

## Dietary Tips:

- It is best to have a variety of fruits, fiber, and vegetables every day. Keeping our gut microbiome in touch with many of the healthy fibers and omega-3 foods on a regular basis prevents intolerances and improves all aspects of health.
- A truly healthy diet would consist of at least 50% fiber, whether legumes, beans, grains, fruits, vegetables, or other items on the anti-inflammatory list in the pyramid.
- Healthy fats should constitute most of the rest of the diet, as noted on the pyramid.
- Smoothies can be used to combine many of the ingredients.
- Cooking with avocado oil is best and using olive oil for non-cooking purposes.
- Frying anything, even healthy food, makes it immediately non-healthy. An example is potatoes; they are very healthy, but fried are on the bad list.
- Meat and animal fats are not a problem, whole-fat dairy is best, and eggs are very healthy (especially yolks) but it's best to have the animals pasture raised and grass fed. Organic too is important.
- For sweeteners, honey and molasses are best, natural sugar next, processed sugar next to last, and artificial sweeteners the worst. Sugar and white flour should make up 10% or less of a healthy diet.
- Alternative milks are generally healthy with some problems; they should be consumed in small quantities.
- Fish is overall healthy, but Tilapia and other bottom dwelling fish less so, and many farmed fish are fed with feces and poor food quality. Wild is best, but even then, heavy consumption can lead to mercury ingestion. Shellfish is the same.
- Omega-3 fats can be consumed in animals (mostly fish), oils, powders (such as chia/flax), and many other foods including nuts, beans, seaweed, soy/edamame, eggs, olive oil, avocado. These are important to gut health. Beware farm fed fish.
- Supplements are not a good way to get nutrition, nor are probiotics.
- Many spices, from activated turmeric to Italian and Indian seasonings, to onions and garlic make up an important part of a good diet.
- Prebiotics (Acacia, Psyllium), and seeds (chia, flax, hemp, sunflower, ect) are good additions to smoothies and food.
- Try to eat something fermented daily, whether sauerkraut, kimchee, sour dough, yogurt. Beer counts, but limit it!
- Useful books about diet include [Fiber Fueled](#) by Dr. Will Bulsiewicz and [Food](#) by Dr. Mark Hyman. Both authors have podcasts and classes you can take.
- [Join our nutrition program](#), just let the office know and we'll put you on the list.
- See our website for [videos](#) about nutrition and our [newsletters](#) with nutrition information.

## Food intolerance:

- Gluten intolerance is very rare. Most gluten issues are related to FODMAPS, as described below. For those people with true gluten issues, testing can demonstrate this. For people with FODMAP intolerance, the body can be retrained to tolerate wheat. Gluten-free products are widely available, and they are not necessarily healthier than gluten products (many are made of white rice). Oatmeal and rice have no gluten, and teff is a wonderful flour that is healthy and lacks gluten. [Here is a list](#) of gluten-free grains.
- Lactose (dairy) intolerance gets common as people age. Many such intolerances are related to FODMAPs, but sometimes lactose is the issue. How do you know? If you take milk with Lactaid and you tolerate it, then likely it is a true lactose issue. If you have that, then Lactaid or non-dairy milks can help. Also, often people with lactose problems can tolerate cheese, cottage cheese, and yogurt since bacteria can help break those down.
- Many people have difficulty with fiber and especially beans. Since these are fundamental to a good diet, it is important to overcome these intolerances. Generally this occurs because we have not eaten enough of that particular food and have lost our gut bacteria's ability to break it down. By introducing the food in small quantities over time, the intolerance can usually be overcome.

FODMAPS are partially fermented foods that can cause intolerance when the gut has been deprived of them. An extensive list of high and low FODMAP foods [can be found here](#), and some high FODMAP foods include: Lactose (dairy), Fructose (corn syrup, many fruits), fructans (grains, wheat, garlic, onions), beans, artificial sweeteners.

Many people who have food intolerances to, for instance, wheat, dairy, fiber, fruits, beans simply have issues with FODMAPS. And that can be fixed! By introducing a FODMAP that causes you problems very slowly over time, you can rebuild the gut bacteria that breaks it down and eliminate your intolerance. Most people with gluten issues are able to do this.

## What about Low Fat and Low Carb?

Bottom line, forget about those diets. Keto, metabolic diet, Adkins; all of them fail to address good nutrition and gut health. We want carbs: fiber, fruits/vegetables, grains are all carbs! We want fats: nuts, avocado, oils, omega-3, pasture raised eggs are all fats!

While animal fats are likely not overly beneficial, they are not always harmful. Poorly raised meats (with hormones, in cages, ect) and meats fried/cured are inflammatory. The more animals roam around freely and eat real and organic food, the healthier they are.

Although we want to reduce the "bad" stuff, it's not beneficial to our mental state or our lives as social beings to eliminate them all. Best to minimize the bad stuff and pile on the good stuff. And you can always have bad days, we just want reduce those too.

# PPC Food and Lifestyle Pyramid:

**Food is both medicine and pleasure; The goal is to maximize the bottom and to minimize the top, but not to be perfect.**

## To limit:

Pesticides, ultra-processed foods, diet soda, alcohol, fried food

## To avoid:

Hydrogenated oil (margarine), soda, corn syrup, preservatives

## Bad

Sugar,  
White  
flour

## To use sparingly

Dark bagels/bread,  
honey, juice, alcohol

## Animal fats and other similar products

Whole milk, butter, whole-fat yogurt and cottage cheese, chicken, grass-fed steak, minimally processed cheese, mayo

## Healthy Fats and Milk Substitutes

Nuts (especially walnut, pecan, almonds), avocado, oils (especially olive, avocado), tofu, fish (especially salmon, tuna, and white fish), shellfish, dark chocolate

## Anti-inflammatory Foods:

Legumes (lentils, peanuts), beans (black, garbanzo), all fruits (not fruit juices), all vegetables, fermented foods, whole grains (wheat, rye, teff, oatmeal), quinoa, brown rice, eggs, hummus, hot pepper, spices, coffee/tea, chia/flax, onion/garlic Sourdough, farro

## Lifestyle Changes:

Exercise 20 min a day, Sunshine 20 min a day, Sleep hygiene, Meditation, No smoking, Mental exercises