

THE VITAL LIFE DIET

PROTEIN

Fish, Poultry, Dairy, Meat, and Mixed Grain/Legume Combinations

EXCESS PROTEIN INTAKE CONTRIBUTES TO:

- Increased risk of kidney problems
- Increased risk of liver problems
- Elevated blood cholesterol
- Bone calcium loss leading to osteoporosis/periodontal disease

DEFICIENT PROTEIN INTAKE CONTRIBUTES TO:

- Lower immune defense to infection
- Wasting of muscle mass
- Poor wound healing
- Lowered metabolic rate
- Infertility
- Increased susceptibility to degenerative diseases
- Accelerated aging
- Mind, mood, and memory problems; forgetfulness, depression, poor comprehension, etc.
- Extreme fatigue
- Anemia
- Inadequate balance of essential amino acids inhibits the utilization of protein in the body

REQUIREMENTS

- Most people need 60-80 grams of good quality protein daily.
- For those engaged in heavy workout programs: 1.6 grams of protein per kilogram of body weight (i.e. 220 lb. person would need 160 grams of protein daily from food and supplement sources such as **Progain**).

SOURCES

Fish, poultry (no skin), eggs (poached, soft-boiled), dairy (low fat milk, cultured milk products, low fat cheeses), lean meat, legume and grain combinations (rice, corn, beans, soy, millet, lentils, limas, wheat berries, rye, etc.)

CARBOHYDRATES

Whole Grains, Beans, Fresh Fruits, and Vegetables

FIBER, REFINED SUGAR INTAKE

- Increases risk of appendicitis, colon cancer, diverticulosis, hemorrhoids, constipation, allergies, reabsorption of toxic waste products into circulation which encourages the development of degenerative diseases, such as heart disease and arthritis.
- Bran-based fiber from wheat, corn, rice or oats is desired to increase intestinal transit time of food.
- Detoxification program may be required when beginning a high fiber diet. (Dr. Jeff Bland's **UltraClear** detoxification program.)
- **START SLOWLY** and gradually build up unrefined carbohydrate enrichment (whole grains, legumes, beans, fresh vegetables, whole fruit)

EXCESSIVE DIETARY SUGARS

- Increases risk of adult onset diabetes, mood and behavior changes, abnormal blood sugar, obesity, and related problems
- Total dietary sugars from natural sources and from sucrose-laden foods including hidden sugars found in processed foods must be controlled.
- Remember that hidden sugar in processed foods is a major contributor to total daily sugar intake. **READ LABELS.**

✓ Check the symptoms associated with high dietary sugar intake that apply to you:

- | | |
|---|---------------------------------|
| ■ Nervousness | ■ Cravings for sugar or alcohol |
| ■ Irritability | ■ Mood swings |
| ■ Exhaustion | ■ Constant worrying |
| ■ Faintness and dizziness | ■ Unprovoked anxieties |
| ■ Tremor and cold sweats | ■ Mental confusion |
| ■ Depression | ■ Internal trembling |
| ■ Headache | ■ Rapid pulse |
| ■ Digestive disturbances | ■ Frequent sighing/ yawning |
| ■ Insomnia; inability to fall asleep once awake | |

FATS

Butter, Vegetable/Seed, Nut, and Fruit Oils

EXCESSIVE FAT INTAKE

- Increases risk to heart disease, certain cancers, obesity, sugar intolerance, food sensitivities and allergies, gastrointestinal problems, liver imbalance, endocrine imbalance.

✓ Check the symptoms associated with high fat intake that apply to you:

- | | |
|---|--|
| ■ Light colored stool (yellow, grey, white) | ■ Chronic constipation |
| ■ Dry or oily skin; acne or eczema | ■ Extreme fatigue |
| ■ Digestive disturbances (gas, bloating, belching, sour taste, food repeats) | ■ Tiredness after eating |
| ■ Bad breath and body odor, feet smell | ■ Dryness of hair |
| ■ General puffiness, swollen ankles | ■ High cholesterol |
| ■ Male/female reproductive problems (menstrual irregularity and pain, prostate pain, infertility) | ■ Gall stones |
| ■ Intolerance to sugar and fats (mood swings, tense, irritable, easily cries) | ■ Poor circulation |
| ■ Bloating feeling 2-3 hours after eating | ■ Menopausal problems (hot flashes, etc.) |
| | ■ Changes in mood, mind and memory, inability to concentrate, blurred vision |

- Fat should comprise no more than 25% of total caloric intake.
- Saturated animal fat appears to have a more important effect upon raising blood cholesterol levels and causing platelet adhesions which increase risk to clots (thrombosis).
- Hydrogenated fats (margarines, shortenings, refined vegetable oils) also contribute to increased risk of heart disease, elevated cholesterol, obesity, liver problems and some cancers. These heated oils are poorly assimilated and can interfere with bile production. Bile is one major way the body rids itself of cholesterol.
- Alfalfa seed meal, guar gum and plant phytosterols have a cholesterol lowering effect on the blood. Cold water fish oils have a blood thinning effect where platelet adhesion is marked.

