

DTO Nutrition Guide

Healthy living should never be boring! As you are now seeking a healthier lifestyle, it's time to find enjoyable food choices that you can stock up on and rotate on the regular. Here are my top picks for nutrient density, quality, and purity.

* Designates foods that can be common irritants or harder to digest and absorb for some people

****NOTE:** 1 <portion= does not mean you can only have that much at a time! This is not your serving size. Rather, dietitians developed the <diabetic exchange= list to help diabetic people keep track of their intake more simply. Each exchange would be one <portion.= This list references those exchange sizes as a <portion= simply to help you understand how much of each macronutrient is in a certain quantity of food.

It is totally normal to have, for example, 3 or 4 <portions= of meat in one meal (example: a 4-oz serving of chicken would be found in a typical lunch)

PROTEIN (1 <portion= = 7g protein / 35-50 cal per ounce meat)

- ❖ Butcher's brand bone broth
- ❖ Chicken breast or ground chicken
- ❖ Lean ground turkey (93 or 99% lean; 85% also good depending on your macros) ❖
- Fish, preferably wild-caught (tilapia should be chosen sparingly, and choose <farmed= if so)
- ❖ Salmon: choose <wild-caught Pacific= (rather than Atlantic or farmed)
- ❖ Eggs and egg whites
- ❖ Grass-fed ground beef (depending on your macros)
- ❖ Low-carb Greek yogurt* (no sugar or artificial ingredients added; Can't pronounce it? Don't eat it!)
- ❖ Edamame*
- ❖ Protein powder sparingly (bone broth protein, Truvani, Naked protein)* **Organic is always better, but do what you can! Always antibiotic-free and no added ingredients (check labels!)

FATS (1 <portion= = 5g fat /45 cal)

- ❖ ¼ (1 oz) medium avocado
- ❖ Nuts and seeds (8 almonds; 7 cashews; 16 pistachios; 4 walnuts; 5 pecans; 1 heaping Tbsp sunflower or pumpkin seeds)
- ❖ 8-10 black olives
- ❖ 2 tsp nut butter (almond butter preferred over peanut butter)
- ❖ 1 tsp oil (ghee, olive, avocado, coconut); avoiding
- ❖ 22 g goat or feta cheese*
 - Often 1 <serving= is 1 oz, or 80 calories worth. 22 g goat/feta yields 5 g of fat at 63 calories. Don't get hung up on the numbers; just understand a general

ballpark!

- ❖ Most dairy products, unless marked low-fat or fat-free (I am not a fan of fat-modified



foods)*

- ❖ Fatty meats (salmon, mackerel, herring, sardines, beef, lamb, tri-tip, steak)
 - Minimize sausage and pork*
- ❖ Butter and most spreads
- ❖ Oil-based salad dressings (choose only olive- or avocado-oil based
- ❖ Unsweetened almond or coconut milk (or make your own!)

**Some benefit from limiting/avoiding dairy; goat, feta, and mozzarella are preferred cheeses

CARBOHYDRATES (1 <portion= = 15g carb / 60 cal max per serving) *Aim for fiber-rich sources

- ❖ Fruit: typically one small piece of fruit; half medium banana; t c berries
 - Aim to keep to about 2 servings max per day for most diets
- ❖ Vegetables: typically ½ to 1 cup depending on preparation
- ❖ Starches and starchy veggies:
 - 4½ oz (tc) butternut squash baked/air fried
 - 3 oz carrots
 - s c (2½ oz) baby red or golden potatoes
 - 2½ oz yam/sweet potato (baked/air fried)
 - s c rice (medium/long-grain) or quinoa
 - s c (measured dry) oats
 - ½ c beans*

**Many yogurts, sauces, condiments, flavored beverages, creamers, and most all foods have <hidden= carbs (often simple or artificial sugars) in them. It is best to choose real, whole foods in their natural form, but if opting for the occasional packaged item, do check the label

CARBS TO LIMIT

Choose sparingly or in smaller amounts

Condiments, cocoa powder, cinnamon, honey/agave, salad dressings, calorie-containing beverages, coffee creamer, oat milk, flax milk...

**I like True Made Foods Veggie Ketchup & Primal Kitchen condiments

LESS-PREFERRED OPTIONS

Cereal, bread, pasta; note that most sauces and salad dressings also contain gluten, artificial sweeteners, and/or inflammatory oils

FIBER-DENSE FOODS

Broccoli, cauliflower, leafy greens, spinach, kale, squash, avocado, nuts and seeds, beans, berries, yams, oatmeal, quinoa, brown rice, cocoa powder, SunFiber or slippery elm powder

I PREFER TO AVOID/TAKE CAUTION WITH:

- **Vegetable and seed oils** (corn, canola, cottonseed, sunflower, safflower, soybean)
- **Soy** and soy products
- **Flour** and flour products
- **Gluten** (bread, cereal, pasta, wheat, packaged goods)
- **Corn** and corn products
- Caution with **added sauces/creams/mixed dressings**
- **Low-quality dairy** products
- Caloric beverages
- **Dessert** foods as a regular part of diet
- **Packaged snack bars** (Rx and Larabar okay)
- **Added sugars** (aspartame, saccharin, acesulfame potassium, tapioca starch/sugar, neotame, advantame, dextrose, sucralose, NutraSweet, Splenda, corn syrup, maltodextrin...)

PRO TIPS:

- SOAK NUTS & GRAINS before cooking to bring out the most nutrients
- Choose <unsweetened= food and beverages
- Read nutrition labels
- Cook meat at the beginning of the week (Sunday prep) and freeze in bags, already portioned for each serving. When ready to eat, remove from the bag, reheat, and plate

CULINARY HERBS/SPICES

■ **Helps Digest Fats:** Ginger, coriander, peppermint, turmeric, and green tea

Helps Digest Carbs: Fennel, rosemary, cardamom, and anise seed

Helps Digest Protein: Cardamom, ginger, orange peel, gentian, and green tea

ELECTROLYTE FOODS

Potassium: Avocados, apricots, bananas, sweet potatoes, nuts, dark leafy greens, salmon, plain yogurt, mushrooms

Magnesium: dark leafy greens, dark chocolate, nuts, artichokes, fish

Calcium: cheese, leafy greens, broccoli, seafood, almonds,

Phosphorus: meats, cheese, nuts, seeds, dark chocolate

Chloride: most vegetables, olives, salt, seaweed

Defy the Odds and Take Your Health Back

DISCLAIMER: This information is for educational purposes only and is not meant to diagnose, prescribe, or treat any ailment, injury, defect, or disease. Please always consult your physician before attempting a new regimen, as this information is not meant to replace or provide personal medical advice or make medical claims. I am not a doctor.