Eating for Optimal Weight and Health

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Outline Notes and References

The SAD diet --Divide into 4 basic categories Refined foods, Animal Products, Produce, Whole Grains

Macronutrients versus Micronutrients.

My health equation H = N/C

This means--Healthy Life Expectancy is predicted by the nutrient per calorie density of one's diet.

Almost all Americans are micronutrient deficient due to lack of produce, especially raw green vegetables.

ANDI Aggregate Nutrient Density Index

A food index to encourage higher consumption of micronutrient-rich foods. It gives each food a score from 1 to 1000 based on the content of 36 separate nutritional elements, including vitamins, minerals and protective phytochemicals.

To determine the ANDI all routinely recorded vitamins and minerals were included. Nutrient data from Nutritionist Pro software for each food item was obtained for an equal calorie serving, including the following nutrients: calcium, carotenoids (beta carotene, alpha carotene, lutein, zeaxanthin lycopene) fiber, folate, glucosinolates ,iron, magnesium, niacin, resistant starch, selenium, sterols, vitamin B1 (thiamin) vitamin B2 (riboflavin), vitamin B6, vitamin B12, vitamin C, vitamin E, zinc, plus ORAC score (Oxygen Radical Absorbance Capacity). Nutrient quantities, which are normally in many different measurements (mg, mcg, IU) were converted to a percentage of their RDI so that a common value could be considered for each nutrient. Since there is currently no RDI for carotenoids, glucosinolates, or ORAC score, goals were established based on available research and current understanding of the benefits of these factors. The % RDI or Goal for each nutrient was added together to give a total. The sum of the food's total nutrient value was then multiplied by a fraction to make the highest number equal 1000 so that all foods could be considered on a numerical scale of 1 to 1000.

Four basic principles of a Nutritarian dietstyle-designed to enhance therapeutic potential and promote longevity

- 1. Strives to have a high micronutrient per calorie density
- 2. Strives to achieve comprehensive nutritional adequacy.
- 3. Strives to be hormonally favorable— particularly lower levels of insulin and IGF-1

4. Strives to be free of toxins, chemicals and infectious agents

High glycemic load foods, contribute to not just obesity and diabetes, but also to cancer.

Dairy products and higher intake of animal protein drive IGF-1 into unfavorable levels and the link between IGF-1 and cancer is well-established. High protein diets and increased risk of cancer and mortality.

G-BOMBS \rightarrow Greens, Beans, Onions, Muahrooms, Berries, Seeds (and tomatoes) and their powerful anti-cancer effects.

Clinical cases and research data evaluating the benefits of a Nutritarian diet for cholesterol lowering, CAD reversal, diabetes, blood pressure and permanent weight loss.

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