LOW ESSENTIAL FAT (LINOLEIC, LINOLENIC, OLEIC, AND ARACHIDONIC ACIDS INTAKE:

- Reduce necessary hormone and prostaglandin synthesis
- Encourage skin problems
- Encourage reproductive problems
- Encourage platelet adhesion
- Encourage central nervous system weakness

✓ Check the symptoms associated with imbalances between the different fatty acids and prolonged low or high fat intake that apply to you:

- Enlarged and inflamed prostate
- Menopausal problems (hot flashes)
- Poor endurance, low tolerance to exercise
- Depressed immunity to infections
- Poor wound healing
- Heart and artery disease
- Dry skin and hair
- Suppressed menstruation
- Nerve degeneration
- Eczema and psoriasis
- High cholesterol
- Hyperactivity
- Obesity

SOURCES

Wheat germ oil (unrefined), Norwegian cod liver oil, evening primrose oil, whole grains, small amounts of unroasted nuts and seeds, limited amounts of unrefined seed (i.e. flaxseed oil, canola oil, etc.) and fruit oils, avocados.

SALT

EXCESSIVE INTAKE

- Increases potential of blood pressure problems.
- Increases risk of atherosclerosis, kidney failure, stroke and premenstrual tension.
- Do not salt food before tasting since this increases salt intake considerably.
- Processed foods have a very high salt content which contributes to hidden salt consumption in the diet.
- Do not eliminate fresh sodium containing vegetables. They are mineral balanced.

SIGNIFICANT MINERAL, FAT, AND PROTEIN RATIOS IN YOUR FOOD

SODIUM TO POTASSIUM RATIO EFFECTS

- Fluid balance
- Cardiovascular function
- Reproduction
- Urological system (kidney and bladder)
- Hormone balance (adrenal glands)

✓ Check the symptoms associated with altered dietary sodium to potassium ratio that apply to you:

- Chronic fatigue, feeling drowsy
- Cold hands/feet, uses extra clothing
- Short of breath with slight exertion
- Low exercise tolerance/endurance
- Eyes sensitive to bright lights
- General puffiness, swollen ankles
- Known allergies, asthma, chronic sniffles
- Increased morning stiffness, painful joints
- Difficulty urinating, burning, great frequency
- Bruising easily
- Requires extra sleep
- Spills protein in urine
- Heart palpitations
- Chest pain, leg fatigue
- Low blood pressure
- Menopausal symptoms (hot flashes, etc.)
- Easy weight gain (several pounds overnight)
- Before periods feel nervous and depressed

CALCIUM TO PHOSPHORUS RATIO EFFECTS

- Bone formation
- Cardiovascular function (heart, veins, arteries)
- Musculoskeletal system
- Endocrine system

✓ Check the symptoms associated with low dietary calcium to phosphorus ratio that apply to you:

- Bone loss—Osteoporosis, periodontal disease, premature aging, loss of height and spontaneous fracture.
- Soft tissue calcium deposits—Hardening of the arteries; missed heart beats, kidney stones, stiffness in joints and muscles, mood, mind and memory problems due to poor circulation, low immunity to infections due to poor utilization of zinc, prostate problems
- Hormone imbalances—Nutritionally induced hyper or hypo-parathyroidism, depressed immunity to infections due to poor utilization of zinc, prostate problems

- High phosphorus, low calcium diets are due to use of excessive meats, processed foods and soft drinks (sugared or synthetically sweetened).
- Increased complex carbohydrates, low fat and cultured dairy products as opposed to hard cheeses and whole milk creates a more favorable balance of calcium to phosphorus in the diet. Microcrystalline hydroxyapatite concentrate (Cal-Apatite) and calcium citrate.

CALCIUM TO MAGNESIUM RATIO EFFECTS

- Smooth muscle integrity.
- Excess calcium to magnesium ratio affects the cardiovascular system, gastrointestinal function, musculoskeletal system.

✓ Check the symptoms associated with excess dietary calcium to magnesium ratio that apply to you:

- Coronary artery collapse
- Poor bowel regularity (constipation)
- Missed heart beats
- Menstrual problems (cramps, depression)
- Tension, worry, extreme sensitivity, hyperexcitability
- Muscle cramping
- Elevated triglycerides
- Muscle stiffness
- Kidney stones
- Calcium deposits

- Dairy products which have a high calcium, low magnesium ratio, when used in excess, can cause an adverse effect upon this ratio if not compensated by consumption of magnesium rich foods (green leafy vegetables and whole grains).

FAT: SATURATED TO UNSATURATED RATIO EFFECTS

- Cardiovascular system
- Glucose tolerance
- Gastrointestinal function
- Liver metabolism
- Endocrine system
- Possible symptoms associated with High Saturated to Unsaturated ratio: See Excessive Fat Consumption

TRYPTOPHAN TO PHENYLALANINE RATIO

- Deficiencies in only one of the essential amino acids can limit the use of others and increase kidney and liver load. Protein nutriture is dependent upon the essential amino acid in the shortest supply, therefore balancing dietary protein or the essential amino acids is essential.
- Inappropriately balanced grain and legume-based diets, vegetarian regimens can contribute to amino acid imbalance. Tryptophan is often found to be low in a vegetarian program.
- An imbalance between these two essential amino acids increases risk to:

- (1) cardiovascular diseases;
- (2) liver metabolism problems;
- (3) neurological dysfunction;
- (4) reproductive/urological complaints

■ VITAMIN A

- Low intake encourages night blindness, poor wound healing, dry skin and hair, impaired immunity to infection, poor mucopolysaccharide synthesis
- Constituent of rhodopsin (visual pigment); maintenance of epithelial tissue; role in mucopolysaccharide synthesis (tissue cement)

■ VITAMIN B1 (THIAMINE)

- Low intake increases risk to glucose intolerance, changes in behavior (hyperactivity, irritability, mood swings), beriberi (peripheral nerve changes, edema, heart failure), fatigue and low exercise potential.

