

BALANCED **BITES** NUTRITION GUIDE

CREATED BY:
DIANE SANFILIPPO & LIZ WOLFE

V1.0, APRIL 2012

©2012 by Diane Sanfilippo & Liz Wolfe

All rights reserved. No portion of this program manual may be reproduced or transmitted in any form or by any means, electronic or mechanical including fax, photocopy, recording, or any information storage and retrieval system without the written permission of the authors, except as granted under the following conditions:

- Each individual user of this guide must download it on their own to ensure that the most updated information is provided within.
- Pages of this guide may be photo copied or reprinted for personal use by the individual who downloaded it but not redistributed.
- A reviewer may quote brief passages in connection with a review written for inclusion in a magazine or newspaper, with written approval from the author prior to publishing.

Disclaimer

This guide is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding the treatment of medical conditions. The author shall not be held liable or responsible for any misunderstanding or misuse of the information contained in this program manual or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any food or food source discussed in this program manual. The statements in this program manual have not been evaluated by the U.S. Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

To request permission for reproduction or inquire about private or group nutritional consulting or workshops, contact:

Diane Sanfilippo - diane@balancedbites.com

Liz Wolfe - liz@balancedbites.com

Website: www.balancedbites.com

ABOUT THE AUTHORS

Diane Sanfilippo, BS, NC



Diane holds a BS from Syracuse University and is a Certified Nutrition Consultant specializing in blood sugar regulation and digestive health. Diane maintains an informative blog at her popular website (www.BalancedBites.com), works with clients 1:1, teaches Paleo nutrition workshops nationwide, and co-hosts the top-rated weekly Balanced Bites podcast with Liz. Diane created and authored the eBook program *The 21-Day Sugar Detox* that has helped thousands of people bust their sugar and carb cravings while transitioning from a SAD/conventional “diet” to a Paleo-oriented, nutrient-dense lifestyle. She is a regular contributor to *Paleo Magazine* and her book, *Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle*, is scheduled for release on July 30, 2012.

Liz Wolfe, NTP



Liz is a board-certified Nutritional Therapy Practitioner and author of the popular “Cave Girl Eats” blog (www.CaveGirlEats.com). She’s active in the Paleo, Primal, and CrossFit communities and is a member of the Weston A. Price Foundation. Professionally, she advises individuals, businesses, and non-profit organizations regarding good nutrition, and has been a featured “Nutrition Expert” in *OK! Magazine*. She co-hosts the top-rated Balanced Bites podcast with Diane, and has a regular column in *Paleo Magazine* dedicated to “Paleo style” toxin-free body and home care. Her book – *The Modern Cave Girl: Paleo Living in the Concrete Jungle* – is scheduled for release in September 2012.

CONTENTS:

WELCOME! GOOD NUTRITION: LET'S GET STARTED!	p 5
HOW TO USE THIS GUIDE: CHOOSE YOUR OWN ADVENTURE!	p 6
JUST EAT REAL FOOD!	p 7
:: <i>HEALTHY FOODS GUIDE</i>	p 8
FOOD PRIORITITES: FAT, PROTEIN, CARBS.	p 9
PULLING IT ALL TOGETHER: WHAT TO DO!	p 10
KEY TO THIS LIFESTYLE: ELIMINATE PROCESSED & IRRITATING FOODS	p 11-12
:: <i>FATS & OILS GUIDE</i>	p 13
:: <i>WHOLE FOOD CARBS</i>	p 14
BE A LABEL DETECTIVE: UNHEALTHY INGREDIENTS LOVE TO HIDE!	p 15
:: <i>SWEETENERS GUIDE</i>	p 16
:: <i>ANIMAL PRODUCTS: KNOW YOUR LABELS GUIDE</i>	p 17
TIPS, TRICKS & DINING OUT	p 18-19
REAL FOOD TIPS: ON-THE-GO	p 20
FAQS	p 21-22
DAILY NUTRITION & LIFESTYLE RECORD	p 23
GOAL TRACKING FORM	p 24
ADDITIONAL RESOURCES	p 25

WELCOME!

What you're about to read will open the door to a life-changing nutritional concept. Whether you've heard these things before or you're just beginning your journey, we created this guide to help you on your way. We hope you feel it's worth sharing with friends and loved ones!

While this guide is an excellent start, some of you may be hungry (*pun intended) for MORE ideas or guidance. As nutritional practitioners, we LOVE to bring those things to you! That's why the 21-Day Sugar Detox, the Balanced Bites Workshops, AND our websites were created! Find more about those in the "More Resources" section at the end of this guide.

GOOD NUTRITION: LET'S GET STARTED!

Somewhere along the way, we stopped eating real, nutritious, nutrient-dense food. Many of us have a hard time recognizing basic, natural, nutritious fare. In fact, often the very foods we assume are "healthy" are actually the ones that keep us in a cycle of poor athletic performance, stalled fat loss, chronic digestive problems, and other issues that keep us from reaching our full potential.

It's difficult to know where to start sometimes. We're constantly bombarded with marketing messages about the latest "miracle" food or nutrient - the one that's supposed to hold the key to health, fat loss, or athletic performance. We want to believe these messages because we want to succeed.

Being part of a Fitness-oriented community means you've already taken a huge step in the journey to better health and improved performance. Adding nutritional knowledge - and using the information in this guide - will place you on the fast track to reaching your goals!

Remember as you peruse this guide that this is NOT a diet. Diets are temporary, and the resources within are not meant to serve as a "quick fix." While there are resources available to kick-start your journey (like the 21-Day Sugar Detox), you must remember that IT CANNOT END THERE. Eating well - as outlined in this guide - means giving your body the materials it needs to function perfectly. This is a need that NEVER ends.

Fueling your body right is a lifelong task. It's one of the most amazing tasks you'll ever undertake. (And it can be REALLY delicious, too!)

Finally, don't get caught up in terms like "Paleo" or "Primal." While we use and advocate a "Paleo" framework, this is not a dogmatic approach. This is simply about eating the most nutrient-dense foods possible - which happen to be WHOLE, UNREFINED, NATURAL FOODS! These are the foods that kept people healthy, fit, and free of disease before the advent of processed sugar and oils, grains, and "health foods" packaged in boxes, bags and capsules.

Whether your goal is to lose fat, build muscle, or simply be healthy, this guide will help you succeed!

HOW TO USE THIS GUIDE: CHOOSE YOUR OWN ADVENTURE!

