oprah* and highlighted in *Barnes & Noble* may have slightly different philosophies, although they really point to the aspects previously listed. In a nutshell, it doesn't need to be this difficult, it isn't “rocket science.” It is a simple process which humankind has perfected over thousands of years and has survived and thrived by doing so. It is just in the last 50 years or so that we have “lost our way” by eating fast foods, overly-sugared pre-packaged foods, chemically filled “diet” foods, GMO's (Genetically modified organisms) and hormone and antibiotic injected animals that have, in fact, with no argument from anyone, caused a drastic decline in our quality of life.

Many people have asked us over the years, “What should I eat?” and after reading book, after book, as well as attending a myriad of nutritional seminars, the following pages are a “snapshot” at what to eat, how to eat and why. It is only a guide because everyone is unique. What you gain considerable energy from, may not be true for your sister or daughter. You need not only to follow your intuition and avoid your sensitivities, but also follow simple basics to maintain a perfect diet for you! Dr. Schilling can also give you more insight on certain foods to avoid/include and advise if you would benefit from a specific protocol such as the Schwarzbein diet, Metagenics elimination diet or a detox diet).

So, the goal of this packet is to minimize challenge and frustration by taking simple steps to eating & being healthier!

These include:

1. **Rotate your diet or try an Elimination Diet**

Most people tend to get in a “food rut” where they eat the same things day-in and day-out. Research points to the fact that our bodies get irritated by ingesting the same foods everyday (wheat and dairy tend to be the biggest culprits, but for some, this may be soy or corn.) You may not necessarily be allergic to these foods, however, your body may have developed a sensitivity which can cause discomfort or energy loss without your awareness. Ironically, your body will actually crave the foods you are sensitive to, furthering the problem. We recommend rotating your foods (for example, staying away from wheat for three days or more at a time and incorporating other grains or vegetables into your diet such as quinoa, brown rice, millet or squash.) For further well being, we suggest trying an elimination diet for one month which excludes common allergens such as: soy, wheat, dairy, and corn. Our clinic has a step-by-step guide for this which includes meal suggestions. Usually a high-quality protein shake of rice and/or greens is incorporated into this program. Benefits include: weight loss, increased muscle mass, more energy, and better digestion.

2. **Eat local and organic foods** free of pesticides and antibiotics and in their most whole grain state.

Although it’s easy to reach for prepackaged snack foods, even most of the “organic” prepackaged snacks are low in nutrients, high in sugar, fat and/or calories. Read labels!

3. **Pay attention to the glycemic index** (standard glucose is 100) if you are trying to balance sugar, weight and mood behavior. Many people have noticed considerable improvements in energy and mood by simply switching their morning cereal of Corn Flakes (84) or Rice Chex (89) to oatmeal (55); or taking out their standard white potato (94) and replacing it with yams (51), sweet potatoes (54) or beans (range from 18-40). A glycemic index chart can

be found at your local library or on-line via many search engines.

4. **Schedule an appointment to review your food sensitivities.** Many people’s sensitivities change over the course of their lives. If you haven’t checked your allergens in awhile, you may want to revisit this and review with the doctor on how eliminating or re-integrating certain foods can improve your health. Also, the Spectra Vision, supplements such as hydrochloric acid, and other therapies have helped our patients with their ability to digest certain foods.

5. **When cooking, steam or use a Wok for most of your food** to keep minerals in, and **use a variety of healthy oils** – use organic butter, flax, olive and coconut oils. Eat your veggies raw whenever possible.

6. **Enjoy your food and the friends and family who share it with you.** Slow down while you are eating. Rushing a meal or eating when you are upset can limit your digestion causing you to lose more nutrients than you gained from the meal. Eating under stress or while watching TV is also a common cause of food sensitivities, because your body begins to associate your foods with stress, causing it to reject those foods.

7. **Stay away from dairy, sugars and caffeine** when you are over-worked, over-stressed, or it is the flu or cold season. This lessens stress on your body.
8. **Avoid plastic.** Use glass or *Pyrex* containers for easy and non-toxic travel and do not drink your water out of plastic! Bring these containers to your local co-op to fill with fresh almond butter, grains or other bulk items – this helps you and our planet!
9. **Get into a habit of thinking ahead one week in advance;** visiting your local co-op, grocery store, and/or farmer's market once a week helps you to keep your refrigerator and pantry stocked for the coming week. "I just don't have anything at home to eat," should never be an excuse for why you stopped at the local hamburger joint on the way home.
10. **Address any emotional barriers** or self-sabotaging habits to eating healthy. If needed, confide in Dr. Schilling to "ask your body" what obstructions and/or what affirmations or at-home techniques you can practice to overcome your obstacles.

## Healthy Snacks

Although it's easy to reach for prepackaged snack foods even most of the "organic" prepackaged snacks are low in nutrients and high in sugar, fat and/or calories. Here are some healthful, easy snack suggestions that adults and kids love.

