

Basic BodyWise Eating Plan

As much as possible, eat foods grown or raised without pesticides, hormones, or antibiotics.

Avoid nonorganic dairy and meat (as they concentrate pesticides, hormones, and antibiotics)

- Eat organic produce whenever possible
- For one or two meals a day, eat a vegetable protein: beans, legumes, nuts, or seeds. Think nut butter on whole-grain bread, hummus with veggies or crackers, lentil soup, or soy protein, like tofu, tempeh, or edamame. Be sure the soy is organic and non-GMO.
- Eat coldwater fish (that is sustainable and low in mercury) and some organic lean meat, with a preference for chicken and turkey. Enjoy organic, grass-fed beef or bison, or organic pork once or twice a week.
- Organic eggs can be eaten daily if your cholesterol is good, or limited to two egg yolks weekly, if your cholesterol is high.
- If your body likes dairy products, eat organic. Eating yogurt and kefir helps with healthy probiotics. Some hard cheeses, such as Parmesan, romano, or goat cheese (higher in protein and lower in lactose), can be a lovely part of a healthy diet. Excessive cheese, cream, or butter is not generally good for you, as they are high in cholesterol and can be inflammatory.

Eat 5 to 10 servings of fruits and vegetables daily, with an emphasis on green, red, and orange vegetables. You cannot eat too many green vegetables! Go crazy with the leafy greens. A serving of vegetables is 1/2 cup. A serving of fruit is one medium apple, pear, or orange, or 15 grapes.

Eat protein with every meal.

Eat good fats like olives and olive oil, nuts and seeds, and avocados. Enjoy coconut as a cooking oil or coconut milk in foods in moderation. These are healthy fats but are, of course, high in calories. DO eat them, but if you are trying to lose weight, watch your quantity!

Eat organic whole grains, if your body likes them. Think truly whole-wheat or rye bread or crackers (check the label for wheat flour that is not “whole wheat” as it is often there!). Sourdough bread is an even healthier choice, as it lowers the sugar content. You can also eat bulgur, oats and oatmeal, barley, millet, organic cornbread and tortillas, and brown rice. You may also want to try the “nongrains” quinoa, amaranth, and buckwheat. I would recommend limiting grains to one to two servings daily. And, if you want to limit gluten, see the list of gluten-free grains below.

Limited natural sweets or sweeteners, including small amounts of honey, maple syrup, agave nectar, or dates. Avoid refined cane sugar.

Drink mostly water. You can add to this any vegetable juice that you enjoy, but limit fruit juices, as they are high in sugar. Herbal teas are wonderful as well. And, if you are not pre-diabetic or diabetic, a slightly sweetened probiotic drink, such as kefir or kombucha can be delicious and healthy. Note: Not everyone likes these—it's a particular taste! Be aware that kombucha may have caffeinated tea in it if you are avoiding caffeine.

Foods to Avoid and Limit

Avoid:

- All fast-food restaurant foods
- Deep-fried foods
- Soda and candy (with the exception of a few ounces of dark chocolate)
- Hydrogenated or partially hydrogenated oils (often in margarine, crackers, chips, packaged baked goods, and bagged and boxed snacks)
- High-fructose corn syrup (in many sodas and packaged desserts)
- Artificial sweeteners (saccharin, aspartame, and Splenda)
- Processed foods, including commercially prepared and packaged foods with artificial flavors, coloring, preservatives, and salt and sugar. Think: frozen dinners and snacks, most “convenience foods”, and foods that have ingredients that you don't recognize.

Limit:

- Cane sugar (also listed as sucrose, glucose maltose dextrose, lactose, fructose) and concentrated sweeteners (brown rice syrup, honey, maple syrup, molasses). No more than 1 to 2 teaspoons daily, and avoid if you want to lose weight or if you have pre-diabetes or diabetes.
- White potatoes, white rice, white flour no more than once a week, and avoid if you want to lose weight or have pre-diabetes or diabetes.

Coffee, Tea, and Alcohol

Coffee, tea, or yerba mate can be healthy parts of your diet, as long as you are not having more than 2 cups of caffeinated coffee or 4 cups of black tea or yerba mate daily. If you have issues with anxiety or insomnia, it is best to avoid coffee and black tea altogether. Substituting water-processed decaffeinated coffee is an option if you love coffee but need to decrease the caffeine. For the purposes of this program, I would recommend no more than the equivalent of 1 cup of caffeinated coffee daily, or 2 cups of black tea, or 4 cups of green tea. And all caffeine should be consumed before 2:00 pm depending on your sensitivity.

