

Nutrition for Seniors

“Eating Well As You Age”

Contents	Page
1. Seniors Weekly Meal Plan	2
2. Shopping List for Menus	8
3. Cooking Storage Tips	9
a. Cooking Your Foods	
b. Storing Your Foods	
4. Dietary Health Notes	10
5. Acid and Alkaline Body Balance Through Your Foods	13
a. Reference List for Acid/Alkaline Foods	14
6. Recommended Food Objectives and Shopping Lists for:	
a. ADD/ADHD	18
b. Cancer	20
c. Cardiovascular- Heart	23
d. Diabetes	27
e. Multiple Sclerosis	30
f. Osteoporosis	31
g. Osteoarthritis	33
7. Tasty Recipes	35
a. Ingredients	
b. Recipes	

Seniors Weekly Meal Plan

All serving sizes are designed for Seniors. As a person ages the serving sizes will typically become smaller to suit the individual's appetite and lifestyle. The order of the days for each meal can be interchanged, to provide more variety in the menu planning.

e.g. Day 1 Breakfast, Day 2 Lunch and Day 4 Dinner, all on the same day's menu.

Breakfasts:

Day One

Food	Serving Size
Yogurt, low fat, lactose free	3.5 oz
Buckwheat Pancakes	1 medium size
Maple or Natural Syrup	2 Tablespoons
Coffee/Tea	6-8 fl. Oz

Day Two

Food	Serving Size
Oatmeal - milk	1 cup
Raisins or fruit	2 oz
Cinnamon	1 Teaspoon
Mango or Pineapple or Papaya Juice	4 oz
Herbal Tea	6-8 oz

Day Three

Food	Serving Size
Yogurt, low fat, lactose free	3.5 oz
Fried or Scrambled Egg	1 egg, or 2 eggs medium/large
Bagel with butter	½ toasted
Coffee/Tea	6-8 oz.

Breakfast

Day Four

Food	Serving Size
Mango or Pineapple or Papaya Juice	4 oz
French Toast with berries	1 slice + 2 oz.
Maple syrup or Natural Syrup	2 Tablespoons
Coffee/tea	6-8.0 oz

Day Five

Food	Serving Size
Yogurt, low fat, lactose free	3.5 oz
Omelette, milk added	2 eggs Medium/Large
½ bagel with butter & jam	1 Tablespoon of Jam
Juice – fruit blend	4.0 oz
Coffee/Tea	6-8.0 oz

Day Six

Food	Serving Size
Yogurt, low fat, lactose free	3.5 oz
Raspberries or seasonal berry	2.0 oz
Egg, poached	1 large egg
Bread- multigrain, butter	1 slice
Coffee/Tea	6-8.0 oz

Day Seven

Food	Serving Size
Bagel –multigrain, butter	1 regular size
Egg – boiled	1 large egg
Smoothie, low fat milk	4.0 oz
Coffee/Herbal Tea	6-8.0 oz

Lunches

Day one

Food	Serving Size
Cream of Tomato Soup, w/milk	8.0 oz
Egg Salad Sandwich	2 slices
Fruit - Pineapple, peaches	3 oz
Tomato/Vegetable Juice	6-8 Oz

Day Two

Food	Serving Size
Soup with Noodles	8 oz
or	
Salad (lettuce, tomato, grated carrots, avocado, sliced hard boiled egg)	8 oz
White tuna sandwich	2 slices
Tomato/Vegetable Juice	6-8 oz

Day Three

Food	Serving Size
Chicken Noodle Soup	8 oz
Or	
Greek Salad	8 oz
Chicken Sandwich with Cheese, lettuce, tomato	2 slices
Apple Crisp	4 oz
Coffee/Herbal Tea	6-8 oz

Day Four

Food	Serving Size
Fried Egg Sandwich with lettuce, tomato, pepper or	1 Egg, 2 slices
Salad (Chicken, lettuce, noodles, tomatoes, sliced almonds)	8 oz

Day Five

Food	Serving Size
Onion Soup	8 oz
Pizza Slice (regular crust, meat, vegetables)	1 Slice
Jello with fruit	4 oz
Herbal Tea	6-8 oz

Day Six

Food	Serving Size
Broccoli soup w milk	8 oz
Beef Stir fry	8 oz
Lactose free 1-2 % milk	6 oz
Ice Cream	4 oz

Day Seven

Food	Serving Size
Carrot Soup w/milk	8 oz
Gyro sandwich (pita, beef or lamb, onion, tomato)	6 oz
Raw broccoflower	4 oz
Fruit Salad with mango	4 oz
Lactose Free 1-2% milk	4 oz