This book can serve as a guide to changes you'll make over time, or a template for implementing an immediate, full-out lifestyle change.

If you're **STILL** hungry for more information, check out "More Resources" at the end of this guide.

We recommend you jump in HEAD-FIRST and attack this challenge with everything you've got! Use our Goal Sheet (page 22) to write down what you want your body - or your life - to look like. (Seriously - write that stuff down NOW!) Are your goals fat loss? Sports performance? Enhancing fertility? Overall health? Whatever they are - WRITE THEM DOWN. Re-read them every day and re-commit yourself to changing your life. If you like, you can track your meals on the attached Daily Nutrition and Lifestyle Record (page 23). This can help identify common pitfalls - like under-eating, trigger foods, or food sensitivities! (A qualified practitioner can help evaluate these too - see "What if I need more help?" on page 22.)

The most important point we can make is this: Change doesn't happen overnight. Before you judge whether this approach "works for you," TRY IT for a few weeks. You absolutely cannot judge a routine by a few days' effort! 3 weeks is good (if you're on the 21-Day Sugar Detox, for example) and 4 weeks is even better. 6 is perfection - your body will have adjusted, and you'll be achieving things you never before thought possible! Trust us - we see it every day!

Yes, this can be challenging at times. Things that are WORTH DOING often are. The real question is - do you WANT to change your life?

If you're ready for an amazing journey, read on!

JUST EAT REAL FOOD!

Let's look at a basic list of foods that you'll enjoy with this Whole Food approach.

Meats, Eggs & Seafood

If possible, seek grass-fed or pasture-raised meats and wild-caught seafood. Well-raised meat is an excellent source of healthy fats, minerals like iron and zinc, and complete protein! Get a VARIETY of healthy animal protein – different types contain different benefits (for example, red meat is excellent for iron; oysters for zinc; and salmon for omega-3).

Veggies & Fruits

Your focus will be opening the door to as many new, fresh, FUN varieties of fruits and vegetables as possible! The plant world is full of unique, flavorful, and versatile fruits and vegetables, and these are THE healthiest carbohydrate sources on the planet. Concentrate first on non-starchy vegetables and spices, and add starchier veggies based on your goals and activity level. Whole, fresh, frozen, pre-cut - anything goes!

Unrefined Fats & Oils

Whether you're cooking or simply looking to add flavor to your meals, the BEST quality fats are from unrefined, minimally processed, natural sources: butter, ghee and other fats from GRASS-FED animals; fatty fruits like avocado, coconut and olive; coconut oil, and Extra-Virgin Olive Oil fit the bill. Egg yolks are an excellent source of choline, Vitamin A and healthy, cell-building cholesterol – so do NOT throw them away!

Check your fear of fat at the door! You will NOT be tossing out egg yolks or asking for the avocado to be left off our salad. Naturally-occurring fats are important to a successful, healthy meal plan.

“Traditional” Foods

If you're interested in SUPER-charging your food plan, incorporate the most nutrient-dense foods on the planet (foods your Grandmother probably ate all her life): organ meats, cod liver oil, sauerkraut, kombucha, raw milk, and homemade broth!

**MEAT &
SEAFOOD**

**VEGETABLES
& FRUITS**

**SPICES
& HERBS**

**NUTS
& SEEDS**

FATS & OILS

LIQUIDS

**FERMENTED &
TRADITIONAL
FOODS**

HEALTHY FOODS

eat whole foods. avoid foods that are modern, processed, and refined. eat as closely to nature as possible and avoid foods that cause bodily stress (blood sugar, digestive, psychological). eat nutrient-dense food to maintain energy levels and activity. enjoy your food and hold positive thoughts while you consume it.

MEAT & SEAFOOD

INCLUDING BUT NOT LIMITED TO:

eggs	catfish
beef	carp
bison	clams
boar	grouper
buffalo	halibut
chicken	herring
duck	lobster
game meats	mackerel
goat	mahi mahi
goose	mussels
lamb	oysters
mutton	salmon
ostrich	sardines
pork	scallops
quail	shrimp/prawns
rabbit	snail
squab	snapper
turkey	swordfish
veal	trout
venison	tuna

NUTS & SEEDS

almonds	<i>pine nuts</i>
brazil nuts	pistachios*
chestnuts	pumpkin
hazelnuts	sesame
macadamias	sunflower
pecans	walnuts

FATS & OILS

SEE THE FATS & OILS GUIDE FOR DETAILS

avocado/avocado oil	lard
bacon fat	macadamia nut oil
butter	olive oil
chicken fat/schmaltz	palm oil
coconut oil	tallow
coconut milk	sesame oil
duck fat	walnut oil
ghee	

VEGETABLES & FRUITS

INCLUDING BUT NOT LIMITED TO:

artichoke*	mustard greens*	blackberries*
asparagus*	okra*	blueberries^
arugula	onions*	cherries*
<i>bamboo shoots</i>	parsley	cranberries
beets*	parsnip	figs*
<i>bok choy</i>	peppers*^	grapefruit
<i>broccoli*</i>	purslane	grapes^
brussels sprouts*	radicchio	guava
<i>cabbage*</i>	<i>radish</i>	kiwi
carrots	<i>rapini</i>	lemon
<i>cassava</i>	rutabaga	lime
<i>cauliflower*</i>	seaweed	lychee*
celery^	shallots*	mango*
chard	snap peas	melon
<i>collards^</i>	<i>spinach^</i>	nectarines^
cucumber	squash	oranges
daikon	sugar snaps	papaya
dandelion*	sunchokes	passionfruit
eggplant*	<i>sweet potato</i>	<i>peaches*^</i>
endive	taro	<i>pears*</i>
fennel*	tomatillos	persimmon*
garlic*	tomato	pineapple
green beans	<i>turnip greens</i>	plantain
green onions*	<i>turnips</i>	plums*
jicama*	<i>watercress</i>	pomegranate
<i>kale^</i>	yam	raspberries
<i>kohlrabi</i>	yucca	rhubarb
leeks*	apples*^	star fruit
lettuce^	apricot*	<i>strawberries^</i>
lotus root	avocado*	tangerine
mushrooms*	banana	watermelon*

SUPER FOODS

THESE OFFER THE MOST NUTRITION PER OUNCE

organ meats: liver, kidneys, heart, etc.
 fermented cod liver oil: Green Pasture brand
 sea vegetables: dulse, kelp, seaweed
 herbs & spices
 bone broth: homemade, not canned or boxed
 fermented foods: vegetables, kefir, kombucha
 grass-fed butter & ghee