■ VITAMIN B2 (RIBOFLAVIN)

- Low intake reddens lips, cracks at corner of mouth (cheilosis), lesions of the eye, poor utilization of fat

■ VITAMIN B3 (NIACIN)

- Low intake can lead to Pellagra (skin and gastrointestinal lesions, nervous mental disorders), impaired neurohormone synthesis, poor circulation

■ VITAMIN B6 (PYRIDOXINE)

- Low intake encourages musculoskeletal problems such as carpal tunnel syndrome, atherosclerosis in susceptible males and all contraceptive induced depression, as well as poor dream recall; muscular twitching, kidney stones
- Essential not only for proper metabolism of protein but also as a coenzyme in brain chemistry for proper normalization of neurotransmitters

■ VITAMIN B12 (CYANOCOBALAMIN)

- Low intake can lead to blood and metabolic problems, particularly in lactating mothers or diabetics; pernicious anemia, neurological disorders, problems in fat metabolism and red blood cell synthesis
- Many vegetarians may not be getting adequate vitamin B12

■ FOLIC ACID

- Low intake can lead to neurological problems, especially in pregnant women, elevated uric acid levels, anemia, gastrointestinal disturbances, red tongue, diarrhea, mood, mind and memory changes in the elderly

■ PANTOTHENIC ACID

- Low intake: Fatigue, poor resistance to infection, adrenal exhaustion, sleep disturbances, impaired coordination, nausea, allergies, lowered tolerance to stress, inflammation (general or local)

■ BIOTIN

- Low intake can lead to fatigue, depression, nausea, dermatitis, poor hair growth, muscular pains

■ CHOLINE

- Low intake can induce fatty liver, decrease in brain acetylcholine which results in memory loss and symptoms such

as tardive dyskinesia, as well as reduced HDL levels in the blood

- Best source is egg or soy lecithin—at least 13% phosphatidylcholine content

■ INOSITOL

- Low intake: Arteriosclerosis, high level cholesterol, stroke, constipation, dizziness, glaucoma, baldness, liver problems, asthma, gastritis, overweight and obesity

■ VITAMIN C (ASCORBIC ACID)

- Low intake increases risk to cardiovascular, gastrointestinal, endocrine and periodontal imbalance
- Can reduce blood cholesterol levels and increase bile production
- Can strengthen the T-lymphocyte system increasing the body's defense against viral and other infections

■ VITAMIN E

- Low intake can encourage free radical pathology and accelerated destruction of cell membranes associated with the aging process and may result in atherosclerosis, cancer or skin wrinkling
- Effects the cardiovascular, respiratory, endocrine systems, and bone formation

■ VITAMIN D

- Low intake can encourage bone deformities in children and osteomalacia in adults
- Those people consuming fortified milk and dairy products and processed foods take in an average of 3,300 units of extra D. Supplementation with D is unnecessary

■ CALCIUM

- Low intake can induce bone loss, muscle cramping, and heart irregularities; has an effect on glucose tolerance, musculoskeletal system and gum formation
- Normalize calcium in the diet by including cultured dairy products or seeds rich in calcium, such as sesame or sunflower seeds, as well as whole grains

■ MAGNESIUM

- Low intake can induce bone loss, muscle cramping, nervousness and heart rhythm irregularities. In controlled studies magnesium deficiency has recently been shown to produce coronary vasospasm and heart attacks
- High milk-based diets may induce magnesium deficiencies. Green leafy vegetables and whole grains are a major dietary source
- 80% of the metabolic steps require magnesium for their facilitation, and therefore magnesium deficiency can have a profound effect on the function of the central nervous system and cardiovascular system

■ POTASSIUM

- Low intake leads to cardiac irregularities, kidney problems, muscular weakness, paralysis, weak reflexes and insomnia, constipation and continuous thirst

- Diuretics, canned vegetables, frequent enemas contribute to potassium loss
- A vegetable based diet improves potassium intake

■ IRON

- Low intake reduces oxygen utilization and metabolic efficiency and increases risk to infection, anemia and liver impairment
- Vitamin C and stomach acid increase absorption
- Unsprouted grains and seeds inhibit absorption

■ COPPER

- Low intake is common in the USA and may be associated with increased risk to heart disease. One of the first signs is premature ventricular beats, elevated serum cholesterol and reduced HDL levels. Excessive zinc supplementation can further exacerbate the condition by displacing copper
- Raw liver concentrate is a good dietary source

■ MANGANESE

- Low intake can contribute to hypercholesterolemia, epilepsy, and joint pain due to joint lubricant substance insufficiency, loss of hearing, muscle coordination failure, dizziness, abnormal carbohydrate and fatty acid metabolism, diabetes and glucose intolerance
- Black tea, hard nuts, bananas, egg yolks, green leafy vegetables are excellent sources

■ IODINE

- Low intake is associated with hypothyroidism and goiter. There is an increased risk of breast and uterine cancer as well as impaired immune function
- Sources are sea food, kelp and dulse, iodized salt

