



Nutrition 101

We should think of our food as our _____.

What are the 2 rules when reading labels?

- 1.
- 2.

What foods are considered Proteins?

What foods are considered Fats?

What foods are considered Carbs?

What are the 2 balance Rules?

- 1.
- 2.

What is one thing that I am going to change based on the information that I learned today?

Want More?

Books:

- *Eat Fat, Lose Fat* by Sally Fallon and Mary Enig
- *The Coconut Oil Miracle* by Bruce Fife
- *Nourishing Traditions* by Sally Fallon
- *Real Food* by Nina Plank
- *Nutrition and Physical Degeneration* by Weston A. Price
- *The Vegetarian Myth* by Lierre Keith
- *Good Calories, Bad Calories* by Gary Taubes
- *The Whole Soy Story* by Kaayla Daniel

Websites:

- www.traciefountain.com
- www.westonaprice.org
- www.eatwild.com
- www.raypeat.com

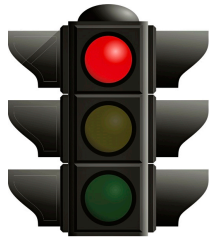
Green, Red and Yellow Light Foods

Green Light Foods = GO/Great-Grandma's Diet



What you want to eat is “real food”—let’s call them “*green light foods*”—because these foods are generally a **go** for most people. In other words, they are time-tested, fresh foods that have an expiration date and contain no additives or preservatives (this includes vitamins and minerals, though there are exceptions). *Green light food* has been around forever and doesn’t contain chemicals that will give it a long shelf life. It doesn’t contain elements of our modern food supply that didn’t exist over 100 years ago. These are foods your great-grandma grew up on, which is why we refer to them as your “great-grandma’s diet.”

Red Light Foods = STOP



These are foods we eat that are not intended for human consumption on a regular basis. You can think of them as “*red light foods*” because you need to **STOP** before you put them in your mouth. We’ll go into more detail about specific foods later on; you may be surprised what those include and how prevalent they are in our diets. For now, understand that a lot of “staples” in the modern diet are things that great-grandma never would have eaten!

Yellow Light Foods = CAUTION



These are foods that might work for one person, but are problematic for someone else. Think of these as “*yellow light foods*” since you should eat them with **caution**, and understand that they are known to cause digestive issues for many people. Believe it or not, there is no cookie-cutter diet for every person, nor is there a cookie-cutter plan to lose weight, get healthy, or heal your body. Even *green light foods* aren’t a **GO** if it doesn’t work for you. Some people are sensitive to foods in this category or simply don’t digest them well. So a **personalized** guide to food will help you figure out your own specific *yellow light foods*.

You now have the *green light* to focus on consuming great-grandma approved foods.

Let's go shopping

Protein

- Gelatin (hydrolyzed or non-hydrolyzed)*
- Beef (pasture raised, fresh and unprocessed)
- Lamb (pasture raised, fresh and unprocessed)
- Chicken (pasture raised and nitrate free)
- Turkey (pasture raised and nitrate free)
- Ham and Bacon (nitrate free and hormone free)
- Liver (really fresh or frozen - beef or chicken)
- Shellfish (shrimp, oysters, crab, etc.)
- Fish (cod, sole, haddock, salmon) - fresh/local
- Tuna (canned or fresh)
- Eggs (cage free or pastured)
- Cheese (milk, animal rennet, culture, salt)
- Ricotta Cheese (milk, cream, vinegar, salt)
- Cottage Cheese (milk, cream, cultures, salt)*
- Yogurt, plain 2% or whole (*Fagé, Chobani, Brown Cow, Stoneyfield*)

Fats

- Butter
- Heavy whipping cream (cream and that's it)
- Sour cream (cream and cultures)
- Ghee
- Coconut oil (*Spectrum, refined*)*
- Olive oil (extra virgin, in a dark bottle)
- Olives
- Plain Nuts and pure nut butters
- Plain Seeds
- Avocado

Condiments

- Honey (local), Maple syrup (pure), Cane sugar
- Broth (organic, no additives)
- Sea salt (*Hain, non-iodized*)
- Vinegar

Beverages

- Milk (whole or 2% from local farm preferred)*
- Natural fruit juices (fresh or pure concentrate)
- Coffee (freshly brewed, plain)
- Tea
- Sparkling water
- Purified Water
- Coconut milk (*Trader Joes Lite/Aroy-D*)
- Coconut Water (no additives)

Carbs - Fruit (in season)

- Tropical (banana, papaya, kiwi, pineapple)
- Stone (peach, nectarine, apricot, plum)
- Citrus (orange, lemon, grapefruit)
- Fall (apple and pear)
- Berries (blue, black, strawberry, raspberry)
- Melons (watermelon, cantaloupe, muskmelon)

Carbs - Vegetables (in season)

- Broccoli/Cauliflower
- Carrots
- Cucumbers
- Spinach (other greens)
- Onions
- Peppers (green, red, yellow, purple)
- Potatoes/Sweet potatoes
- Roasted red peppers
- Roots (beets, turnips, rutabagas, parsnips, Jicama)
- Squash
- Tomatoes
- Zucchini

Carbs - Grains

- Sourdough bread **Not Gluten Free**
- Sprouted bread (*Ezekiel*) **Not Gluten Free**
- Oatmeal (**soaked**) **Not Gluten Free**
- Quinoa
- Rice
- Corn tortillas (sprouted - *Food for Life*)

Carbs- Legumes and Beans

- Lentil soup
- Hummus (w/olive oil)
- Black beans, garbanzo, pinto, etc.

Treats

- Dark chocolate (*Enjoy Life* - cocoa and sugar)
- Homemade custard

Extras

- Baking soda
- Natural fruit spread

* Gelatin: *Gelatin Innovations or Great Lakes*

* Coconut oil: *Tropical Traditions*

* Milk: *Sassy Cow, Kalona Super Natural*

* Havarti cheese from Denmark

* *Cascadian Farms Frozen Juice or Trader Joe's*

* Sourdough: *Madison Sourdough and Silly Yak*

* Cottage Cheese: *Kalona, Hy-Vee Organic, Daisy*

(found at Whole Foods, Woodman's and Willy St)



Sample Meal and Snack Ideas

Breakfast:

- ½ cup plain Fagé Greek yogurt with ½ cup of fresh fruit or ½ T of honey
- 2 hard boiled or scrambled eggs (scrambled in coconut oil or butter) with a piece of fruit
- Healthy Mc Muffin - ½ Ezekiel English muffin with an egg fried in coconut oil

Lunch/Dinner:

- 4 oz of grass-fed beef, small baked sweet potato with ½ T of butter or coconut oil
- Broiled halibut with melted butter or coconut oil, steamed zucchini and a peach
- Greek salad – feta cheese, cucumbers, red onions, tomatoes, olive oil and vinegar

Snacks:

- 12 nuts of choice (buy at Trader Joes for the best price) with fruit
- 1.5 oz cheese with raw carrot salad (shredded carrots, olive oil, vinegar and sea salt)
- ½ cup cottage cheese with ½ cup apple sauce
- Homemade Healthy Gelatin (find recipe at www.traciefountain.com/healthy-gelatin/)

Check out: www.traciefountain.com/blog for more ideas and recipes!

Live a healthy, balanced life.

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