SPICES & HERBS

INCLUDING BUT NOT LIMITED TO:

anise	juniper berry
annatto	kaffir lime leaves
basil	lavender
bay leaf	lemongrass
caraway	lemon verbena
cardamom	licorice
carob	mace
cayenne pepper	marjoram
celery seed	mint
chervil	mustard
chicory*	oregano
chili pepper	paprika
chives	parsley
cilantro	pepper, black
cinnamon	peppermint
clove	rosemary
coriander	saffron
cumin	spearmint
curry	star anise
dill	tarragon
fennel	thyme
fenugreek	turmeric
galangal	vanilla
garlic	<i>wasabi</i>
ginger	za'atar
<i>horseradish</i>	

LIQUIDS

almond milk, fresh	herbal tea
coconut milk	mineral water
coconut water	water

NOTES

bold = nightshades

italics = goitrogenic

(decreased potential by cooking, increased by fermentation)

* = FODMAPs

^= most important to buy organic

FOOD PRIORITIES

Whenever possible, shop the PERIMETER of the grocery store and stick to meats, veggies, and healthy fats (foods that DON'T require long ingredient labels). Bonus points if you're able to get your groceries from local farms, farm markets, or CSA!

PRIORITY FOR FATS:

Buy the highest-quality fats & oils that you can.

Fats and oils help build healthy hormones and cell membranes, and the health of your cells determines the health of your body! Poor-quality and damaged fats and oils are at the root of many modern health problems. NEVER eat trans fats or "partially hydrogenated" fats, or highly refined oils like corn, canola or soybean. Also use oils EXTRACTED from nuts and seeds (like macadamia, sesame and walnut oil) only occasionally, as these are best consumed in their WHOLE FOOD form: from the nuts and seeds themselves!

Go-to fats for cooking: Unrefined coconut oil, organic grass-fed butter and ghee, pastured/grass-fed animal fat, and unrefined palm oil.

Go-to oil for cold uses: Extra Virgin Olive Oil! It's cold-pressed and easy to extract, unlike oils from many other plants.

Go-to plant fats: Whole fatty fruits like coconut, olive, and avocado.

PRIORITY FOR PROTEIN:

Buy lean cuts of conventional meats, organic if possible; if you're able to buy pastured or grass-fed, lean is no longer a priority.

As with humans, when animals eat the "wrong" food, they tend to get fat. Also like humans, animals store toxins in their fat tissue. This means that if you eat an animal that was exposed to poor-quality food (as in, the meat is NOT labeled "Grass-Fed,") you can bet that their meat is not only full of more fat, but that it's also full of residues from bad food, chemicals, pesticides, antibiotics and hormones.

"Grass-fed" meat does NOT carry the same baggage – in fact, the fat from grass-fed animals is perfectly healthy. For this reason, buy LEAN "conventional" meats; but don't fret over whether grass-fed meat is lean.

PRIORITY FOR CARBOHYDRATE:

Buy Organic veggies and fruits from "The Dirty Dozen" list whenever possible.

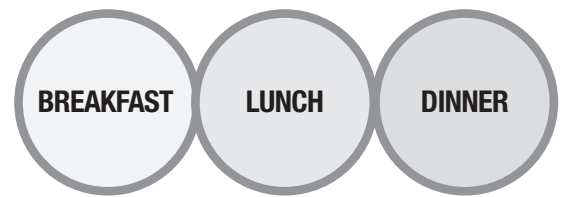
Wouldn't we all LOVE to buy all-organic? In a perfect world, buying Organic would be as affordable as buying conventional, but that's just not the case in the USA. Most of us need to prioritize our organic purchases. The Environmental Working Group's Dirty Dozen list (maintained/updated at www.ewg.org) helps prioritize which fruits and veggies to buy organic, and which to buy conventional. Their "Clean 15" identifies foods that are generally lowest in pesticide residue. If you can't always follow this advice, however, don't sweat it – just do the best you can.



PULLING IT ALL TOGETHER: WHAT TO DO.

1) Aim for three meals each day.

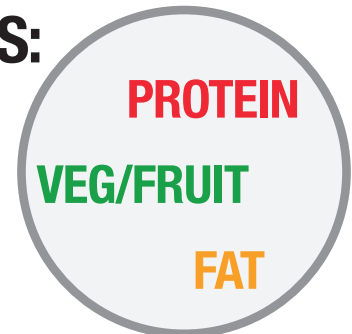
More meals are unnecessary, and - contrary to popular belief - are NOT helpful in optimizing metabolism.



2) Eat Protein, Carb (Veggies/Fruit) & Healthy Fat. Always.

- A good starting point is to aim for a serving of protein the size of the palm of your hand.
- Add plenty of vegetables, and top it all with a dollop of fat – whether from avocado, butter, or olive oil.
- DO NOT skimp on fat!

MEALS:

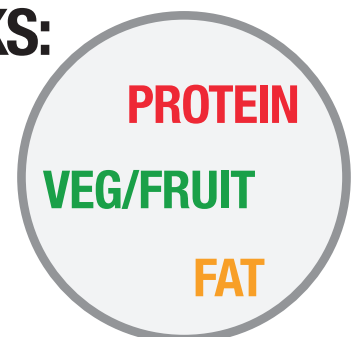


3) Eat slowly, chew well, and eat enough.

Eating slowly enables your body to register fullness! Chew well to ensure your food is broken down – a good rule-of-thumb is to put your fork DOWN as you chew. That way you'll focus on the current bite – and less on the next one. Be sure you eat ENOUGH – under-eating is common when you're first starting out, so be sure you're not experiencing excessive hunger between meals.

CHEW YOUR FOOD

SNACKS:

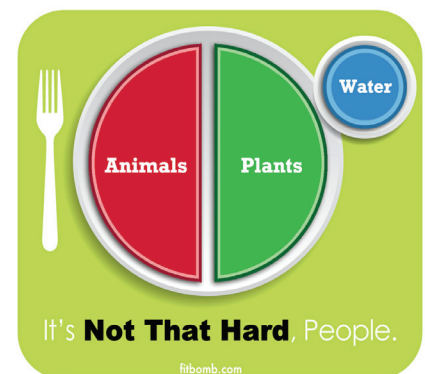


4) If you need to snack, make it healthful.