■ SELENIUM

- Low intake reduces the antioxidant protection and increases the risk of cancer, heart disease, and muscle problems. Some symptoms are mercury toxicity, muscle wasting, pancreatic insufficiency, aging pigment, peroxidation of fats, blood hemolytic problems
- Works with vitamin E, therefore vitamin E in a selenium deficient diet can greatly reduce its antioxidant ability
- Yeast, legumes, garlic and liver are the best sources

■ ZINC

- Low intake is associated with poor wound healing, poor growth in children, poor taste perception, poor night vision in the elderly, impotence in males and colitis
- Unsprouted grains and seeds can render zinc less absorbable
- Zinc is needed in the diet almost to the same extent as iron, and therefore it is suspected there is widespread zinc deficiency
- Sources are yeast, liver, seafood, soybeans, spinach, sunflower seeds and mushrooms

HOW DO I CHOOSE AND PREPARE FOODS FOR A LONGER AND HEALTHIER LIFE?

STEP 1

Determine the number of calories you wish to consume daily.

EXAMPLE: 1500 calories per day

STEP 2

Determine how many calories of the total calories you will eat from each food group.

EXAMPLE: 1500 calories x 15% (protein) = 225 calories
1500 calories x 60% (complex carbohydrates) = 900 calories
1500 calories x 25% (fat) = 375 calories

STEP 3

Purchase an easy to read calorie, carbohydrate, protein and fat counter. Using a nutrient guide is only necessary in the very beginning stages of changing your choice and preparation of foods. Typical food intake for a day will consist of:

- **PROTEIN** (2 servings)
- **VEGETABLES/LEGUMES** (4-6 different kinds and colors)
- **FRUITS** (2-3)
- **WHOLE GRAINS/BREADS** (1-2 cups or 1-4 slices)
- **FAT** (1-2 tablespoons)
- **FILTERED FRESH WATER** (6-8 glasses)

Portion size varies with the calories you want to consume.

Specific foods within each food grouping are chosen on the basis of your specific dietary needs and goals: low salt, low starch, low fat, food sensitivities or allergies, weight gain or weight loss, etc.

EXAMPLE: If you choose to eat 1500 calories per day, you can consume:

CALORIES

PROTEIN (225 calories)

Chicken (4 oz. light meat, no skin)	155
Eggs (2 large soft-boiled or poached)	64

FAT (375 calories)

Chicken (4 oz.)	33
Eggs (2 large)	104
Oil (1-1/2 T. unrefined for salads)	140
Butter (1 pat)	67

COMPLEX CARBOHYDRATES (900 calories)

Fruits	
Watermelon (2 slices)	222
Apple (1)	80
Peach (1)	58
Vegetables	
Cucumber (1 cup sliced)	20
Lettuce (3 cups)	28
Tomato (1)	27
Celery (2-8 stalks)	16
Carrots (1)	30
Beets (1-1/4 cup grated)	26
Sprouts (handful)	15
Squash, summer (1 cup steamed)	26
String beans (1 cup steamed)	32
Grains/Legumes	
Brown rice (1 cup cooked)	232

TOTAL CALORIES 1,515

STEP 4

Become familiar with the wide variety of foods readily available and easy to prepare within each food group. Some examples:

PROTEIN eggs, poultry, fish, beef; dairy, grain/legume comb.

COMPLEX CARBOHYDRATES unprocessed whole grains (brown rice, rye, buckwheat, barley, wheat berries, oats, millet) legumes (peas, beans, peanuts), fresh fruits and vegetables

FATS unrefined vegetable oils (olive, sesame, safflower, peanut, sunflower), nuts/seeds (raw, unsalted), avocados, butter, cheese

STEP 5

Control fat and fiber content by observing these rules:

1. Select proteins that are low in fat.
2. Select complex carbohydrates from whole grains, legumes, fresh or frozen vegetables, whole fruits.
3. Use fatty foods sparingly. Select unrefined oils, unsalted nuts and seeds. Use nut and seed butters sparingly. Avoid hydrogenated fats (margarines, shortenings).
4. **PREPARATION:** broil, bake, steam, poach, boil/simmer grains, cultured (yogurt), fermented (apple cider vinegar), raw, lightly stir fried. **Avoid deep fried, pan fried foods!**
5. **QUANTITY** of food consumed can be controlled by:
 - chew food well
 - request salad dressing on the side for dipping
 - refuse second helpings
 - eat in a relaxed environment
 - don't eat directly before going to bed
6. **QUALITY:** Unprocessed whole grains and bakery goods, fresh vegetables and juices, pesticide and hormone free poultry and beef, raw dietary products if available, fresh and frozen fish, unrefined vegetable oil, butter. **No hardened fats (margarine). Read labels!**

Refer to section "FOODS HIGH IN ESSENTIAL NUTRIENTS"

STEP 6

Remember, it is not necessary to use a calorie counter every day to determine your menu. Use a counter only long enough to become acquainted with the immense variety of foods available as well as the foods and food preparation techniques that contribute to high fat content, like basting and cream sauces.