Green or white tea can be enjoyed by almost everyone, unless you are very sensitive to caffeine or have significant adrenal fatigue. These teas are anti-inflammatory and prevent cancer. Green tea also increases metabolism and weight loss. As with all forms of caffeine, it should be consumed before 2:00 p.m.

It would be ideal to eliminate alcohol altogether while doing your 28-day program. Alcohol has a high sugar content, requires liver detoxification, and disturbs sleep patterns. However, if this one

requirement keeps you from doing the program and your body is clear that alcohol is not an addictive issue for you, you can continue to drink one drink (12-ounce beer, 6-ounce wine, or 1 shot hard alcohol), three times weekly.

Do You Need an Anti-Inflammatory Diet?

The Basic BodyWise Eating Plan is itself anti-inflammatory, but you may want to up your anti-inflammatory game, if you are at risk of or have had cancer or cardiovascular disease. In addition, you may want to consider increasing the anti-inflammatory part of your diet if you had these quiz scores:

- Chronic Pain score of 11 or higher
- Allergies and Autoimmune score of 9 or higher
- Depression or Anxiety score of 9 or higher

Adding the Anti-Inflammatory Eating Plan

You want to remove:

- **Inflammatory foods (avoid these altogether):** fried foods, hydrogenated oils, beef, pork, cow dairy, foods that increase blood sugar (sugar, corn syrup, white flour, white rice, processed corn), processed foods
- **If you have arthritis:** Consider eliminating nightshades, like eggplant, tomatoes, bell peppers, and white potatoes.

You want to put in:

- **Anti-inflammatory foods:** Aim for nine or more servings daily. One serving equals 1 cup of most veggies or fruit, or 2 cups of raw leafy greens.
- **Yellow, orange, and red vegetables:** peppers, carrots, winter squash, sweet potatoes, and yams
- **Dark-colored fruits:** berries, citrus, cherries, and red delicious and Granny Smith apples
- **Dark, leafy greens:** spinach, kale, and chard
- **Spices:** ginger, rosemary, turmeric (or curcumin), oregano, cayenne, clove, and nutmeg. Consider a supplement with turmeric (curcumin), ginger, green tea, boswelina, and/or quercetin.
- **Vegetables:** onions and garlic
- **Beans:** red, kidney, pinto, and black beans
- **Omega-3 fatty acids:** fatty fish (wild salmon, sardines, herring), nuts (especially walnuts), flaxseed, Chia seeds, hemp seed, and leafy greens. Consider a high-quality fish-oil supplement with omega-3's EPA and DHA, with a combined amount of at least 1,500 milligrams.
- **Tea:** black and green

Do You Need a Low-Allergen Diet?

You may want to consider incorporating a low-allergen diet, also called an elimination diet, if you know or suspect that you have food sensitivities or allergies, have ongoing digestive issues, or abdominal pain, or had these quiz scores:

- Allergies and Autoimmune score of 9 or higher
- Chronic Pain score of 16 or higher

Adding the Anti-Allergen Eating Plan

In addition to the foods you will be eliminating in this plan, if you know that you are sensitive or allergic to a food or food group—either by testing or by your bodywise knowledge—also avoid that food or food group during your 28-day plan. People can be sensitive to a wide variety of foods, but the most common food allergies and intolerances are with cow dairy, wheat and gluten, eggs, soy, and peanuts. Other allergies and intolerances that I see in my practice are citrus, strawberries, shellfish, tree nuts (all nuts but peanuts, which are legumes), and corn. For your purposes here, you will avoid the most common five food allergens. If you feel that you might also react to citrus, strawberries, shellfish, or tree nuts, you can avoid one or all of those as well. I personally find it challenging to be off the first five, and I'd like you to be able to complete the elimination diet, so only take on as many dietary avoidances as you can practically handle!

The list below includes the common food allergens and also food additives that people often react to. You will find that, by avoiding processed food and only eating at high-quality restaurants or, preferably, at home, you can also avoid most food additives.