Choose hard-boiled eggs, olives, coconut flakes, Paleo Kits, and easy-to-transport fruits and veggies for snacks. Eventually, you'll want to eliminate the need to snack by eating adequate calories at each meal – but, as you adjust, you may feel the need to snack a bit. Just make sure your snacks are as high-quality as your meals!

5) Remember – this isn't difficult.

This is a choice, and you're fully in control. Any drama or difficulty you perceive is simply the baggage you're holding on to – let it go!



KEY TO THIS LIFESTYLE: ELIMINATE PROCESSED & IRRITATING FOODS

When most folks hear this, they think: “Duh!” (Didn’t you?)

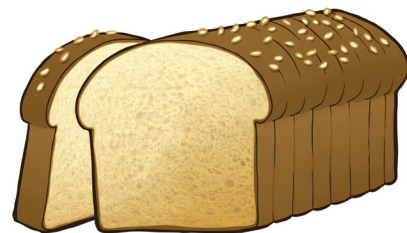
Of course we should all eliminate processed and irritating foods. That’s a given, right? Candy, Soda, and White Bread are CLEARLY poor choices. But did you know that certain so-called “Health Foods” can stall fat loss, negatively impact performance, AND cause chronic illness?

Foods that dis-regulate blood sugar or irritate (“inflamm”) your system will ALWAYS make it harder to reach your goals. When your body is preoccupied with repairing the damage caused by poor-quality or difficult-to-digest foods, it can’t focus on what YOU want it to do. Unfortunately, many modern health myths about the following foods are STILL hanging on – but don’t be fooled! Eliminate the following foods - now! (And for more myth-busting, attend a Balanced Bites Workshop!)

Rule of thumb: Anything sold in a box, bag or capsule should be eliminated. (TRUST US. They’re all garbage.)

Eliminate: Gluten-containing items.

Gluten inflames, damages the gut lining, and is associated with many underlying, chronic conditions both inside AND outside the digestive tract – even in people who DON’T have celiac disease! You may have heard of “Leaky Gut” - in fact ...
... (see “Additional Resources” on page 25 for further reading. You’ll find gluten in most “whole grains;” you’ll also find it in breakfast cereals, wheat, barley, rye, spelt, millet, bulgur, durum, couscous, pasta, bread, beer, and MANY other common foods. You MUST check the “Be a Label Detective” section for MORE gluten-containing items!



Eliminate: Grains – including “Whole Grains.”

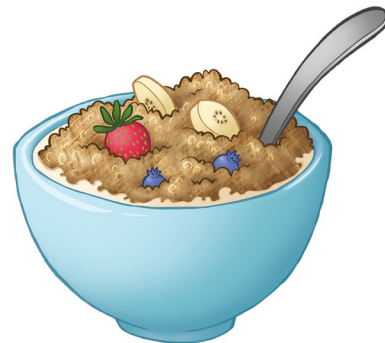
Let’s be honest. Most “Whole” grains are not “Whole.” (Are YOU eating a stalk of wheat? No!) Many grains contain gluten, and ALL grains carry baggage that other, more nutrient-dense carb sources like starchy vegetables (sweet potatoes, squash, yams) do not. Grains manipulate blood sugar WITHOUT providing good nutrition. In fact, the minerals found in grains are often added after-the-fact (that’s what “fortified” means), and these minerals are also poorly absorbed - did you know that grains have components called “anti-nutrients” that can bind to minerals like zinc, calcium and iron, preventing your body from using them properly?

“Gluten Free” packaged products are NOT a good substitute. See the **Whole-Food Carbs** guide for the BEST sources of carbohydrate (hint: they’re fruits & vegetables)!

Grains include, but aren’t limited to: Wheat, Barley, Rye, Millet, Spelt, Bulgur, Buckwheat, Amaranth, Quinoa (not technically a “grain,” but has similar issues), bread and pasta, hot OR cold cereal (including granola, oats, and cream of wheat) and - for most people - even corn and rice should be eliminated to allow your body to heal!

Eliminate: Refined Grains and Packaged Snacks.

This is a given: eliminate breads, muffins, scones, croissants, English muffins, sandwiches, burritos, tacos, corn chips, pancakes, waffles, pasta, pita bread, bagels, danishes, donuts, crackers, cannolis, cakes, burger and hot dog buns, pizza, cereals, pop-tarts, cookies, pretzels, chips, breakfast bars (yes, even those marked “healthy” or “natural”), protein bars (no, they’re not good for you!)...need we go on?



If you're starting to feel deprived, understand this: the makers of these products don't care whether eating them causes your health to suffer. Products like this are addictive. You may think you like them, but they're hurting your body – even in small amounts! Once you detox from these junk foods, you'll find yourself less and less interested in them. Just give yourself the chance!

Eliminate: Alcoholic Beverages.

We're not saying NEVER drink again. But for the time being, eliminate alcohol - or at least limit your intake to 1-3 drinks (maximum) per week – if you want to see real results. Choices should be gluten-free, thus limited to wine (red is best) or clear non-grain alcohols (tequila, vodka, rum) with soda water mixer – flavored with plenty of fresh lemon or lime.



Eliminate: Modern Dairy.

Most modern dairy is derived from unhealthy, antibiotic-and hormone-supplemented cows; then stripped of all nutrients. Underlying dairy sensitivity is extremely common, and we often see dairy as a limiting factor in fat loss and appetite regulation. Eliminate all conventional dairy, including milk, cheese, yogurt, cottage cheese, ice cream, and frozen yogurt; and stick to butter or ghee ONLY as you heal (if you suspect a dairy allergy, remove dairy completely). Raw and/or local grass-fed, full-fat dairy may be an exception for some, and if you're interested in seeking it, check out RealMilk.com. If you're worried about calcium, see the FAQs.

Eliminate: Beans and legumes.

This often surprises people, but the fact is: Beans are an inferior source of protein AND they spike blood sugar without providing adequate nutrients! Legumes (chickpeas, peanuts, and cashews) are similar, and peanuts are often contaminated with a dangerous substance called aflatoxin. No, thank you!

Eliminate: Sugar.

You've probably heard the term "empty calories." Sugar is the epitome of an "empty calorie:" when you eat it – whether alone OR in processed foods - your body has to expend energy and stored nutrients to process it. Since the sugar doesn't come packaged in nutrients as other carb sources do (like starchy tubers - potatoes, yams, fruits and other vegetables), it "steals" nutrients from your body! Sugar causes dramatic blood sugar spikes and crashes, and this is a recipe for fat storage. Make sure to read the "Sweeteners" section (page 16) to learn how to identify hidden sugar!