The example in **STEP 3** is to demonstrate that you can eat **variety** and **quantity** if you learn to avoid the **CALORIE CRUSHERS**. Look at the difference food preparation can make:

Protein and Complex Carbohydrates = approximately 4 calories/gram; **Fat** = approximately 9 calories/gram

1. Chicken (4 oz. light meat, no skin)
total calories = 155
total fat = 64 calories (3.7 gr. fat x 9 cal./gr.)
total protein = 155 calories (36 gr. protein x 4 cal./gr.)
2. Canned, boned chicken (1 cup)
total calories = 406
total fat = 216 calories (24 gr. fat x 9 calories/gr.)
total protein = 180 calories (45 gr. protein x 4 cal./gr.)
3. Chicken Pot Pie
total calories = 545
total fat = 279 calories (31 gr. fat x 9 cal./gr.)
total protein = 92 calories (23 gr. protein x 4 cal. gr.)

By changing your diet now, you can reduce your risk of heart disease, cancer, adult onset diabetes, and obesity by 60% !!

FOODS HIGH IN ESSENTIAL NUTRIENTS

Foods listed first are highest in specific nutrient amounts as supplied by an average 100 gram (4 oz.) serving. *Indicates foods high in fat.

PROTEIN

Chicken (no skin)
Soybeans (dry)
Fish (white)
Ham*
Beef*
Vegetable patty
(legumes + grains)
Cottage cheese
Yogurt
Skim milk
Turkey
Eggs*
Lamb
Nuts*
Seeds*
Sprouts (eaten within
first 48 hours)

AMINO ACIDS

Isoleucine

Beef*
Chicken
Fish Soybeans
Soy protein
Ham, Pork*
Vegetable patty
Eggs*
Cottage cheese
Liver*
Baked beans
Milk

Lysine

Chicken
Beef*
Ham, Pork*
Soy protein
Soybeans
Eggs*
Goat's milk
Milk
Peanuts*
Vegetable patty
Brewer's yeast
Oatmeal

Methionine/Cystine

Chicken
Beef*
Fish
Ham, Pork*
Eggs*
Cottage cheese
Liver*
Soybeans
Soy protein
Vegetable patty
Sardines
Milk
Yogurt

Phenylalanine/ Tyrosine

Soy protein

Beef*
Chicken
Soybeans
Fish
Vegetable patty
Eggs*
Cottage cheese
Baked beans
Peanuts*
Almonds*
Milk

Threonine

Beef*
Chicken
Fish
Ham, Pork*
Soy protein
Soybeans
Liver*
Eggs*
Cottage cheese
Baked beans
Vegetable patty

Tryptophan

Beef*
Soy protein
Chicken
Soybeans
Fish
Eggs*
Vegetable patty
Cottage cheese
Milk
Mixed nuts*
Baked beans

Valine

Beef*
Chicken
Fish
Soy protein
Soybeans
Ham, Pork*
Eggs*
Liver*
Vegetable patty
Cottage cheese
Baked beans
Milk

VITAMINS

Vitamin A

Norwegian cod liver oil
Liver*
Parsley
Carrots
Sweet potatoes
Swiss chard
Spinach (raw)
Mangos
Butternut squash
Beet greens
Chives

Egg yolks*
Watercress
Winter squash
Tomatoes
Cantaloupe
Broccoli

Vitamin B1 (Thiamine)

Brewer's yeast
Rice bran
Wheat germ (fresh)
Sunflower seeds*
Pine nuts (pignolis)*
Soy milk
Sesame seeds*
Peanuts (raw)*
Pistachio nuts*
Buckwheat
Wheat bran
Rolled oats
Whole meal pastas
Whey powder
Lima beans
Pinto beans
Mung beans
Peas
Egg yolks*
Cornmeal
Brazil nuts*
Lentils
Broad beans

Vitamin B2 (Riboflavin)

Liver*
Brewer's yeast
Whey powder
Wheat germ (fresh)
Almonds*
Mushrooms
Egg yolks*
Swiss/Cheddar cheese
Millet
Soybeans
Parsley
Cashew nuts
Rice bran
Lentils
Sesame seeds*
Sunflower seeds*
Rye
Broccoli
Mung beans
Avocados*
Asparagus
Dark, leafy greens

Niacin

Salmon*
Tuna
Chicken
Halibut*
Liver*
Beef*
Organ meats*

Peanuts*
All Bran
(wheat, rice, oat)
Brewer's yeast
Fish (white)
Veal
Mushrooms
Brown rice
Bulgur wheat
Sesame seeds*
Sunflower seeds*
Whole meal pastas
Buckwheat
Peaches (dried)*

Vitamin B6 (Pyridoxine)

Chicken
Beef kidney*
Tuna
Walnuts*
Salmon*
Brook trout
Lentils
Lima beans (dry)
Buckwheat
Black-eyed peas
Navy beans
Brown rice
Hazelnuts*
Garbanzos
Pinto beans
Bananas
Albacore
Halibut
Avocados*
Whole grain wheat
Chestnuts
Kale
Whole grain rye
Spinach
Turnip greens
Sweet red peppers
Potatoes
Sardines
Brussels sprouts
Perch
Cod
Barley
Sweet potatoes
Cauliflower
Popcorn
Red cabbage
Leeks

Vitamin B12 (Cyanocobalamin)

Liver*
Beef kidney*
Beef*
Chicken
Clams*
Oysters*
Sardines
Brook trout
Salmon*

Tuna
Haddock
Flounder
Scallops
Cottage cheese
Halibut
Perch
Swordfish*

Pantothenic Acid

Liver*
Organ meats*
Eggs*
Soybeans
Broccoli
Wheat germ (fresh)
Wheat bran
Crude molasses
Whole grain breads
Whole grain cereals
Peanuts*
Mushrooms
Beef*
Haddock
Brewer's yeast
Green leafy vegetables
Peas and beans

