

## A Healthy High Fiber Diet

Directions: Combine one portion of each food type to make a complete meal. The bulk of every meal should be vegetables (50 to 60% of your plate). Dark green leafy vegetables should be used most often. Protein from animal sources should preferably be raised on a wild diet (not farm raised). Fats should be minimally cooked or kept raw. Ideally, add fats after cooking your food. People with insulin resistance should limit themselves to one fruit per day, primarily berries. Fresh herbs and spices are unlimited. Record daily fiber intake per day. RDA is 25-30 grams of fiber for women and 30 to 35 grams of fiber for men. More than 50 grams of fiber per day is recommended to reduce cholesterol, don't be discouraged if this is not achieved with diet alone. To be avoided: White food, which includes enriched wheat, white bread, rice, pasta, sugar, milk, cheese, & potatoes. For beverages: drink water, soda water, tea, herbal tea, and juice (half juice/half water), one cup coffee per day is acceptable. Use stevia as a sweetener.

Vegetables	Proteins	Fats	Carbohydrates
1 ½ to 2 ½ cups	4-12 oz (palm size)	1 ½ (oils) - 8 Tbs (solids)	1/8 to 1 cup (fist size)
Asparagus	Almonds	Almonds	Amaranth
Artichoke	Beef	Almond Milk	Anasazi Beans
Beet Greens	Buffalo	Avocado	Barley, Pearled
Bell Pepper	Chicken: white meat no	Baba Ganoosh	Black Beans
Bok Choy	skin	Borage Oil	Brown Rice
Broccoli	Clams	Brazil Nuts	Buckwheat
Brussel sprouts	Cottage Cheese	Butter (Organic)	Bulgur wheat
Cabbage	Crab	Coconut*	Colorado Beans
Carrots	Eggs	Darions	Flax Seeds
Cauliflower	Haddock	Flax Oil	Flax Meal
Celery	Halibut	Feta Cheese	Faro
Chayote	Lamb	Hemp Oil	Fruit
Chicory	Mahi Mahi	Hummus	Kamut
Collard Greens	Mussel	Olive Oil*	Lentils
Cucumbers	Ostrich	Olives	Millet
Dandelion Greens	Pecans	Pecans	Oat Groats
Eggplant	Pistachios	Pine Nuts	Oats Steel-Cut
Fennel	Salmon	Pistachios	Pinto Beans
Kale	Scallops	Pumpkin Seeds	Quinoa- Red, Black or White
Kohlrabi	Shrimp	Safflower*	Rye
Leeks	Soybeans	Soybeans	Spelt
Lettuce: Arugula,	Tilapia	Soymilk (Unsweetened)	Teff
Celtuce, Endive, Rapini,	Tuna (max 1 x /week)	Udo's Oil	Triticale
Romaine	Turkey: white meat no	Walnut Oil	Whole Grain Bread (2 grams or more fiber per slice)- Sarah Lee
Mustard Greens	skin	Walnuts	Whole Grain Cereal (8 grams or more fiber per serving)- Fiber One, Kashi
Onions	Walnuts		Wild Rice
Parsley	Wild Pig		
Spinach		*The only oils to be used in cooking, others are for salads/cold dishes	
Summer Squash	**Preferably all meat/poultry is organic, free-range, use the leanest meat possible.		
Swiss Chard			
Tomatoes			
Turnip Greens			
Zucchini			

## **Dietary Fiber Explained**

Dietary fiber is that part of plant cell walls which our bodies cannot digest. There are two main types of fiber: insoluble and soluble. The best known insoluble fiber is cellulose. An example of this type of fiber is wheat bran. Wheat bran has been used for years to relieve constipation. However, insoluble fiber does not have as many benefits as do soluble fibers.

Soluble fibers include: hemicelluloses (oat bran), gums (guar gum), mucilages (psyllium seeds), pectins (apples) or ligans (dandelion root). These water soluble gel-forming fibers provide many beneficial effects including:

- Decreased transit time (food passes through the intestines more quickly)
- Decreased appetite
- Decreased blood fats
- Delayed stomach emptying (the stomach releases food into the intestines more slowly)
- Increased gastric and pancreatic secretions to aid digestion
- Increased stool weight
- Increased production of short-chain fatty acids (fuel for intestinal cells)
- More advantageous intestinal bacteria
- More soluble bile (to prevent formation of gall stones)

Fiber can relieve constipation by affecting the transit time. Cultures that eat a high fiber diet usually have a transit time of 20 hours and a fecal weight of 500 grams. In contrast, those cultures which typically eat a low fiber diet have a transit time of greater than 48 hours and a fecal weight of only 100 grams. There is a direct correlation between transit time and stool weight and size. A larger, bulkier stool not only passes through the colon more easily, but also requires less pressure and straining during defecation.