A note on fruit: Unfortunately, fruit has been selectively bred for sweetness (because we LOVE sweet things) so be cautious about how much you consume. Make sure fruit doesn't become a crutch in your quest to detoxify from sugar! A single daily serving should satisfy.

Eliminate: Sweet Beverages (Even Diet and Calorie-free ones).

Anything sweetened, whether with refined sugar, fruit juice, or artificial sweeteners should go! Diet soda, regular soda, energy drinks, fruit juices, sweetened teas or coffee, smoothies or shakes are off the menu. For now, just drink water! (A cup of black coffee or unsweetened tea is good to go, too.) You can flavor your water with fresh lemon or lime for an added nutrient boost.

Eliminate: Most caffeine.

It's a healthy goal to DECREASE your caffeine consumption, even if you stick to black coffee or unsweetened tea (as stated above). 2 cups TOTAL (16 oz) or fewer each day - limited to BEFORE 12pm - is a good target. This will ensure you get a good night's sleep. Quality sleep is key in appetite control, fat loss, and improved athletic performance!

Eliminate: Processed, Refined, or Damaged Fats & Oils.

Industrial fats like margarine, canola oil, corn oil, soybean oil, and partially hydrogenated oil ALL endure a complex industrial process before they reach your table – including chemical extraction, deodorization, and refinement. This process degrades the fatty acids and damages their structure, making them damaging to US. Contrary to popular belief, these are NOT healthy fats!



FATS & OILS

WHICH TO EAT:

SATURATED FOR HOT USES

non-animal fats, organic, unrefined forms are ideal

coconut
palm

animal fats, from pasture-raised/grass-fed & organic sources are ideal

butter
ghee
lard
tallow
schmaltz (chicken fat)
lamb fat
duck fat
full fat dairy
eggs, meat & seafood

UNSATURATED FOR COLD USES

use organic, extra virgin, cold-pressed forms

olive oil - *best choice*
sesame oil
nut oils (walnut, pecan, macadamia, almond)
avocado
whole nuts & seeds
(including nut & seed butters)
flaxseed oil*

NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. We do not want to consume damaged fats.

**flaxseed oil is okay for minimal use but supplementing with it or doses of 1-2 Tbsp/day is NOT recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal*

WHICH TO DITCH:

SATURATED

man-made fats are never healthy. trans-fats are particularly harmful.

margarine
hydrogenated or partially hydrogenated oils
man made trans-fats often found in "buttery spreads" including oil blends like Earth Balance, Benecol and I Can't Believe It's Not Butter to name a few

UNSATURATED

these oils are highly processed and oxidize easily via one or more of the following: light, air or heat. consuming oxidized oils is never healthy.

canola oil (also known as rapeseed oil)
corn oil
vegetable oil
soybean oil
grapeseed oil
sunflower oil
safflower oil
rice bran oil

WHOLE-FOOD CARBS

you want carbs? you got carbs! check out this list of grain & legume-free dense carbohydrate sources

Food name	Carb grams per 100g serving	Fiber grams per 100g serving	Carb grams per 1 cup serving	Portion size notes	Other Notable Nutrients
cassava	38	2	78	1c= 206g	Vitamin C, Thiamin, Folate, Potassium, Manganese
taro root	35	5	46	1c= 132g	Vitamin B6, Vitamin E, potassium, manganese
plantains	31	2	48	1c= 154g (slices)	Vitamin A, Vitamin C, Vitamin B6, Folate, Magnesium, Potassium
yam	27	4	37	1c= 136g (cubed)	Vitamin C, Vitamin B6, Manganese, Potassium
white potato (peeled)	22	1	27	1c= 122g	Not much very high, some Vitamin C
sweet potato	21	3	58	1c= 328g (mashed)	Vitamin A, Vitamin C, Vitamin B6, Potassium, Manganese, Magnesium, Iron (non-heme), Vitamin E
parsnips	17	4	27	1c= 178g (sliced)	Vitamin C, Manganese.
lotus root	16	3	19	1c= 120g (sliced)	Vitamin C.
acorn squash	15	4	31	1c= 205g	Vitamin C.
onion	10	1	21	1c= 210g (chopped)	Vitamin C, Potassium.
beets	10	2	17	1c= 170g (sliced)	Folate, Manganese.
carrots	10	3	13	1c= 128g (chopped)	Vitamin A, Vitamin K,
butternut squash	10	-	22	1c= 205g	Vitamin A, Vitamin C
jicama (raw)	9	5	12	1c= 130g (slices)	Vitamin C.
kohlrabi	7	1	12	1c = 165g	Vitamin C, Vitamin B6, Potassium, Copper, Manganese
spaghetti squash	6	1	9	1c= 155g	Not very many.



BE A LABEL DETECTIVE: UNHEALTHY INGREDIENTS LOVE TO HIDE!

Check out the ingredients from two different brands of tomato sauce:

Brand #1

Water, Partially Hydrogenated Soybean Oil, Corn Syrup, Whey Protein Concentrate, Onions, Contains less than 2% Salt, Defatted Soy Flour, Modified Food Starch, Sodium Caseinate, Vinegar, Sugar, Lactic Acid, Monosodium Glutamate (MSG), Hydrolyzed Soy Protein, Xanthan Gum, Carob Bean Gum, Mono and Diglycerides, with Sodium Benzoate and Potassium Sorbate as preservatives, Sodium Phosphate, Spice, Garlic, Natural Flavor, Artificial Flavor.

Brand #2

Tomatoes, Water, Carrots, Onions, Tomato Paste, Extra Virgin Olive Oil, Evaporated Cane Juice, Garlic, Basil, Oregano, Sea Salt (all organic).

Technically, they're the same food – and one that you'd probably consider simple, healthy and delicious. Yet one contains processed fats, chemicals, MSG, and refined sugar; the other does not!

Unfortunately, many food manufacturers slip unhealthy, damaging ingredients into foods we THINK are “clean.” Check out the following pages for hidden sources of processed fats, gluten and sugar – and ALWAYS read labels for other offending ingredients, like stabilizers and chemicals! (And take note: If you're sticking to the amazing world of meat, veggies, fruits, and healthy fats, you don't have to navigate labels AT ALL!)