Folacin (Folic Acid)

Chicken liver*
Beef liver*
Wheat germ (fresh)
Asparagus
Lettuce
Dark leafy greens
Spinach
Orange juice (fresh)
Legumes
Broccoli
Irish potatoes
Nuts (raw, unsalted)*

Biotin

Brewer's yeast
Brown rice
Soybeans
Liver*
Kidney*

PABA (Para Amino Benzoic Acid)

Brewer's yeast
Whole grains
Milk
Eggs*
Yogurt
Wheat germ (fresh)
Molasses
Liver*

Choline

Granular or liquid
lecithin
Brewer's yeast
Wheat germ (fresh)
Egg yolks*

Liver*
Green leafy vegetables
Legumes

Inositol

Brewer's yeast
Wheat germ (fresh)
Lecithin
Whole grains
Oatmeal
Corn
Nuts (raw, unsalted)*
Milk
Molasses
Citrus fruits
Liver*

Vitamin C

Red chili peppers
Guavas
Red sweet peppers
Kale
Parsley
Collards
Turnip greens
Green sweet peppers
Broccoli
Brussels sprouts
Mustard greens
Cauliflower
Persimmons
Red cabbage
Strawberries
Papayas
Spinach
Oranges
Cabbage
Lemons
Grapefruit
Turnips
Mangos
Watercress
Asparagus
Cantaloupe
Swiss chard
Green onions
Okra
Tangerines
New Zealand spinach
Oysters*
Lima beans
Black-eyed peas
Green peas
Radishes
Raspberries
Chinese cabbage
Yellow summer squash
Honeydew melon
Tomatoes

Bioflavonoids

Fresh fruits/vegetables
Buckwheat
Citrus (esp. the pulp)
Green peppers
Grapes

Apricots
Strawberries
Black currants
Cherries
Prunes

Vitamin E

Soybean oil*
(crude, unrefined)
Wheat germ oil*
(crude, unrefined)
Corn oil*
(crude, unrefined)
Wheat germ (fresh)
Whole grains
Nuts (raw, unsalted)*
Seeds (raw, unsalted)*
Sprouts
Green leafy vegetables
Eggs*

ESSENTIAL FATTY ACIDS

(Linoleic Acid)

Vegetable oils
(crude, unrefined)
Safflower
Sunflower
Corn
Soybean
Sesame
Walnuts
Pistachio nuts
Sunflower seeds
Sesame seeds
Flax seeds

MINERALS

Calcium

Collard, turnip greens
Almonds*
Parsley
Corn tortillas
(lime added)
Dandelion greens
Watercress
Buttermilk
Yogurt
Beet greens
Buckwheat
Sesame seeds*
Broccoli
Walnuts*
Cottage cheese
Spinach
Pecans*
Romaine
Rutabaga
Green beans
Globe artichokes
Dry beans
Cabbage
Sprouts
Whole grain wheat
Oranges
Celery
Whole grain rice
Carrots
Barley
Sweet potatoes

Brown rice
Garlic
Summer squash
Onions
Lemons
Green peas
Cauliflower
Lentils

Cherries
Asparagus
Winter squash
Strawberries
Millet
Pineapple
Grapes
Beets
Cantaloupe
Jerusalem artichokes
Tomatoes
Eggplant
Chicken
Turkey
Bananas
Avocado*

Chromium

Liver*
Brewer's yeast
Yeast, risen bread
products
Beer
Wheat germ (fresh)
Mushrooms

Copper

Liver*
Heart*
Spleen*
Eggs*
Brewer's yeast
Almonds*
Peas
Green leafy vegetables
Whole grains
Prunes
Raisins
Pomegranates

Fluorine

Steel cut oats
Sunflower seeds*
Milk*
Cheese*
Goat's milk
Carrots
Garlic
Beet tops
Green vegetables
Almonds*

Iodine

Ocean fish
Shell fish
Spinach
Seaweed, kelp, dulse
Swiss chard
Turnip greens
Garlic
Watercress
Pineapple
Peas
Artichokes

Citrus fruits
Egg yolks*

Iron

Prune juice
Liver*
Beef*
Soybeans
Baked beans
Ham*
Organ meats*
Chicken
Eggs*
Millet
Parsley
Kidney beans
Clams*
Dried split peas
Mussels*
Oysters*
Venison*
Almonds*
Hazelnuts*
Whole grain oats
Sardines
Jerusalem artichokes
Whole grain wheat
Beet greens
Swiss chard
Dandelion greens
Walnuts*
Spinach
Sesame seeds*
Pecans*
Lentils

Magnesium

Almonds*
Buckwheat
Filbert nuts*
Millet
Whole grain wheat
Pecans*
Walnuts*
Whole grain rye
Beet greens
Spinach
Brown rice
Swiss chard
Collard greens
Shrimp*
Corn
Avocado*
Parsley
Dry beans
Barley
Dandelion greens
Garlic
Green peas (fresh)
Potato with skin
Crab*
Banana
Sweet potatoes
Blackberries
Beets
Broccoli
Cauliflower

