



Incorporating More Vegetables into Your Diet

5+ servings per day!

It is not uncommon for my new clients to think that they are eating plenty of vegetables; most people think that if they eat vegetables once a day, then they are doing good... but many of these people are only consuming 4-6 servings of vegetables in a six-day period, when **the optimum range is 5-7 servings PER DAY, for a total of 35-42 servings in a six-day period.** These are usually the same people who are not having adequate bowel movements and are experiencing a host of health issues related to a toxic bowel:

- Constipation, diverticulitis, diverticulosis, hemorrhoids
- Acne, rashes, eczema
- Headaches, allergies, autoimmune
- Infertility, endometriosis, yeast infections
- Respiratory & sinus Issues, etc.

With adequate fiber, these issues frequently resolve themselves. Other benefits of fiber include:

- Increased satiety-- fiber is filling without the calories!
- Slower release of sugars into the blood stream, which decreases sugar-related disease such as diabetes.
- Improved bowel hygiene, regularity and health— fiber sweeps out unwanted intestinal accumulations which provide an environment where unwanted organisms can take up residence and create health issues such as bacterial infections, autoimmune disorders, and even cancer.



I recommend that my clients start the day with vegetables, even salads! Vegetables for breakfast? I know it seems weird—it was to me at first too. In fact, I was first introduced to salad at breakfast in Japan. I have talked before about some of the seemingly “strange, superstitious” dietary practices that we encountered on our visits to Japan. But once again, through my nutritional training, I see the wisdom in this practice. After all, VEGE-TABLE contains the word “table,” which to me says that vegetables **belong** on our tables, right?

We must adjust our thinking about what is “food,” and more specifically, what is “breakfast food.”



Here are a few ideas to help you get started on reframing your thinking and reforming your diet:

Breakfast:

- Blend eggs and vegetables in blender, then scramble
- Vegetable omelets
- Blend vegetables and vegetable juices in smoothies (Request your **FREE** copy of “Anatomy of the Perfect Smoothie”).



- Zucchini Fritters-- shred zucchini and combine with chopped onion, salt, egg, and coconut or garbanzo flour. Then spread a large spoonful on a lightly oiled skillet and cook until lightly crispy on the outside, and done on the inside. Yum-- thank you, Joni Sellars! ☺
- Eggs, turkey bacon, leftover grilled or baked fish, or crumbled sausage on a bed of greens or steamed vegetables. See the "Healthy Alternatives Cookbook" on my website for making your own turkey or beef sausage).
- "Green Drinks" such as Garden of Life Raw Meal or Nature's Sunshine Green Zone are an excellent way to incorporate more vegetables, especially if you are vegetable averse!

Lunch:

- Romaine or butter lettuce wraps instead of bread or tortillas. This works for hamburgers, turkey or chicken breast, and taco meat.
- Salads with meat for a garnish
- Vegetable soups—if you like creamy soups, use a stick blender and "cream" any soup recipe. For added creaminess, try adding baked pumpkin or another winter squash.

Dinner:

- Make ribbons of zucchini and carrot using a vegetable peeler or spiralizer, then boil. Serve pasta sauce and meatballs over these ribbons or any other steamed vegetables.
- Instead of pasta or rice, use vegetables instead.
- Salads with meat for a garnish
- Stir fried, sautéed, steamed, grilled vegetables



The possibilities are endless!

Follow the 80/20 rule for pH of foods in your diet

pH4		pH7		pH10
Strong Acids	Mild Acids	Mild Alkaline		Strong Alkaline
 White Bread	 Meat/Fish	 Fruits		 Asparagus
 Alcohol	 Legumes	 Vegetables		 Cayenne Pepper
 Colas/Sodas	 Nuts	 Avocados		 Melons
 Sugar	 Dairy	 Almonds		 Kelp

This rule focuses on the dietary balance between foods that produce alkaline compounds in the body vs. acidic ones: **Shoot for balancing your diet with 80% alkaline and 20% acid-forming foods.** With all of the hype about cancer and how an acidic body chemistry produces a friendly environment for cancer to thrive, most Americans are aware of meat being a major contributor to an acid pH in the body. As a general rule, fruits and vegetables tend to produce alkali in the body while meats and dairy produce acid in the body. Of course, some meats are more acid-forming than others: Beef, pork and shellfish produce the highest acid content our bodies, while poultry, fish, venison, and lamb are less acid-forming. In addition, white refined sugars and flours produce more acid in the body than natural sweeteners, such as stevia, xylitol, honey, and even raw sugar. Incidentally, artificial sweeteners are very acid-forming in our systems as well,



so think twice before you reach for NutriSweet or Splenda. **For the most part, by simply avoiding processed foods and consuming whole foods in their natural form, especially fresh fruits, vegetables, and leafy greens in particular, we create a more an alkaline environment in our bodies.**

Mineral Content, i.e., electrolytes, in the foods we eat is one of two major factors that determine the pH response of foods within the body. The mineral content in the foods we eat produces acid or alkaline compounds in our bodies. Some minerals have a high potential for hydrogen (pH), and are thus considered to be alkaline. The following chart will help you to optimize your diet by showing the correlation between the type of mineral and pH:

Alkaline Minerals—80%		Acidic Minerals—20%	
Sodium	Sea Vegetables	Sulfur	Onions, Garlic
Potassium	Bananas, Potatoes	Phosphorus	Cheese, Some Seeds & Nuts
Magnesium	Corn	Chlorine	Cabbage, Cruciferous Vegetables, Nightshades
Calcium	Almonds		

Shoot for the 60/40 ratio of raw vs. cooked foods in your diet

Dr. Bernard Jensen and many other respectable holistic healthcare practitioners agree that raw foods are important to the diet—these foods are whole and unadulterated, with enzymes left intact. However, depending on your digestive fitness, the ratio of raw to cooked foods may vary. **The ability to digest food is the second factor that determines the pH of foods in the body. Undigested foods produce acid.** In fact, “Any food that is not properly digested produces acid waste which leads to cellular inflammation,” and “You can eat the best food on the planet and have an overly acid pH if you are lacking digestive enzymes.” (Source: “Sunshine Sharing,” Vol. 13, No.2, Steve Horne & Lacrechia Laningham). Just as we do not feed babies or the very elderly all raw foods, those with compromised digestion cannot handle raw foods as well as those with properly functioning digestion. Additionally, digestive enzymes decline with age, hence the increased use of Prilosec, so supplementing with digestive enzymes is important. If foods ARE cooked, Dr. Jensen recommends that they are LIGHTLY cooked at very LOW temperatures for LONGER periods of time, thus preventing the destruction of natural enzymes and other healthful components in foods. For instance, although egg yolks contain cholesterol, they are also rich in lecithin which balances cholesterol; however, lecithin is delicate and easily destroyed through heat. Poaching eggs, or cooking at very low temperatures will prevent the destruction of the lecithin so that you can receive the full benefit of “the incredible, edible egg!”



While we are talking about enzymes, I want to mention the importance of including cultured or fermented vegetables into your diet. Nearly every culture in the world has a version of cultured or fermented foods that they consume regularly. Cultures with the longest living people all consume cultured foods, attesting to their health benefits. These foods increase beneficial bacteria which lay the foundation for a healthy gut and hence a healthy immune system, healthy neurotransmitter production, and adequate enzyme stimulation, along with many, many other benefits! Learn more about cultured vegetables along with simple instructions for how to make them yourself by requesting my **FREE** brochure called “Old Fashioned Probiotics & Enzymes: Cultured Horticulture.”

L'chaim-- To Life!