Although dietary fiber increases the rate of transit through the gastrointestinal tract, it slows the rate at which the stomach empties, thus reducing after-meal elevated blood sugar. Also, enzymes secreted by the stomach, and pancreas increase in response to fiber, enhancing digestion.

A high fiber diet may also promote lactobacillus bacteria (good ones) while inhibiting endotoxin-producing bacteria (bad ones) in the colon. Having the proper microflora in the intestines helps with elimination and protects against foreign attack by other pathogenic bacteria.

The water-soluble gels and mucilaginous fibers can help lower serum cholesterol and triglyceride levels. When bile acid and fatty compounds bind to these fibers, more cholesterol and bile salts are excreted through the feces. Fiber may also play a major role in weight loss programs. Fiber is of benefit because it 1) increases the amount of chewing, 2) increases the amount of calories excreted by the body, 3) alters secretion of digestive enzymes and improves glucose tolerance by delaying the rate at which the stomach empties. This same effect also allows the individual to feel fuller longer.

Fiber can also be obtained through a diet rich in beans, whole grains, fruits, and vegetables. It is best to get at least 20-35 grams of fiber daily through diet and supplements. Eat all foods in the least processed form for optimal health, e.g. fresh produce, and whole unprocessed grains.

If you have been eating a low fiber diet, you may initially experience some gas if you drastically increase fiber intake, so ease into it gradually and drink plenty of water (aim for 2 quarts daily) to keep things moving through your digestive system.

### **Possible contraindications:**

Excessive amounts of supplemental fiber can have some side effects although in general fiber used properly is totally safe and beneficial. More than 2 cups of psyllium daily can damage the intestinal lining but typical dosing is far less, usually 1-2 tablespoons daily. Excessive carrageenan may cause gastrointestinal ulcers, intestinal damage, colon cancer, birth defects, and liver enlargement.

However, as stated above, these risks are rare and only with excessive amounts, so eat a fiber-rich diet and enjoy excellent health!

## LEGUMES

The Leguminosae family contains members that bear seeds in a pod. The common food groups in this family are the beans, peas, and lentils. All legumes are high in protein, water-soluble fiber (pectin), vitamins and minerals. When combined with grains or cheese, legumes can make up a “complete protein”. A complete protein contains all eight of the essential amino acids. The beans with the highest protein content are: soy bean (the only legume that is a complete protein by itself), adzuki beans, kidney beans, broad beans, mung beans & lima beans. Dry peas are high in protein. Most legumes are considered “starches” (starch is a complex carbohydrate). This includes all dry peas and all dry beans except soy beans. Legumes are also rich in molybdenum and zinc.

**Adzuki Bean** (*Phaseolus angularis*)

Other names: feijao, adzuki, adsuki

Flavor: light, nutty

High in protein (25%), B vitamins, iron, calcium and thiamin.

**Black Bean** (*Phaseolus vulgaris*)

Other names: ‘turtle soup’ bean, frijoles negros

Flavor: subtle mushroom like

Nutrients: 23% protein, high in iron, calcium and B vitamins.

**Blackeye Bean** (*Vigna unguiculata*)

Other names: blackeye suzies, cow pea, blackeye pea, oea beans, China beans, marble beans

Flavor: light texture, pleasant & savory

Nutrients: High in protein (22%), iron, calcium, B complex vitamins and vitamin A. Has a thinner skin - no need to soak before cooking. Young pods can be eaten as a fresh vegetable, the young leafy shoots taste similar to spinach.

**Broad Bean** (*Vicia forba*)

Other names: wax bean, fava bean, ful medames, ful, ful misri

High in protein - best used as a puree in soups, pates and pies.

Needs long soaking up to 36 hours.

**Butter Bean** (*Phaseolus lunatus*)

Other names: pole bean, curry bean, Madagascar bean, lima bean

Flavor: savory and smooth texture

Nutrients: high in protein, iron and calcium

**Chick Pea** (*Cicer arietinum*)

Other names: garbanzo, bengel gram, ceci, kabli channa

Flavor: rich, full

Nutrients: high in protein, fat, calcium, iron, and B vitamins.