Carrots
Celery
Asparagus
Turkey
Chicken
Green peppers
Winter squash
Cantaloupe
Eggplant
Tomatoes
Cabbage
Grapes
Skim milk
Pineapple
Mushrooms
Onions
Oranges
Plums
Apples

Manganese

Wheat germ (fresh)
Liver*
Heart*
Green leafy vegetables
Spinach
Beets
Brussels sprouts
Blueberries
Oranges
Grapefruit
Apricots
Bran
Peas
Kelp
Egg yolks (raw)*

Phosphorus

Tuna
Sweetbreads*
Wheat germ (fresh)
Soybeans
Beef liver, fried*
Brazil nuts*
Beef*
Skim milk
Processed cheese*
Fish
Dried fruits
Corn

Potassium

Kidney beans
Parsley
Dry split peas
Lentils
Sesame seeds*
Fennel
Almonds*
Lima beans
Buckwheat
Spinach
Hazelnuts*
Garden cress
Avocado*
Pecans*
Yams

Sardines
Fresh horseradish
Swiss chard
Sweet potatoes
Garlic
Mushrooms
Brook trout
Walnuts*
Brussels sprouts
Turnip greens
Apricots
Artichokes
Millet
Bananas
Scallops
Potato with skin
Kale
Broccoli
Winter squash
Chicken
Turkey
Carrots
Celery
Radishes
Cauliflower
Winter squash
Asparagus
Red cabbage
Cantaloupe
Lentils
Tomatoes
Papaya
Eggplant
Green pepper
Beets
Peaches
Summer squash
Oranges

Selenium

Brewer's yeast
Liver*
Apple cider vinegar
Scallops
Barley
Whole grain wheat
Lobster*
Shrimp*
Red Swiss chard
Whole grain oats
Clams*
King crab*
Oysters*
Skim milk
Cod
Brown rice
Turnips
Garlic
Barley
Mushrooms
Turkey
Chicken
Radishes
Pecans*
Hazelnuts*
Almonds*
Green beans

Kidney beans
Onions
Carrots
Cabbage
Oranges

Silicon

Young green plants
(horsetail)
Nettles
Alfalfa
Kelp
Flax seed*
Steel cut oats
Apples
Strawberries
Grapes
Beets
Onions
Parsnips
Almonds*
Peanuts*
Sunflower seeds*

Sulphur

Radish
Turnip
Onion
Celery
Horseradish
String beans
Watercress
Kale
Soybeans
Fish
Meat*

Zinc

Oysters*
Ginger root
Pecans*
Split peas
Whole grain wheat
Whole grain rye
Whole grain oats
Lima beans
Almonds*
Walnuts*
Sardines
Turkey
Chicken
Buckwheat
Hazelnuts*
Clams*
Tuna
Haddock
Green peas
Shrimp*
Turnips
Black pepper
Paprika
Dry mustard
Chili powder
Thyme
Cinnamon

(black pepper, paprika, dry mustard, chili powder, thyme and cinnamon have appreciable amounts of zinc)

Airola, Paavo, *How To Get Well*, (Health Press: 1981)

Bland, Jeffrey, *Your Health Under Siege: Using Nutrition To Fight Back* (Stephen Green Press; 1982)

Phillips, David, *Guidebook to Nutritional Factors in Foods* (Woodbridge Press Pub: 1979)

THE VITAL LIFE DIET

How About Just Eating Typical American Food?

The typical processed American diet often provides too much food which is high in calories and low in vitamins, minerals, and fiber. These empty calorie foods are white sugar, white flour breads and pastries, and high fat foods.

A Better Way To Eat

A U.S. Senate Committee has developed *The Dietary Goals For The United States*. They suggest cutting down on sugar and fat, and replacing refined grains with whole grains. For example, replace white flour with 100% whole wheat. They also suggest eating more whole raw fruits and vegetables and limiting cholesterol and salt.

Are These Ideas Now In Use?

Yes. The Pritikin program, the Anderson diet, and lacto-ovum vegetarian regimens all agree with the direction of the U.S. Dietary Goals.

THE VITAL LIFE DIET

This plan suggests eating foods as they are grown. Eat foods that are low in fat and contain no sugar, white flour, or additives. Eat a diet that is rich in fiber (whole grains, fresh whole vegetables and fruits), and is moderate in protein (fish, poultry). You will be eating approximately 65% complex carbohydrate, 15% protein, and 20% fat, and consuming very little artificial color, flavors, and preservatives.

What Do I Actually Eat On THE VITAL LIFE DIET?

THE VITAL LIFE DIET starts with 3 items to avoid totally:

1. All fats, oils, lard, mayonnaise, butter, margarine, shortening, meat and poultry fat are to be totally avoided. The suggested amounts of fat and oil necessary are already contained in the protein foods allowed on THE VITAL LIFE DIET.

2. All processed sugar (white or brown) and dextrose, alone or in pies, cakes, candy, desserts, soft drinks, jam, syrup, ice cream, etc. These are to be totally avoided since they all lack vitamins, minerals, and fiber.
3. High sodium (salt)-containing items such as canned and processed foods, soy sauce, pickles, commercial dressing, condiments, and MSG are to be avoided totally. The sodium and potassium needed are already contained in the fresh raw fruits and vegetables allowed on THE VITAL LIFE DIET.

What About Exercise?

