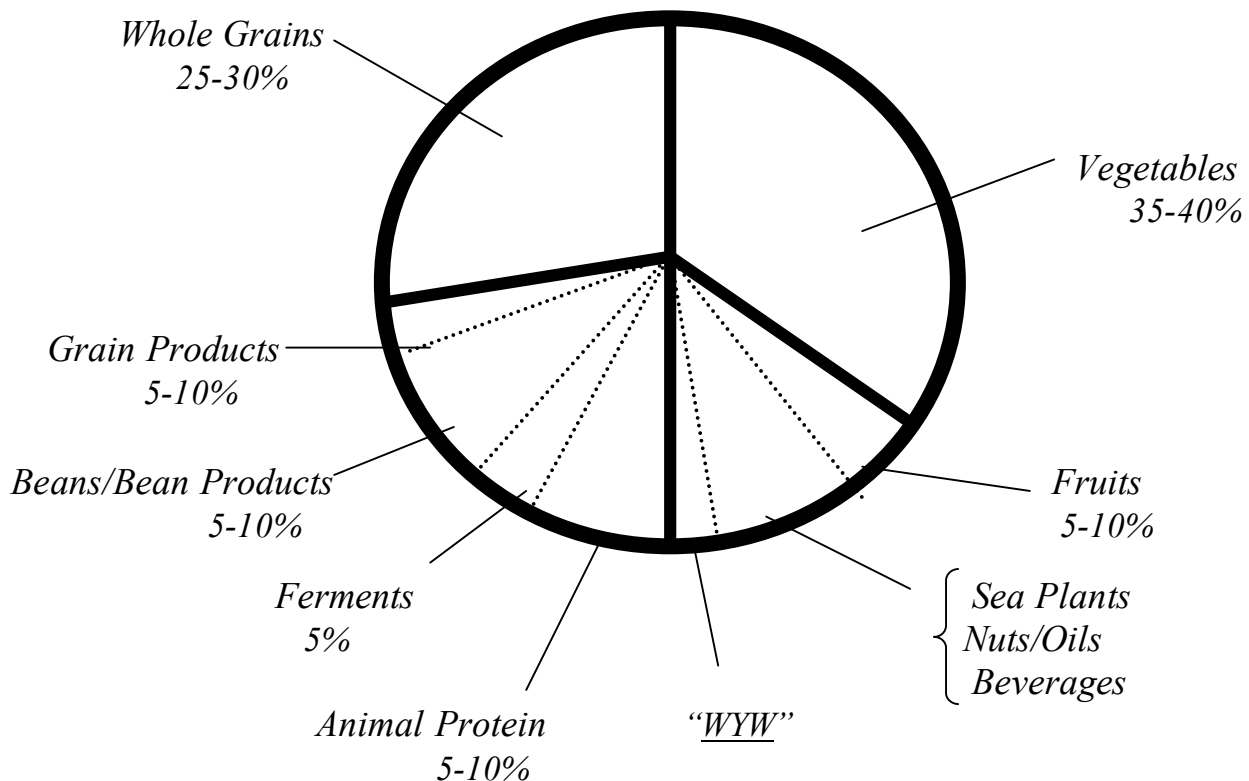


Whole Food Dietary Template

This template focuses on general dietary suggestions. Keep in mind that these percentages are simply a beginning point for learning to customize personal needs through experimentation and evaluation.



Principle Foods

30-35% Whole Grains – Brown Rice, Oats, Barley, Millet, Quinoa, Buckwheat, etc.

5% Grain Products – Unrefined Whole Grain Bread, Pasta, Crackers, etc.

35% Vegetables – Roots, Green Leafy & Ground Vegetables in a Variety of Preparations

5-10% Beans & Bean Products – Dried/Canned Beans and Bean Products (Tempeh, Tofu, Miso, etc.)

Supplemental Foods

5-10% Animal Protein – Fish, Poultry, Wild Game (Optional Category)

Small Percentages: Seed or Vegetable Oils, Nuts, Seasonal Fruits, Sea Plants, Beverages, etc.

Pleasure Foods

Small Percentage: “Whatever You Want”

From time to time, we find ourselves in social situations where we can exercise more flexibility with food choices.

Food Exchanges

Standard Foods

Alternative Whole Food Choices

Red Meats	→	Reduce volume & frequency of red meats — Gravitate toward white meats — Eat more vegetable protein sources (beans, bean products)
Diary Products	→	Reduce & or eliminate dairy foods — Increase vegetable oils, nuts & seeds — Take more mineral source foods (green vegetables and sea vegetables)
White Breads, Enriched Breads, Pasta, Muffins, etc.	→	Whole grain cereals, whole grain bread & whole grain pasta
Canned & Frozen Vegetables	→	Minimized frozen vegetables, fresh vegetables , organic, when possible
Refined sugar & sweetened Desserts	→	Fruits, limited juices, natural jams, cookies with natural sweeteners such as Agave, Barley malt, Rice syrup, Maple syrup, Honey
Soda Pop	→	Fruit Spritzers (fruit juice & carbonated water)
Coffee & caffeinated beverages	→	Gradual caffeine reduction ⇨ Black Tea ⇨ Green Tea ⇨ Herbal & Grain Teas
Alcohol		Occasional natural beer and spirits, non-alcoholic beer .