**Kidney Bean** (*Phaseolus vulgaris*)

Flavor: rich

Nutrients: high in protein, iron, folacin, phosphorus, thiamin, riboflavin, niacin, zinc, magnesium, manganese, potassium, calcium and fiber (18 gram fiber for 1 cup of cooked beans) low in sodium does not contain fat or cholesterol.

**Lentil** (*Lens esculenta*)

Nutrients: high in protein (25%), rich in iron and B vitamins thought to be easier to digest than larger legumes.

**Mung Bean** (*Phaseolus aureus*)

Other names: green gram, golden gram, mung dal, moong dal

Can be used whole or sprouted, the sprout has 5X more food value and is easily digested. The tender young pods can also be eaten as a vegetable.

The sprout is rich in vitamin C, B12, protein (24%) and B vitamins.

**Pea** (*Pisum sativum*)

Split pea is one variety. It requires no soaking and cooks quickly.

**Pinto Bean** (*Phaseolus vulgaris*)

**Soya Bean** (*Glycine max*)

Other names: soy, soy bean

Hardest of all legumes - needs long soaking time before cooking

Nutrients: high in protein (is a complete protein), vitamin A, E, B vitamins, lecithin, calcium, potassium, phosphorus

**Common Products of Soybeans**

**Miso** - soy paste; very concentrated food with B vitamins and beneficial bacteria for digestive system. Do not boil as that destroys nutritional quality best to add just before serving.

**Soy Sauce or Tamari**--thought to strengthen and stimulate digestive juices.

**Tofu or soy cheese** - bean curd; high in protein, vitamins and minerals, low in saturated fat, calories and carbohydrates.

**Soy Flour**--yellow in color, strong flavor, use small amounts (2 - 3oz/1 lb. of wheat flour). High in protein low in gluten can be used as an egg substitute in cakes and batters (1 mounded teaspoon = 1 egg).

**Soy Milk**--higher in iron, calcium and phosphorus than cow’s milk can use in baking or as a beverage.

**Edamame**—soybeans cooked in the pod.

**Tempeh**—fermented soy in a hard, flat form.

**Approximate Cooking Times For Beans**

<u>Type of Bean</u>	<u>Simmering</u>		<u>Pressure Cook (15 lbs)</u>	
	<u>Soaking Time</u>	<u>Cooking Time</u>	<u>Soaking</u>	<u>Cooking Time</u>
<b>Adzuki bean</b>	overnight	3/4-1 hour	6 hours	10 minutes
<b>Black bean</b>	overnight	1-1 1/2 hours	6 hours	10 minutes
<b>Blackeye bean</b>		3/4-1 hour		8 minutes
<b>Broad bean</b>	overnight	1 1/2-2 hours	6 hours	15 minutes
<b>Butter bean</b>	overnight	1 1/2-2 hours	6 hours	15 minutes
<b>Canellini bean</b>	overnight	-1 1/2 hours	6 hours	10 minutes
<b>Chick peas</b>	overnight	2-2 1/2 hours	6 hours	25 minutes
<b>Field bean</b>	overnight	1-1 1/2 hours	6 hours	10 minutes
<b>Kidney bean</b>	overnight	1-1 1/2 hours	6 hours	15 minutes
<b>Lentils</b>		1/2-3/4 hour		8 minutes
<b>Mung beans</b>	overnight	3/4-1 hour	6 hours	10 minutes
<b>Peas (split)</b>		3/4-1 hour		8 minutes
<b>Pinto beans</b>	overnight	1-1 1/2 hours	6 hours	10 minutes
<b>Soy bean</b>	24 hours	3-3 1/2 hours	24 hours	25 minutes

## EAT YOUR VEGETABLES:

### An easy way to cook greens:

- Sauté a bag of greens (any leafy green vegetable, experiment) in 1 tablespoon of drizzled olive oil and soy sauce or Braggs Amino acids. Add 1 tsp of minced garlic and 1 tsp of grated ginger (use the pre ground/pre minced kind in the produce section if you are hurried).
- Add finely chopped greens to your tomato sauces or stir fry's. You won't even notice they are there.

