

## How and What to Eat

- If possible eat with friends or family, in a caring, fun environment
- Do not eat in a hurry, while working, or watching TV
- Eat slowly and mindfully; chew your food well
- Cook from scratch as much as possible
- Avoid processed foods
- Eat local and organic as much as possible
- Avoid these items like the devil:
  - Soda
  - High fructose corn syrup
  - Artificial sweeteners
  - Genetically Modified Foods
  - Nitrates and Nitrites
  - Dyes and Preservatives
  - Bleached white flour
  - Trans fat and hydrogenated oils
- Eat from the three basic food groups at every meal. 1) Carbs 2) Protein 3) Fruits or Vegetables
- Try the 1-2-3 Diet as a basic guideline:
  - 1 serving of carbs, 2 servings of protein, 3 servings of fruits or vegetables
- When eating carbohydrates only opt for whole grains
- Eat sweets sparingly, as an occasional treat, and only use honey, maple syrup, or raw cane sugar as sweeteners
- Snack on nuts, fresh fruits and vegetables, or dried fruit
- Make vegetables the majority of your diet, the greater the variety the better, darker greens and brighter colors are best
- Eat a combination of fresh and lightly steamed vegetables
- Eat Sea vegetables and algae (Main Coast Sea Vegetables is a trustworthy brand)
- Use mainly extra virgin olive oil, real butter, or coconut oil
- Avoid canola oil, soy oil, corn oil, and vegetable oil
- Other oils should only be used sparingly, on occasion
- Eat wild caught fish, or meat from organic grass fed animals
- Only eat organic, free range, grass fed chicken eggs (if not allergic)
- Eat dairy occasionally (once or twice a week) if not allergic
  - Organic grass-fed products are preferable
  - Unpasteurized, from a local trusted source is best if possible
- Drink at least eight glasses of water a day
- Read [In Defense of Food](#) by Michael Pollan
  - Eat Food, Not Too Much, Mostly Plants

If you have any questions or would like more detail, please contact Roberto at Roberto@kumoacupuncture.com or call at (503) 318-9490.