



10 Key Components of Health Supportive Eating Plans

Nutrition Talk Presented by: Njeri Kai Jarvis MS, RD, LDN
(Registered Dietitian, Licensed Nutritionist, Herbalist – Applying Integrative and Functional Nutrition)

Your Business or Organization Name Goes Here

Date: your date goes here / Locations: your location goes here

(Participants get a packet for notes with recipes, resources and discounts for RD services)

Below are **10 Key Meal Plan Components** that give us nutrients important for reversing disease, supporting health and sustaining life. Together they provide consistent and adequate Macro & Micronutrients; Sources of Anti-inflammatory and Immune modulating constituents; Protein to support visceral organ stores (the foundation of immunity); Essential Fatty Acids, Health Supportive Microbes and Mitochondrial Fuel to support whole body cellular health; **We will discuss each Component in depth. A Food Demonstration with Sample foods is available upon request.**

1. Aim for **Whole - Primary Foods and Water**
 - a. Foods your Great-Grandparent, Grandparent or parent would recognize as food
 - b. Choose Water as your primary beverage when drinking; eat a piece of fruit if you want fruit juice.
2. **Even blood sugars** (no Spikes; no Falls)
 - a. Keys to even blood sugars are: Fiber, Protein, Fat should be a part of whatever you eat, whenever you eat
 - b. Aim to eat every 2-3 hours / small meals
3. Make **Vegetables** Your Base
 - a. 6-9 servings (cups) of vegetables daily from all categories
 - i. Dark Green Leafy
 - ii. Cruciferous / Sulfur Rich
 - iii. Colorful and Roots
 - iv. Liver Toning Bitter Vegetables
 - v. Beans, Legumes, Pulses
 - vi. Use Culinary Herbs and Spices Daily for cooking and in the form of Herbal Teas and Coffees
 - vii. Powdered Vegetables to supplement as needed

10 Key Components of Health Supportive Eating Plans

Make **Vegetables** Your Base (CONTINUED)

- b. Be Mindful of the Clean 15 produce that has the least amount of pesticide residues, so conventionally grown foods are fine to purchase and eat
- c. Be Mindful of the Dirty dozen produce that has the highest amounts of pesticide residues, so organic versions are best
4. Choose Good **Quality Protein** and a Variety
 - a. Aim for unprocessed and non – feed-lot meats that were raised without hormones, antibiotics and if possible are fed or finished on grass
 - b. Eat good quality organ meats for Co Enzyme A, Co Enzyme Q10, Alpha lipoic acid
 - c. Whole Egg
 - d. Good Quality well tolerated Dairy (best if organic)
 - e. Beans, Legumes, Pulses
 - f. Mineral Rich Bone Broth
5. Eat 1-2 Cups of **Beans daily**
 - a. Start small if you need to with 1 Tablespoon daily and work your way up to avoid gastro-intestinal distress and gas (*Consider working with a Nutritionist if GI distress persists*).
6. Limit **Fruits** to 3 servings or less daily
 - a. Aim to eat the low sugar, high fiber, colorful fruits
 - i. Berries, Granny smith Apples, pomegranates, lemons, limes
7. Eat **Good Quality Fats** Daily
 - a. Foods rich in Essential Fatty Acids Daily
 - i. Cold Water Fish and shellfish
 - ii. Fish Oil, Flax Seed oil
 - iii. Raw Nuts and Nut butters
 - b. Eat 100% Butter (Organic preferred) (Avoid Margarines and Hydrogenated fats)
 - c. Eat Good Quality Vegetable Oils Raw or lightly heated (Olive oil, Avocado Oil, Coconut Oil, sesame oil, peanut oil)
8. Eat well tolerated, easily digested **Whole Grains** in moderation
 - a. Brown Rice
 - b. Oats and Oatmeal
 - c. Quinoa
 - d. Millet
 - e. Other Whole Grain breads, pastas and other grains as tolerated (*Consider working with a Nutritionist if you suspect you have GI distress with grains*).

10 Key Components of Health Supportive Eating Plans

9. Eat Live Enzyme Rich and Probiotic Rich **Fermented Foods** Daily
 - a. Cultured Plain Yogurt, sour cream, kefir, cottage cheese, quark (Budwig Quark anti-inflammatory recipe)
 - b. Kombucha (fermented Black tea)
 - c. Sauerkraut and Kimchi
 - d. Vinegars with “The Mother”
10. **Assess your Tolerance** of All of these foods consumed in this ways of eating and pull anything out that is causing gastro-intestinal distress (constipation, diarrhea, nausea, vomiting, excessive gas, acid reflux, heart burn, headaches, eczema, yeast infections, asthma, poor mental clarity)

	
<p>We will Use Culinary herbs daily in your meal preparation.</p>	
	
<p>Oatmeal daily is a tasty & easy . It is extremely nutritious, helping with recovery after illness, high in fiber. It also is an herbal nerveine that helps to support and tone the nervous system.</p>	<p>We will keep fiber, mineral, vitamin, antioxidant rich primary source vegetables as the basis of our daily intake, aiming for 6-9 cups of vegetables in all varietals daily</p>

Food Demonstration #1:

Home Made Salad Dressing: a starting point for implementing 10 Key Components to better health

- Home Made Salad Dressing as a starting point allows quick and easy ***incorporation of All 10 Key Components*** in one quick and easy recipe that requires little preparation and no cooking.
- It allows experimentation with new tastes from fresh and dried herbs and spices. It can be a source of additional flavoring that supports increased vegetable intake, while doubling as a great marinade for proteins and beans.
- A batch can be made weekly and will last for several days in your refrigerator.
- The raw unheated oil provides excellent cardiovascular support, particularly if a good quality olive oil is used.
- The herbs and spices provide anti-inflammatory, anti-microbial, immune-modulating, vitamin and mineral rich nutrients.
- The vinegars provide a moderate amount of acid to help stimulate gastric acid which supports digestion and assimilation. They also act as a source of enzyme rich, probiotic rich, live ferments that support a healthy microbiome.
- It is a no added salt seasoning. Surprisingly, off the shelf salad dressings tend to be high sodium especially when more than 1 Tablespoon is consumed.
- It tastes Great!!!

We Will Make a Home Made Salad Dressing on site and sample it with various vegetables and leafy greens and salad ingredients sourced from local urban organic farms such as **ECO City Farms** in Edmonston, MD and the **Maryland University of Integrative Health's Herb Garden** or **National Arboretum's Children's Youth Garden**.

10 Key Components of Health Supportive Eating Plans



Rice Vinegar



Home made Salad Dressing



Balsamic vinegar



Apple Cider Vinegar



California Olive Ranch



Spices

We will create our own home made health supportive salad dressing using good quality fairly priced oils and various vinegars that go a long way; We will experiment with adding nut butters, tahini, fresh and dried herbs and spices to discover different flavors and make “heartier / creamier” dressings.

We will discuss how these simple dressings can be used in numerous ways:

- to provide variety and deliciousness to your daily meals
- help lower blood pressure
- boost immunity, reduce inflammation
- support greater intake of vegetables while TASTING GREAT!

**Let food be your medicine
and medicine be your food !**

Additional Foods Can Be Added for Sample

(Participants receive a packet for notes with recipes, resources and discounts for RD services)