Sugar Disguises:

see the guide to sweeteners, next page.

Gluten Disguises:

Wheat, Barley, Rye, Kamut, Spelt, Wheat flour, Wheat Starch, Hydrolyzed Wheat Protein, Texturized Vegetable Protein (TVP), MSG (may be processed with wheat), Hydrogenated Vegetable Protein (HVP), Hydrolyzed Plant Protein (HPP), Maltodextrin, Binders, Stabilizers, “Natural Flavor,” Vegetable gum, Graham, Malt, Barley Malt, Bleached flour, Flour, Bran, Wheat Triticum Durum, Durum Semolina, Bulgur, Edible Starch, Enriched Flour, Farro, Germ, Roux, Teriyaki Sauce, Soy Sauce, Udon, Triticum Vulgare, Wheat Germ, Whole-meal Flour, Artificial Color, Dextrin.

Processed, Trans, or Damaged Fat Disguises:

Note that EVEN FOODS LABELED “og Trans Fat” may still legally contain up to .49g per serving!

Hydrogenated or Partially Hydrogenated Oil, Margarine, Shortening, Fractionated Oil, Canola Oil, Soybean oil, Corn Oil, or any “Which to Ditch” oil listed on page 13. These oils undergo a harsh physical and chemical

*These oils undergo a harsh physical and chemical extraction process that may damage the fats, making them dangerous to consume.

SWEETENERS

how many of these sweeteners are you using or can you find in your favorite packaged foods? perhaps it's time for a change! artificial sweeteners are never recommended while the limited use of selected, more naturally derived options can be okay for treats and special occasions. sweeteners should not be considered "food" and should not be part of what you consider nourishment.

preferred choices are highlighted



USE SPARINGLY

dates (whole or date sugar)

cane sugar / raw sugar /
turbinado / cane juice /
cane juice crystals

brown & light brown sugar
coconut sugar
fruit juice
honey (raw, organic)

maple syrup (organic, grade b)
molasses
palm sugar
stevia (green leaf or extract)



NOT RECOMMENDED

agave
agave nectar
barley malt
beet sugar
brown rice syrup
buttered syrup
caramel
carob syrup
coconut nectar
coconut sugar/crystals
corn syrup
corn syrup solids
demerara sugar
dextran

dextrose
diastatic malt
diatase
ethyl maltol
fructose
fruit juice concentrate
glucose / glucose solids
golden sugar
golden syrup
grape sugar
high fructose corn syrup
invert sugar
lactose
levulose

light brown sugar
malitol
malt syrup
maltodextrin
maltose
mannitol
muscovado
refiner's syrup
sorbitol
sorghum syrup
sucrose
treacle
yellow sugar
xylitol (or other sugar alcohols)

NEVER CONSUME

Aspartame
Brand name: Equal
Saccharin

Stevia- white/bleached
Brand names: Truvia, Sun Crystals
Sucralose
Brand name: Splenda

Tagatose



ANIMAL PRODUCTS: KNOW YOUR LABELS

Many marketing buzzwords are used when it comes to labeling meat and poultry - but what do they REALLY mean?

What the label says...	USDA defines term?*	What it really means...
Certified	Yes	The product was inspected by the USDA (nearly all meat sold should have this seal)
Natural	Yes	"Natural" means "minimally processed," & companies use this word deceptively. All cuts are, by definition, minimally processed & free of flavorings & chemicals.
Vegetarian Fed	No	"Vegetarian Fed" is not an official USDA term. It implies that the animal feed is free of animal by-products, but this isn't federally inspected.
Cage Free	No	"Cage-Free" does not indicate the animal had access to the outdoors and the USDA doesn't inspect to verify. For poultry, de-beaking is still allowed.
No Added Hormones	Yes	It is not legal to use hormones in raising poultry or pork; therefore, the use of this phrase on poultry or pork is a marketing ploy.
Naturally Raised	Yes	"Naturally Raised," is a USDA verified term. It does generally mean raised without growth-promoters or unnecessary antibiotics. It does not indicate welfare or diet.
Free Range/ Roaming	Yes	Poultry must have access to the outdoors at least 51% of the time, & ruminants may not be in feedlots. This is a better option than "Natural" or "Cage Free."
Organic	Yes	Animals may not receive hormones/antibiotics unless in the case of illness. They consume organic feed and have outdoor access. (They are not necessarily "grass-fed.") Certification is costly and some reputable farms are forced to forego it.
Grass-Fed	Yes	Livestock must be fed only grass or forage with access to pasture during the "growing season." No grain/soy feed permitted. While there is typically little need for antibiotic use, the USDA term does not govern hormone & antibiotic use. It's a great idea to obtain <u>grass-fed meat from local farms to ensure the highest quality.</u>
Pastured	No	This indicates that an animal was fed solely on pasture with constant access to the outdoors. It helps to verify these claims with a producer you trust.

TIPS, TRICKS & DINING OUT:

Build your meals right.

Build your meals around protein and vegetables rather than bread or pasta. You'll feel fuller, longer – and soon you won't even miss the bread!

Cook once, eat twice.

Or three or four times. Making larger batches of food can be extremely helpful when you're planning ahead for a busy week. Cook up extra meat, and combine it with different veggies, spices and fats for new flavors. A piece of steak tastes totally different paired with eggs and avocado than it does with roasted parsnips.

Think Green!

If you're used to a sandwich for lunch, make a big salad instead. Throw everything into the salad, from meats and egg to avocado and tomato. If you're used to pasta for dinner, replace the noodles with spaghetti squash, zucchini "noodles" or even broccoli!

Raw or Roasted.

Eating raw veggies is easy – carrots, cucumber, celery, and bell peppers are all delicious. But roasting is really easy, too! Just heat the oven to 375-400 degrees and toss chunks of any veggie with some melted butter or coconut oil and sea salt. Roast for 15-30 minutes. When the edges begin to brown, they're done. The flavors will be fantastic!

So easy, a (cooking) caveman could do it.

Cooking ain't difficult – all it takes is a heated pan (or oven) and some healthy cooking fat or oil. Put some meat, veggies and herbs in the pan. Cook. Eat. Enjoy.

Italian food.

Opt for a broiled chicken, fish/shrimp or even meatballs with red sauce and then veggies or salad on the side. Don't skimp on your protein source! Avoid bread, pasta or breaded meats.

Mexican food.