Absolutely! 20 minutes every other day or more of aerobic (heart strengthening) exercise such as fast walking, biking, swimming, or jogging. Any exercise that sustains your pulse rate at approximately 185 minus your age is suggested by scientific aerobic evidence to be heart strengthening. Please see your physician first to evaluate your particular health exercise needs before starting this or any exercise program.

Can I Lose Weight On THE VITAL LIFE DIET?

Yes. Eat more of the raw vegetable carbohydrates than the bread, bean, pasta, cereal, and grain variety. Consult your nutritionally oriented health care practitioner to aid you in deciding the right calorie intake for you.

Do I Take Supplements?

Many practitioners suggest them because it is difficult for anyone today to obtain all the necessary vitamins and minerals from food alone. It is recommended that you consult a nutritionally trained physician or nutritionist to aid you in selecting the correct supplements.

Rule of Thumb:

If you cannot pronounce an ingredient, do not buy the product.

THE VITAL LIFE DIET

Foods to Eat

Foods to Avoid

A	Fruits	All whole fresh fruits, organically grown if possible—if not, then peel or wash well. Fresh, frozen or dried is next best. Use citrus sparingly. Soak or stew dried fruits before eating, and use portions equivalent to fresh.	Sprayed, sweetened or canned fruit, sulphured dried fruit.
	Vegetables	All fresh vegetables, organically grown if possible, well washed with skins on. Raw or lightly steamed. Root veggies or gourds can also be baked. Eat at least three cups of veggies daily.	Sprayed, frozen or canned veggies. Deep fried potatoes.
	Beverages	Fresh, unsweetened fruit and vegetable juices from organically grown produce. Fresh-frozen or glass-contained is next best. A wide variety of herb teas which do not contain caffeine. Pure, low sodium sparkling water in moderate amounts only (10 oz. daily). Pure distilled and filtered water is best when thirsty.	Canned juices with added sugar or salt. Coffee (including decaf) and black tea. Pops and sodas with sweeteners. Alcohol, milk and cocoa. Same herb tea more than two cups a day.
	Grains & Cereals	Unrefined and whole millet, oats, rice, barley, buckwheat, rye, wheat, corn, etc. Whole cooked or freshly ground meal and flour. Try to rotate grains (i.e. do not eat the same ones constantly). As usual, organic is best. Store meals and flours in the refrigerator or freezer.	Rancid and highly processed grains, especially white breads and pasta, white rice, and commercial breakfast cereals with sugar and additives.

A	Nuts & Seeds	Fresh, raw and unsalted seeds and nuts; freshly ground seed and nut butters in small amounts, no more than one tablespoon or eight nuts per day. Store in the refrigerator or freezer. Many seeds (alfalfa, sunflower, wheat, etc.) can be sprouted—these count as veggies.	Roasted (these are actually deep fried) and salted seeds/nuts; rancid seeds/nuts and commercial seed/nut butters with added sugar, salt, and chemicals.
B	Legumes	Cooked whole lentil, kidney, pinto, navy, garbanzo (chickpea), soy, black, etc. beans and all dried peas. Tofu and tempeh.	Canned or processed with lard, salt, chemicals, etc.

B	Dairy	Non-fat or low fat (1% or less) milk products such as buttermilk, yogurt, cottage cheese, ricotta cheese, quark, milk, hoop cheese, sapsago cheese. Live-cultured products are best. Limit amounts to 2–4 oz. per day.	High fat (over 1%) milk and cheese, cream, sour cream, etc. Worst are soft cheeses such as brie, camembert, cream, etc. Ice cream
	Fish & Meats	Fresh or frozen lean meats such as chicken or turkey with fat and skin removed, free-range if possible. Fresh or frozen cold water fish with scales. Cook by steaming, poaching or baking. Canned fish only if water-packed and low-sodium. No more than 2–4 oz. per day.	All fatty meats. Processed meats such as sausages, lunch meat, etc. Meats with nitrates added. Charbroiled meats. Shellfish. Scaleless fish (i.e.: shark).
	Eggs	Eggs from free-range hens are best. Lightly but thoroughly cook by poaching, boiling in the shell, etc. Limit to five per week if cholesterol is fine, counted in as meat protein. Cooked whites are OK in slightly larger amounts.	Fried or scrambled. Avoid all if cholesterol is high. Caviar (fish eggs).

C	Fats & Oils	Two teaspoon of refrigerated, uncooked, cold-pressed and unrefined vegetable oils daily. Flaxseed is best, safflower, canola (rapeseed), and sesame next. Olive is best for cooking. Butter in small amounts for cooking or mixed half and half with oil, used sparingly.	Margarine. Refined and processed oil, especially peanut. All hydrogenated fats. Cottonseed oil, lard, palm kernel oil. Rancid or highly heated oils.
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	Condiments	Salt-free seasonings like Vegit, herbs and spices (easy on the hot peppers). Pureed fruits or veggies for sauces. Very small amounts of honey, maple syrup, organic molasses or fruit concentrates for sweetener. Low-fat tofu mayonnaise. Low-fat salad dressings and dips made with yogurt or tofu.	Table salt, excess black pepper, commercial ketchups, relishes, mayonnaise, salad dressings. Gravies and fatty sauces or dips. Sugar and artificial sweeteners.
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	Summary	Total calorie count should be: 60% carbohydrate foods (category A); 20% protein foods (category B) and 20% fats (category C).	Avoid foods that have most of their calories from fat.
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