



Rosemary Slade

Mineral-Nutritional-Balancing Practitioner

Food Recommendations

Eating a variety of foods and rotating foods are important for optimal health because this:

encourages a diverse gut microbiome, which reduces risk of disease

prevents food sensitivities and intolerances

minimizes the buildup of irritants such as histamines, lectins, nickel, oxalates and salicylates (these irritants are naturally occurring or absorbed from the soil)

Cooking tips

Preferred methods are pressure cooking, steaming, slow cooking, and boiling (helpful for reducing oxalates and nickel—just don't drink the liquid). Baking, roasting, broiling, barbecuing, stir-frying and sautéing are okay once in a while.

Using different methods allows for a variety of flavor and texture.

Food categories to include in your daily diet

The following list does not take into consideration histamines, lectins, nickel, oxalates, and salicylates. If the initial assessment shows that you would benefit from excluding some foods at the beginning of your program, this will be factored into your Personalized Active Care Plan

Serving sizes can vary depending on your height, weight, and activity level

For IBS, constipation, and diarrhea it's often helpful to eat foods high in soluble fiber at the start of each meal to stabilize digestion

Vegetables

- **Eat 70% of every meal as cooked vegetables, roughly 6-9 cups per day**
- Best if cooked (easier to digest) but a small amount of raw is okay
- Include a variety, aim for 5-7 different ones. If you get bloating or gas with certain ones, let me know and I'll make other recommendations

asparagus	cauliflower	daikon or white	leek	pea
artichoke	cabbage	radish	baby lettuce	pumpkin
arugula	carrot	endive	okra	squash
bamboo shoot	celery	escarole	onion	sweet potato
beets	celery root	green bean	mushroom	turnip
bok choy	cilantro	jicama	parsnip	yam
brussels sprout	corn	kohlrabi	rutabaga	zucchini
broccoli or broccolini	cucumber			



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Protein

- **About 10 ounces of animal protein and 5 ounces of protein fats per day**
- Include animal protein 1 to 2 times a day. Think of the serving size as a deck of cards
- Nut and seed butters are easier to digest than whole nuts and seeds
- Keep egg yolks soft, the better nutrition is in a runny egg yolk, not the white
- **Small** amounts of beans and lentils can be included if tolerated
- For yogurt and/or Kefir, goat is often better tolerated than cow, use full fat

Bean	Kefir	Sardines
beef	Lamb	Seed butter
cheese	Lentil	Turkey
chicken	Milk	Wild game
egg	Nut butters	Yogurt and/or Kefir

Avoid—fish and shellfish other than sardines, soy products, and protein powders

- Red Meat Proteins: 2-3x per week
- Other proteins: frequently
- Eggs: 6 per week for women, 8 per week for men
- Beans/Lentils 1-2x per week
- Almond Butter: 2 Tablespoons per day (counts toward your protein fat)
- Hummus – 4 Tablespoons per day
- Sesame Tahini – 2 Tablespoons per day
- Sardines up to 3 cans per week (If you eat sardines, do not take EPA/DHA and Vitamin D)

Grains

- Grains can be included if tolerated.
 - Make sure oats are well cooked and gluten free
- | | |
|-----------------------|------------------------|
| amaranth | Oats |
| barley | Quinoa |
| corn (blue or yellow) | Rice (minimal amounts) |
| millet | Rye |

Avoid—wheat, raw grain products such as granola, muesli and trail mix



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Fruits

- Minimize or eliminate
- If you are at the stage where these are being included, apple slices or a small amount of berries are the best choices
- Cooked is preferred

Fats and oils

- **Fast oxidizers** often do best by including 1-2 Tablespoons of extra fat with each meal. This helps to balance the oxidation rate as well as stabilize blood sugar levels
- **Slow oxidizers** generally don't need extra fat with their meals. There is plenty of fat embedded in this diet to meet your needs. The exceptions are those who are in sympathetic dominance, breastfeeding and/or have certain health conditions.
- Small amounts of dairy can be included if tolerated – no more than 4 ounces per day. It's best to have dairy away from other food as it's quite concentrated. Goat dairy is often better tolerated than cow.
- Nut and seed butters are easier to digest than whole nuts and seeds
- Avoid cooking with oil as this oxidizes the oil and makes it rancid
 - butter or ghee cream
 - dairy products
 - egg
 - meat (not lean)
 - nut butters
 - olive oil
 - sardines
 - seed butters

Use only occasionally

- avocado
- coconut oil
- flaxseed oil (fresh)
- hempseed oil (fresh)
- palm oil
- refined vegetable oil: corn, sunflower, safflower, peanut, sesame, hazelnut, grapeseed

Avoid—hydrogenated oils, lard, margarine, peanut butter, shortening

Sweeteners

Reduce or eliminate.

If some is needed, use small amounts of natural honey, pure maple syrup or maple butter



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Beverages

- Spring water is preferred.
- If tap water is safe in your area, use a carbon-block filter.
- Distilled water should only be used for 2-3 days. Extended use will leach minerals from the body. RO (Reverse Osmosis acts on the body much like distilled water. Please avoid it.)
- Maximum ½ cup a day of beef bone broth.
- Maximum 1 cup a day of regular organic shade grown coffee and 1 cup of herbal tea.
- Best to consume a beverage 20 to 30 minutes before or after meals so it doesn't interfere with digestion by diluting stomach acid.
- Do not drink water with your meal

beef bone broth
coffee
tea
water (spring)
water (tap)

Wheat grass Juice—2 ounces up to 2x per week
Carrot Juice—10-12 ounces away from meals if you tolerate it (it is high in calcium and has a high glycemic index)

Avoid—Sweetened beverages of all kinds

Seasonings

- These aren't necessary but can make meals more appetizing
- Olive oil mixed with a small amount of nut and seed butters or mustard works well
- Good quality sea salts are Bamboo Jade or Redmond's. Avoid Himalayan salt, it is high in aluminum
- Apply salt after cooking

basil	garlic	rosemary
burdock	ginger	sea salt
chive	horseradish	tarragon
cilantro (dried)	marjoram	thyme
cumin	mustard	turmeric
curry powder	oregano	
dill	parsley	