- Plain organic yogurt with a little chopped fruit, or mixed with whole grain cereal or nuts.
- Raw carrot, celery, snow peas, red peppers, and other vegetables cut into small pieces.
- Guacamole with raw veggies.
- Hummus with crackers (if you are avoiding gluten, there are many rice and gluten-free crackers available.)
- Nut butter (almond, peanut, cashew) on celery sticks
- Almond butter on apple slices
- Fruit smoothie (mixed in the blender with whole fruit, ice and protein powder if desired – we have a variety of protein powders available, from rice to whey)
- Green drinks
- Hard cheese that has been aged at least 60 days and whole grain crackers
- Healthy cereal, with or without milk (whole grains without added sugars)
- Air-popped popcorn
- Applesauce – no sugar added
- Hard-boiled eggs
- Slices or cubes of turkey or chicken
- Whole-grain toast (Ezekial if you are avoiding gluten) with nut butter or natural jam
- Homemade trail mix
- Pita bread with hummus or salsa
- Dark chocolate in moderation



- Beverages (pure filtered water, diluted 100 percent organic fruit juices, low-fat organic milk or raw milk, homemade lemonade sweetened with stevia, sparkling water, unsweetened tea)
- Other ideas? \_\_\_\_\_

**We all need a few pre-packaged foods on-hand, if you must here are some recommendations:**

- Organic, *low-sugar* marinara sauce (for pasta and pizza)
- Amy’s Organics as well as a few other organic labels have options for:
  - Frozen meals and snacks
  - Canned soups (note, many soups are available in your local co-ops in the bulk section, these soups are “dry” and simply need water added and time on the stovetop.)
- Healthy Times, Kashi and Earth’s Best organic labels have some good options for:
  - Cereal bars and cookies
  - Whole-grain cereals
- Organic frozen vegetables – especially helpful in the middle of winter

**AVOID THE FOLLOWING AT ALL TIMES and READ LABELS CAREFULLY!**

- Any sensitivities that you may have: \_\_\_\_\_
- Refined white flour, Trans fats and/or saturated fats, excess sodium, preservatives and artificial flavorings, and anything you can’t pronounce
- Chicken nuggets, frozen pizzas, frozen meals (with rare exception to some organically made meals that do not have preservatives) and fish sticks
- Most frozen snack foods and meals (lots of chemicals and preservatives!)
- Packaged cookies, candy, doughnuts, pastries and cakes (for a treat, opt for a homemade item or high-quality bakery that omits hydrogenated oils)
- Regular and diet sodas (especially diet!!!), Kool-Aid, frozen or bottled tea, lemonade and other sweetened drinks
- Fruit drinks with added sweeteners (always dilute your fruit drinks, because even if it is a 100% organic fruit juice, it is still high in sugar)
- Processed meats w/ nitrates (most are unless they say otherwise)
- GMO products (most corn chips are, unless they say otherwise)

Foods I would like to try:

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## Weekly Menu

Take the time to plan a week's menu; this is a no-brainer, right? But, it amazes me how many people omit this from their weekly to do list. It may seem difficult at first, but after a few weeks you will develop a *knack* for it and rarely have to put as much effort into the planning. You will just know what to prepare for!

Before you start, think about the type of foods you and your family often like to eat. Are these healthy? Refer to the "Avoid" list and the *Acid/Alkaline Chart* in this packet for a reference. Or, if Dr. Schilling has suggested you eliminate certain food(s), write down, if any, the foods you eat out of this category. For example, if you are sensitive to dairy, write down "pizza" or "yogurt" below if you enjoy these foods and eat them regularly. How often do you consume these particular foods? What toll are they taking on your health and energy?

List these:

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When you make your weekly menu, slowly try to omit these energy-draining foods. If you are omitting certain food groups from your diet, think of substitutions or better yet, try new meals! For great ideas, flip through healthy recipe books- vegetarian, dairy-free and wheat free cookbooks are actually very inspiring even if you aren't staying away from these food groups. Use our lending library; visit the Internet; visit your local co-op or farmer's market for ideas; or take advantage of the menu suggestions in the Metagenics packet included in this packet.

If you think about your meals a week in advance (what events are taking place, where you will be and how busy), you can prepare foods that are both nutritious and fast. For example, I typically make a soup, roast a chicken, cut up veggies for the week, or make chili on Sunday. This way, my family might have a nice chicken dinner Sunday night, but have some leftovers to make sandwiches, stir fry or fresh greens with a little chicken the next day. If you seem "too busy," make sure you schedule time for this. What is more important than your health? Without exception, make sure you include fresh local and organic veggies & fruits, organic or free-range eggs, meat and dairy and whole grains.

In addition, make sure to rotate your diet (don't eat the same things over and over again) and try a different vegetable or way of eating your vegetables every week. Have fun trying new things!



**Monday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

**Tuesday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

**Wednesday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

**Thursday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

**Friday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_



Snacks: \_\_\_\_\_

**Saturday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

**Sunday:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

Thank you for taking the time to review this packet, if you have any suggestions on how to improve this information, please call or email at [info@secoyahealth.com](mailto:info@secoyahealth.com)

***Included w/ this Healthy Eating packet:*** Alkalized/Alkaline Food Chart; Metagenics patient guide; specific food sensitivity info if needed; recommended book(s)