Opt for meat, salsa and guacamole. Ask the server for some raw celery or carrots to dip into guacamole if you're having it as an appetizer. If it's a nicer Mexican restaurant, look for a side of vegetables to add to your entree. Skip the tortilla shells, wraps and chips (both corn and flour), beans and rice. If you're vegetarian, have some beans but go lightly on the rice.

Japanese/Sushi.

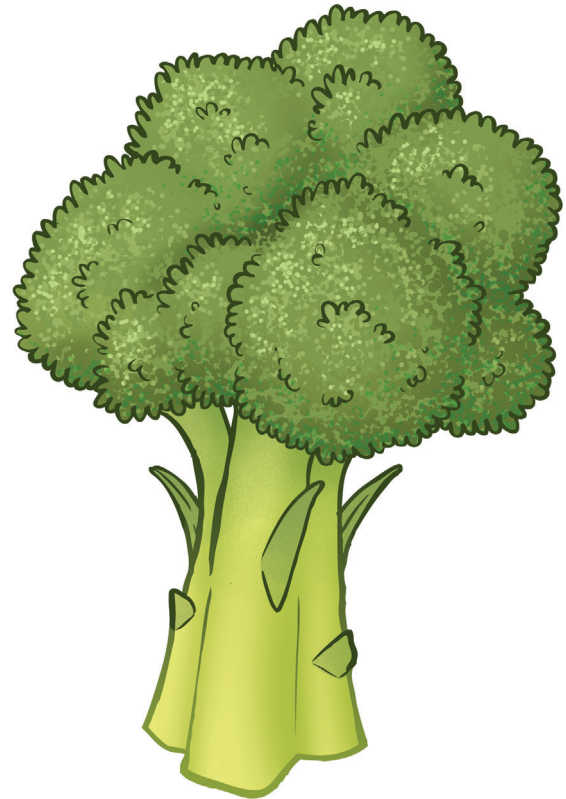
Opt for sashimi! Or, don't be shy, just ask that the rolls be made without rice. This is often not a problem at all and most sushi chefs will roll things up easily any way you order them. Be careful about soy sauce- avoid it all together if possible, if not, bring Coconut Aminos from home or, at the very least, WHEAT FREE ORGANIC TAMARI. You can find it in most organic or natural food stores or Whole Foods Markets as well as online.

Indian food.

Opt for tandoori meats/veggies that are grilled/roasted and not drowning in sauces. Skip the naan & rice.

Thai food.

Opt for a curry dish or other coconut milk based dish without the rice. Avoid sauces with peanut as they tend to be sweeter. Also avoid the noodles and desserts like mango sticky rice.



CUISINES THAT ARE BEST TO AVOID:

Pizza.

There is simply no great way to enjoy a healthy version of this while dining out. If you want to have pizza, If you want to have pizza, Google Search "Paleo Meatza." You won't regret it!

Chinese food.

Unless you know the restaurant well enough to make special requests for no MSG and only sauces that don't include sugar or soy sauce, it's best to avoid Chinese food.



REAL FOOD TIPS: ON-THE-GO

Plan ahead and make it easy!

- Use a cooler bag with reliable ice pack
- Request a mini-fridge in your hotel room (most have them, if necessary, claim severe food allergies)
- Keep 2 & 3oz small, spill-proof containers around for any liquids for air-travel
- Get tall/narrow containers so that they stay upright/prevent spills even in a bag/backpack
- Make good use of small and large gallon-sized zip-lock bags
- Scout locations for picking up real food ahead of time

Carry these things...

- A small can opener & a small, but sharp knife (not in any carry on bags!)
- Small empty food storage containers & zip lock bags for leftovers or for ice
- Plastic utensils or a set of re-usable utensils, a few paper or a reusable lightweight plate
- Small salt shaker (Real Salt makes one)
- Travel sizes jars of spices/herbs- black pepper, cinnamon, garlic powder, rosemary, oregano

Quick & Easy Protein

- PALEOKITS! Just Jerky, PaleoKits, PaleoStix, Berky, etc. - avoid jerky with additives (soy sauce, MSG)
- Applegate Farms deli meats (avoid any with carrageenan)
- Canned wild salmon or tuna - Wild Planet is a good brand or Whole Foods/Trader Joe's
- Wild smoked salmon, pre-cooked wild shrimp
- Often imported meats like chorizo have only pork, spices and salt as ingredients
- Whole roasted chickens (either plain/salt & pepper or with only ingredients you can recognize - MANY rotisserie chickens have a lot of fillers and additives in them!)
- Hard boiled eggs (either you make or many delis/salad bars will have)
- Nuts (though more fat than protein) are good in a pinch

Carbohydrates

- Veggies like carrot, celery & bell peppers travel well
- Salads are easy to find ANYWHERE, just keep them "naked" and with lots of veggies
- Romaine lettuce hearts - perfect for wrapping protein options above
- Canned sweet potato or butternut squash
- Fruit like apples, oranges/citrus, grapes and bananas travel well - fruit salad is easy to find most places,
- Fruit/nut bars (LARABAR) or trail mix without additives (not easy to find, but a decent option often)

Fat

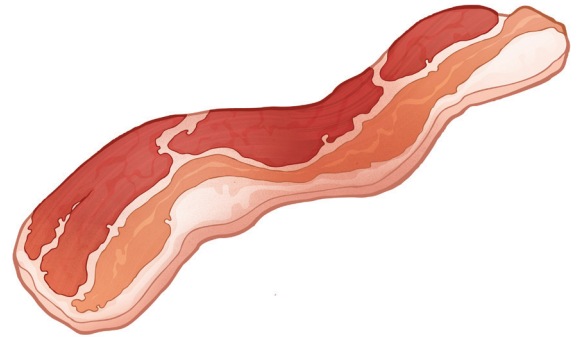
- Carry your own EVOO! use a portable, spill-proof container
- Carry your own coconut oil - sold in packets or use a spill-proof container
- Nut butter, coconut butter (cream/manna) packets or even a jar if you pack it in your checked suitcase
- Macadamia nuts, walnuts, filberts, coconut flakes
- Guacamole is easy to find and easily portable
- 80%+ dark chocolate- a good quality, low sugar chocolate



FAQ

Can I eat bacon?

Yes, you can eat bacon. It simply must be the best-quality bacon possible – and sometimes, quality bacon is hard to find. You can source bacon at local farmers markets and health food stores or co-ops quite often. Whole Foods carries acceptable bacon at the butcher counter, and US Wellness Meats (www.GrasslandBeef.com) also carries quality bacon from well-raised pork as well as beef bacon options. www.eatwild.com is a great resource for pastured meat products



If I'm reducing or eliminating dairy, how will I get calcium?

