

Nutrition 101

Amy Neuzil, ND

dramyneuzil.com

awesomeovaries.com

Carbohydrates:

Carbohydrates, or “carbs” are composed of fiber and starches in complex carbs and sugar in simple carbs. Carbohydrates are used only as fuel and fuel storage. They do not contribute to the building of useful body tissues, other than fat which is the body’s energy storage.

Carbohydrates build fat.

Good Carbs:

The best carbs are complex and fiber rich like whole grains. Even then they should be eaten in moderation.

- Vegetables
- Fruits
- Quinoa
- Wild Rice
- Whole Grains

Bad Carbs:

Simple carbs (sugars) should be avoided or minimized. To reduce their impact on blood sugars, eat them in combination with proteins, fats and fiber.

- High fructose corn syrup
- White sugar
- Agave nectar
- Corn syrup
- Brown sugar

Absolutely Avoid:

- **Artificial sweeteners (technically not carbs, they are chemicals)**

Fats:

Fats are the building blocks for brain tissue, nerve sheaths, hormones and some vitamins. They are absolutely essential to a good diet.

Fats build brains, hormones, vitamins, and nerve sheaths.

Good Fats:

Good fats come from plants and non-grain fed animals and fish.

- Olives and olive oil
- Avocados
- Coconuts and coconut oil
- Nuts and nut oils
- Organic grass-fed butter
- Wild Fish and Fish oil
- Grass-fed beef
- Organic pastured poultry
- Seeds and seed oils (flax, borage, evening primrose)

Bad Fats:

Bad fats come from grain-fed animals and fish.

- Conventional butter
- Conventional beef and poultry
- Farmed fish
- Corn oil
- Peanut oil

Absolutely Avoid:

- **Trans-fats**
- **Partially-hydrogenated oils**

Protein:

Protein is made of amino acids and is the building block for most body tissues including muscle, hair, skin, tendons, ligaments and bone matrix.

Protein builds healthy body tissues.

Good Proteins:

- Organic eggs
- Grass fed, grass-finished beef
- Pasture raised organic poultry
- Pastured pork
- Game meat
- Wild-caught fish
- Shellfish
- Nuts and nut butters
- Organic whey protein
- Organic yoghurt, cheese and other dairy
- Brown rice or pea protein
- Goat dairy
- Beans, lentils, peas
- Peanuts
- Green peas
- Hummus
- Seeds including hemp, chia, flax, sunflower.

Bad Protein:

- Soy protein (*if it’s part of your ancestral culture it’s okay – otherwise avoid in large quantity due to hormone effects. Still a great protein source.)

Fiber:

Fiber is a complex carb that mostly stays in your digestive tract and so does not contribute to calorie intake. All fiber is good for you and helps maintain general health and healthy weight.

Fiber helps your body detoxify, have healthy gut flora and keep blood sugars regular.

Soluble Fiber:

Soluble fiber forms a gel or dissolves to slow digestion and acts as food for your beneficial gut bacteria. It adds firmness to bowel movements and can help to grab and eliminate toxins from your gut. It also helps to keep blood sugar regular.

- Whole grain oats
- Fruits
- Veggies
- Nuts and seeds
- Beans and legumes

Insoluble Fiber:

Insoluble fiber adds bulk to stools, encourages healthy movement in your intestines and grabs and eliminates toxins.

- Fruit, veggie and potato skins
- Whole Grains
- Psyllium husk (soluble and insoluble)