Common Food Culprits for Food Allergy and Food Intolerance

Food Allergy

- Citrus
- Dairy products
- Eggs
- Fish
- Peanuts
- Soy
- Gluten (barley, oats, rye, wheat)
- Shellfish
- Tree nuts (almonds, peacans, walnuts)

Food Intolerance

All of the foods listed for above for food allergy, plus:

- Beef products
- Corn

Food additives

- Antioxidants (butylated hydroxyanisole, butylated hydroxytoluene)
- Aspartame (NutraSweet)
- Flavor enhancers (monosodium glutamate)
- Food colors (tartrazine and various other Food Dye and Coloring Act(FD&C) dyes, which are derived from coal tar)

- Nitrates and nitrites (found in preserved meats)
- Preservatives (sulfites, benzoates, and sorbates)
- Thickeners/stabilizers (tragacanth, agar-agar)
- Biogenic amines (histamines, tryamine, octopamine, phenylethylamine)
- Disaccharides (lactose)
- Foods high in nickel and salicylates (see Joneja1 for a complete listing)
- Refined sugars

*The foods listed here account for roughly 80 percent of all food hypersensitivity reactions.

(Taken from *Integrative Medicine*, textbook, ed. David Rakel, copyright 2007, 2003 by Saunders, p. 947.)

Below is a guide to help you with food substitutions for the allergenic foods:

Avoid Allergenic Foods

- Cow dairy
- Wheat and gluten
- Eggs
- Soy
- Peanuts

Comprehensive Elimination Diet Guidelines

Foods to Include

- Fruits: whole fruits; unsweetened, frozen, or water-packed canned fruits; and diluted juices
- Dairy substitutes: rice, oat, and nut milks, such as almond milk and coconut milk
- Nongluten grains and starch: brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat, and potato flour
- Animal protein: fresh or water-packed fish, wild game, lamb, duck, and organic chicken and turkey
- Vegetable protein: split peas, lentils, and legumes
- Nuts and seeds: walnuts, sesame seeds, pumpkin seeds, sunflower seeds, hazelnuts, pecans, almonds, cashews, tahini, and nut butters such almond
- Vegetables: all raw, steamed, sautéed, juiced, and roasted vegetables
- Oils: cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, canola, and pumpkin
- Drinks: filtered or distilled water, decaffeinated herbal teas, and seltzer or mineral water
- Sweeteners: brown rice syrup, agave nectar, stevia, fruit sweetener, and blackstrap molasses
- Condiments: vinegar and all spices

Foods to Exclude

- Oranges and orange juice
- Eggs

- Dairy: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, and nondairy creamers
- Grains: wheat, corn, barley, spelt, kamut, rye, and triticale
- Meat: pork, beef/veal, sausage, cold cuts, canned meats, and hot dogs
- Shellfish
- Soybean products: soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt, and textured vegetable protein
- Peanuts and peanut butter
- Vegetable: corn and creamed vegetables
- Fats and oils: butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads
- Beverages: alcohol, coffee, soda, and other caffeinated drinks
- Sweeteners: refined sugar, white/grown sugars, honey, maple syrup, high-fructose corn syrup, and evaporated cane juice
- Chocolate
- Condiments: ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, and other condiments

(Taken from the Institute of Functional Medicine, introductory course materials, 2008.)

Note that many ingredients in processed foods contain forms of the allergenic foods. The following list helps you identify some of these:

If You Are Avoiding: Dairy

Also Avoid: Caramel candy, carob candies, casein and caseinates, custard, curds, lactalbumin, goat's milk, milk chocolate, nougat, protein hydrolysate, semisweet chocolate, yogurt, pudding, whey. Also beware of flavorings: brown sugar, butter, caramel, coconut cream, "natural flavoring," and Simplese

If You Are Avoiding: Peanuts

Also Avoid: Egg rolls, "high-protein", hydrolyzed plant protein, hydrolyzed vegetable protein, marzipan, nougat, candy, cheesecake crusts, chili, chocolates, pet feed, sauces

If You Are Avoiding: Egg

Also Avoid: Albumin, apovitellin, avidin, Béarnaise sauce, eggnog, egg whites, flavoprotein, globulin, hollandaise sauce, imitation egg products, livetin, lysozyme, mayonnaise, meringue, ovalbumin, ovoglycoprotein, ovomucin, ovomucoid, ovomuxoid, Simplese

If You Are Avoiding: Soy

Also Avoid: Chee-fan, ketjap, metiauza, miso, natto, soy flour, soy protein concentrates, soy protein shakes, soy sauce, soybean hydrolysates, soy sprouts, sufu, tao-si, taotjo, tempeh, textured soy protein, textured vegetable protein, tofu, whey-soy drink. Also beware of hydrolyzed plant protein, hydrolyzed soy protein, hydrolyzed vegetable protein, natural flavoring, vegetable broth, vegetable gum, and vegetable starch.