Calcium status isn't simply dependent on how MUCH calcium you eat – it's whether your body makes appropriate USE of that calcium. Leafy greens and homemade broth are excellent sources of calcium – just as good as dairy products, in fact – and when you've got the other calcium-retention factors in place – like hydration, fatty acid balance, and eating plenty of other mineral and vitamin co-factors (like magnesium, Vitamin D, and Vitamin K2 from grass-fed animals) – you have absolutely nothing to worry about.

Won't eating this way raise my cholesterol?

Actually, according to Uffe Ravnskov, a leading researcher and Cholesterol expert, the actual effect of dietary cholesterol on serum (blood) cholesterol is extremely low. That said, it's important to know that cholesterol is actually an extremely important substance in the body! It's the precursor to hormones and healthy bile. In fact, what truly stresses the body – and elevates triglycerides – is the consumption of too much carbohydrate! While many individuals see immediate improvements in their lipid profile upon changing their diet, it's important to be patient – weight loss and the “detox” from grains, low-fat and nutrient-poor “standard American” foods can take time. Allow your body the chance to adjust, detoxify, and achieve equilibrium.

What about Soy Milk? Almond Milk? Coconut Milk?

First of all – what do you need those things for? You're not eating cereal any more! (We kid.) If you're looking for a little flavor boost for your coffee, you have a few options: learn to love plain coffee, or seek out additive-free, unprocessed coconut or almond milk. (It's actually quite easy to make your own.) Coconut milk in the CAN is usually basically additive-free; the kind that's in the refrigerator section is full of junk (be a label detective). Soymilk should be avoided at all costs – it's a concentrated source of hormone-disrupting elements and, at best, a by-product of a highly profitable crop bearing very little nutritive value. (For more on soy, read “The Whole Soy Story” by Kaayla Daniel – the Soy Industry's worst nightmare).



What's the best way to gain muscle mass, but not body fat?

First off, make sure you're ABSORBING the nutrients from food. A qualified practitioner can help you optimize digestion if you feel you have a problem. Next, ensure you consume plenty of whole protein sources (not powder), reduce life stress, prioritize sleep, and lift heavy things. Reducing carbohydrate intake is an effective tool as well. (This doesn't mean you must go LOW CARB – it simply means eliminating processed foods and emphasizing protein and quality fats to a greater degree than the average American.)

Wait...no protein powder?

Protein powder isn't appropriate for most individuals – in fact, only the hardest-hitting athletes need to consider using it. If you're not as lean as you'd like to be, there's absolutely no reason to utilize a quickly-digested shake. You'll get plenty of the necessary nutrients from food.



What about fish oil?

When it comes to Omega 3 (“anti-inflammatory” fat), the most important consideration is not simply trying to hammer your body with lots of them! Reducing Omega 6 (“pro-inflammatory” fat) intake drastically – which happens naturally as you eliminate vegetable oils, processed and packaged foods, and grains – will balance your Omega 3: Omega 6 ratio more naturally. Adding oily fish and grass-fed meats will balance it even further. In the short-term, limited fish oil supplementation may be useful – but not in large doses, and only from high-quality supplements stored in a cold environment.

What if I need more help?

If you're struggling with poor digestion, blood sugar issues, sleep dis-regulation, adrenal fatigue, fertility concerns, skin issues, or if you just need more help putting the pieces together, you may want to seek a qualified nutritional practitioner who has further knowledge of targeted healing supplements and strategies. Visit our site – Balanced-Bites.com – to contact us personally.

DAILY NUTRITION & LIFESTYLE RECORD

NAME:

DATE:

• record time, location & duration of meals • record workout & qualitative “how did it feel” information

SLEEP

BREAKFAST

LUNCH

DINNER

SNACKS

SUPPLEMENTS

MOVEMENT

GOAL TRACKING

NAME:

DATE:

*create S.M.A.R.T. goals:
Specific, Measurable, Attainable, Relevant and Time-sensitive*

SLEEP

NUTRITION

STRESS MANAGEMENT

MINDSET

SYMPTOM RELIEF

PERFORMANCE & PRs

BODY COMPOSITION

ADDITIONAL RESOURCES

Is your gut leaky? <http://balancedbites.com/2010/07/is-your-gut-leaky.html>

Robb Wolf - robbwolf.com, book & podcast: The Paleo Solution. Facebook fan page & twitter.

Mark Sisson - marksdailyapple.com blog: The Primal Blueprint book.

Chris Kresser - chriskresser.com, podcast, facebook & twitter

Chris Masterjohn - thedailylipid.com, interviewed on various podcasts, facebook & twitter

Mat Lalonde - Facebook fan page, twitter

Stephan Guyenet - wholehealthsource.blogspot.com

Peter Dobromylskyj - Hyperlipid: high-fat-nutrition.blogspot.com

Dr. Cate Shanahan - drcate.com, book: Deep Nutrition

The Food Lovers - TONS of recipes, including 21-Day Sugar Detox friendly options

The Foodee - TONS of recipes, including 21-Day Sugar Detox friendly options

Chowstalker - Recipes and more, including 21-Day Sugar Detox friendly options

Cookbooks:

Make it Paleo by Bill Staley & Hayley Mason

Well-Fed by Melissa Joulwan

The Primal Blueprint Cookbook by Mark Sisson

<http://www.marksdailyapple.com/leptin>

<http://wholehealthsource.blogspot.com/2008/12/leptin-resistance-and-sugar.html>

[http://www.springerlink.com/content/w57m0451647x5444/Brain Serotonin Content: Increase Following Ingestion of Carbohydrate Diet](http://www.springerlink.com/content/w57m0451647x5444/Brain%20Serotonin%20Content%20Increase%20Following%20Ingestion%20of%20Carbohydrate%20Diet)

<http://www.sciencemag.org/content/174/4013/1023.short>

<http://www.marksdailyapple.com/what-is-inflammation/>

CONNECT WITH BALANCED BITES

The blog: www.balancedbites.com for the latest updates and info.

Facebook (as Balanced Bites & as The 21-Day Sugar Detox) Twitter (@balancedbites)

Catch The Balanced Bites Podcast via iTunes, Stitcher & BlogTalk Radio weekly- live on Thursdays.