

PROPER DIET



PLANT FOOD ADVANTAGES

- No Cholesterol
- High in Fiber
- Moderate in Calories
- Rich in Phytochemicals

FIBER REDUCES THE RISK OF:

- Heart Disease
- Colon and Rectal Cancer
- Diverticular Disease
- Hemorrhoids
- Obesity



NUTRITION TIPS

- Eat more fruits and vegetables daily
- Eat more whole grains and nuts
- Eat more fiber and less refined foods
- Make Breakfast your biggest meal like that of a King or Queen, Lunch like a Prince or Princess and Supper like a Popper
- **Grains, fruits, nuts and vegetables** constitute the diet chosen for us by our Creator. *Counsels on Diet and Foods p 310 art. 471*
- **Eliminate all flesh food** (chicken, turkey, fish, shrimp, lobster, crab, conch, lamb, beef, and their by-products (milk, cheese, eggs, butter, ice cream, sausages) from your diet. Meats are high in sodium; contain hypoxanthine (stimulator like caffeine) and increases cholesterol, which narrows or clogs the arteries, thus increasing the blood pressure, pain in the limbs or vision problems

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CONSTITUTE THE DIET CHOSEN FOR US BY OUR
CREATOR. CD p. 310**



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NUTRITION TIPS

- **Eliminate all Dairy foods** Use milk drinks from plant-based sources such as almonds, cashews, rice etc.
- **Avoid the use of stimulating substances** such as tea, coffee, chocolate, cocoa, tobacco as these will elevate the blood pressure.
- **Avoid the use of all energy drinks** such as Red Bull, Rock Star and Monster as they contain large doses of caffeine and other stimulants thus increasing your heart rate
- **Avoid the use of condiments** as part of your diet (any food with vinegar - ketchup, mustard, mayonnaise, barbeque sauces, veggienaise, nayonnaise, salad dressings, pickles, etc), and **spices**, (cinnamon, nutmeg, cloves, curry, hot sauces, cayenne peppers, black and white peppers etc) some of these spices may be used for medicinal value but do not as part of your diet
- **Toast all grains** (oats, rice, barley, millet, corn, wheat germ) on low heat for at least 3 hours at 170° and turn it every 20 to 30 minutes. Thereafter, store in container for later use when it will be cooked in the usual way. This prevents the intake of phytic acid and other toxins on the haul or husk of the grain, which interferes with the body's absorption of nutrients such as copper, zinc, calcium, iron, magnesium and the enzymes for digesting protein and starches
- **Use nuts, seeds, peas, all forms of beans and whole grains.** The body converts the amino acid in these foods called L-Arginine into nitro oxide, which relaxes the blood vessels
- **Avoid highly processed foods, which is unnatural to the body and use whole foods**



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NUTRITION TIPS

- **Eliminate fried foods** from the diet, and all free oils should be avoided while cooking. Where needed, preferable oils are extra virgin cold-pressed olive oil and coconut oil
- **Fats.** Avocado, coconut, and nuts are high in fat and should be used moderately as consuming too much of these items will overwork the liver, increase cholesterol and interfere with blood circulation
- **Eat three to five servings of fruit and vegetables daily**
- **Do not mix fruits and vegetables at the same meal** this can cause digestive problems
- **Eat fruits at one meal and vegetables at another**
- Do not eliminate salt but use the right kind of salt, as it will help with improved results in maintaining a healthy body. An all-natural sea salt also supports the adrenals which regulates blood pressure. Use sea salt with iodine, such as **Pink Himalayan Sea Salt**, which has 84 essential trace elements including iodine, iron, calcium, potassium and magnesium
- **Avoid the use of soda or baking powder**, as it is harmful and unnecessary to the body. It keeps the PH in the stomach high thereby causing low stomach acid, which interferes with the digestion of protein
- **Eliminate all Sugar, crystalized sugar, splenda, sweet & low, equal or additional artificial flavors, sweeteners and colors.** Use instead natural sweeteners (honey, dates, raisins)

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- Always use fats at the end of the meal such as a handful of nuts (walnuts, cashew or almonds), a slice or two of bread with natural nut butter, or a piece of coconut.
- Read your labels carefully to prevent the use of items, which you would want to avoid



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