## EASY SALADS, SALAD DRESSINGS and DIPS:

**Mediterranean Salad:** Chop 1 onion, 1-2 tomatoes, 1 cucumber, and 1 head of white cabbage coarsely. Add to this 1 cubed avocado. To the bowl add 2 Tb apple cider vinegar, 2 Tb lemon or lime juice, and sea salt to taste. You can eliminate the avocado or cut down the amount added when calories are at your day's limit. If the avocado is not added, the salad is very low calorie.

**Tahini Dressing :** Mix the following Ingredients: 1/4 Cup(s) Tahini (Sesame Seed Paste), 1/2 Cup(s) Water, 1 Garlic Clove, crushed, 1 Tablespoon(s) Lemon Juice. the mixture should be the consistency of a creamy salad dressing. Add more water, if necessary. Use as a sauce for a falafel sandwich.

**Goddess Dressing:** ½ cup olive oil, ¼ cup lemon juice, 1 clove garlic, ¼ cup filtered water, 1 spring onion, finely chopped (optional) 1/3 cup tahini, Soy Sauce or Braggs Amino Acids to taste (1/8- 1/4 cup). Blend/ Shake/Stir until smooth.

**Balsamic Vinaigrette:** Combine ¾ cup water, ¼ cup balsamic vinegar, 2 tsp Dijon or Brown mustard, 1 ½ tsp of dried basil.

**Mustard Dressing:** Blend: 3 c olive oil, 1 ½ c red wine vinegar, 5 cloves of garlic (reduce if too spicy), ½ jar of Grey Poupon Mustard, 1 ½ t salt, ½ t fresh ground black pepper

**Tofu Mayonnaise:** Blend 1 cup tofu, 1 clove minced garlic, 3 tbs lemon juice, 1 tbs vinegar, ½ tsp salt for a few seconds. Without turning off the blender, slowly pour in ¼ cup olive oil. As soon as it's mixed in, turn off the blender and transfer the mayonnaise to a suitable container and refrigerate for at least an hour. Lasts up to a week in the refrigerator.

**Hummus:** Good as a dipping sauce for vegetables. Puree in food processor: 1 c drained garbanzo beans, 1/3 c tahini, juice of 4 lemons, 2 clove of garlic. Tahini is the caloric part so adjust to your caloric needs.

**Healthy Popcorn:** Pop your own in the microwave in a brown paper bag or on the stove with a spoon of olive oil. Add Braggs Amino Acids (sprinkle) and Brewers Yeast or Nutritional Yeast.

## Home-made Mueslix—A Healthy Raw Foods Breakfast!

### Mix together:

4 Parts rolled oats	2 parts bran (wheat, oat...)	1 part lecithin granules
1 part flax seeds, whole or ground up	1 part almonds (other nuts, except for peanuts, are fine)	1 part raisins

Store mixture in airtight container. To prepare for breakfast put 1/3 cup mueslix in 2/3 cup dilute fruit (juice 50: water 50) the night before and let soak all night. Serve in the morning with Yoghurt (dairy, soy, goat) and fresh fruit.

**Sugar is sugar, regardless the name:** Sucrose, glucose, fructose, dextrose, maltose, corn syrup, corn syrup solids, high fructose corn syrup solids, Brown sugar, Honey (white bread (including pasta, cookies, cakes and crackers) and white rice are essentially sugar too!)

- In the last 20 years, we have increased sugar consumption in the U.S. from 26 pounds to 135 lbs. of sugar per person per year! The average American consumes 2-3 pounds of sugar each week. One soda a day increases the risk of developing diabetes by 85%!
- 1 tsp= 4.2 g of sugar
- A blood sugar value of 120 (normal is below 100) reduces your immunity by 75%. Drinking a soda pop (100 g/ 8 Tb of sugar) reduces your immunity by 50% for at least 5 hours. A rule of thumb is 1/2 cup fruit juice, 1/2 cup regular soda, 5 lifesavers, 2 pieces of hard candy, 4 teaspoons of granulated sugar, 1 tablespoon of honey or 1 small tube of cake frosting will increase your blood sugar by 50 mg/dL.
- Use Stevia, Agave or Prickly Pear instead.

**Cooking Guide to Oils:** <http://www.spectrumorganics.com/index.php?id=182>

High heat—refined: Avocado, Coconut, High oleic safflower oil

Medium heat—unrefined: olive, high oleic unrefined safflower or sunflower oils,

Low heat—non cooking oils like Flax, Evening primrose, Borage oil