If You Are Avoiding: Wheat

Also Avoid: Atta, bal ahar, bread flour, bulgur, cake flour, cereal extract, couscous, cracked wheat, durum flour, farina, gluten, graham flour, high-gluten flour, high-protein flour, kamut flour, laubina, leche alim, malted cereals, minchin, multi-grain products, purified wheat, red wheat flakes, rolled wheat, semolina, shredded wheat, soft wheat flour, spelt, superamine, triticale, vital gluten, Vitalia macaroni, wheat protein powder, wheat starch, wheat tempeh, white flour, and whole-wheat berries. Also beware of gelatinized starch, hydrolyzed vegetable protein, modified food starch, starch, vegetable gum, and vegetable starch.

(Modified from Joneja JV: Dietary Management of Food Allergy and Intolerance, 2nd ed. Hall Publishing Group, 1998; and Mahan LK, Escot-Stump S: Food Nutrition and Diet Therapy, 11th ed. Philadelphia, WB Saunders, 2004.)

Do You Need to Detoxify?

You may want to consider adding detoxification to your 28-day program if you have or have had cancer, chronic fatigue, fibromyalgia, or multiple chemical sensitivity, or had quiz scores:

- Fatigue score of 16 or higher
- Chronic Pain score of 16 or higher
- Libido score of less than 11

Adding the Detoxification Plan

Avoid These Toxic Foods

- Soda
- Alcohol
- Cane sugar
- Processed foods
- Fast food
- Hydrogenated oils (hydrogenated corn, soy, or safflower oil)
- Deep-fried foods

Avoid Environmental Toxins

- Teflon (polytetrafluoroethylene, nonstick) pans.
- Plastic bottles made of polycarbonate (#7, which contains bisphenol A, or BPA) and cans lined with plastic containing BPA (See list of cans with BPA linings at www.ewg.org/research/bpa-canned-food). Avoid eating or drinking food heated in plastic (including frozen food containers), even if it is labeled "microwave safe". BPA and other chemicals in plastic mimic estrogen and contribute to cancer and disrupted hormone conditions.
- Chemical pesticides for home and garden
- Toxic house-cleaning agents (see www.ewg.org/guides/cleaners)
- Toxic skin-care products
 - Sunscreens with retinyl palmitate, oxybenzone, or aerosol spray and powder sunscreens.

- Nail polish with formaldehyde, formalin, toluene, and dibutyl phthalate. There are a number of “eco” nail polishes on the market for those who want colorful, sparkly nails.
- Skin products with:
 - “Fragrance,” which is both irritating and can contain toxic ingredients not listed on the label of the product.
 - Parabens
 - Diethyl phthalate
 - PEG/ceteareth/polyethylene
 - Triethanolamine
 - Iodopropynyl butylcarbamate
 - Retinyl palmitate, retinyl acetate, retinoic acid, and retinol in daytime products
 - Hydroquinone (a skin lightener that can be cancer causing and cause skin pigmentation)
 - Use cosmeticsdatabase.com or safecosmetics.org to get more information on safe products.
- Dark, permanent hair dyes (may contain coal tars that are cancer causing)
- PVC (vinyl) products
- High-mercury fish, especially king mackerel, marlin, orange roughy, shark, swordfish, tilefish, ahi tuna, and bigeye tuna (see nrdc.org/stories/smart-seafood-buying-guide and seafoodwatch.org). If the whole fish fits on your plate, mercury is likely not a problem.
- Heavy metal exposure through lead-based paint dust in old houses, mercury-containing thermometers, and mercury and lead in metal work and soldering
- Toxin exposures through traditional paints and finishes as well as paint strippers.