Dinners

Day One

Food	Serving Size
Chicken Breast, deboned & skinless, breaded	1 medium size
Asparagus	4 oz
Sweet Potato/Yam	1 medium size
Dark chocolate squares	1 square
Herbal Tea	6 oz

Day Two

Food	Serving Size
Turkey, white, roasted, & no skin	1 medium size
Cranberry Sauce	2 Tablespoons
Three Vegetables	8 oz
Gravy	Small pour
Lemon Pound Cake	
No icing	1 slice
Tomato Juice or Tea	6 oz

Day Three

Food	Serving Size
Shepherds Pie	6 oz
Mixed vegetables w/ steamed carrots	8 oz
Cupcake	1 small
Pineapple Juice or Tea	6 oz

Day Four

Food	Serving Size
Beef Meatballs w/ tomato sauce and spaghetti	6oz 1 cup/ 8 oz
Banana Bread	1 slice
Mango Juice or Herbal Tea	6 oz

Dinners

Day Five

Food	Serving Size
Salmon or trout	4 oz – 1 medium
Spinach, cooked w/butter	4 oz
Stewed tomatoes	4 oz
Rice pudding	
-with 2% milk	4 oz
Herbal Tea	6 oz
Or Lemonade	6 oz

Day Six

Food	Serving Size
Roast Lamb or Lamb Chops	4oz roast, 6 oz with bones
Mixed vegetables	8 oz
Brownie square	1 square
Herbal Tea	6 oz
Or Limeade	6 oz

Day Seven

Food	Serving Size
Veal or Baby Beef Liver	6 oz
Sweet potato, baked	1 medium
Choice of 2 vegetables	
-steamed	8 oz
Gingerbread cookie	1 medium/ 2 small
Herbal Tea	6 oz

2. Suggested Shopping Lists Guideline for Menus

	Recommended Amount /Serving	Suggested Intake	Recommended Intake/Week	Minimum Weekly Purchase
BREADS	1 slice /day	1/day	7 slices	1 loaf*
Milk	1-2 cups	Every day	7-14 cups	2L
Butter	1 oz	Every day	7 oz.	½ lb
Cheese	2 oz	3 times/week	6 oz	6 oz
YOGHURT	3.5 oz	Every day	24.5 oz	30 oz
EGGS	1 egg	Every day	7-10 eggs	1 dozen
BEEF * (steak, roast, stew, hamburger,beef liver), LAMB, VEAL, CHICKEN,TURKEY	3.5-6 oz	4-5 times/week	24-30 oz.	2 lbs.
FISH*	3.0-6oz.	2 times/week	6-12 oz.	¾ lb
FRUITS	Min. 1 fruit /day	7 times/week	7 fruits or more	As per choice
VEGETABLES	3 veggies /meal (2-3 tablespoons of each)	Every day	As per choice	As per choice
VEG. SALAD (Lettuce, tomato, onion, cucumber, olives, beets)	As per choice	Every day (suggested for lunch)	As per choice	As per choice
HERBS , CONDIMENTS, DRESSINGS (Cinnamon, cloves, ginger, garlic, parsley, coriander, pepper, salt, coconut oil, olive oil, balsamic vinegar)	As per choice	As per choice	As per choice	As per choice

***Smaller portions as a person ages or has an illness requiring a tailored diet**

3. COOKING/STORAGE TIPS

a. Cooking Your Food:

- Make sure your hands are washed before you start
- Gather your pots and pans and have your oven gloves ready
- Steaming, roasting and slow cooking are the best ways to cook. Even though so commonly used, microwave is not to your advantage. If you wish to use it, it is your choice
- Soaking
- Do not prepare more food than the requirement. Plan to cook the required amounts for each day. It is not recommended to warm left overs, if you can avoid it. For instance, when you have a big pot of soup that will last for a few days, warm up only the quantity you need
- For frying: preferably use coconut oil; avoid deep-fry
- For salads: use cold pressed olive oil

Cooking tips for various foods:

- carrots should be cooked; if raw, they should be grated
- asparagus should always be cooked
- spinach: must be cooked (never eat raw)
- add veggies (try all peppers and onions) for scrambled eggs or an omelette
- many grains are tastier and more nutritious if you soak them the night before

Soup broth

Soup broth can be made from:

- ✓ **Chicken bones** and pieces that are left to cook at low temperature, for about 2hrs. Let it cool down; then strain and refrigerate or freeze it
- ✓ **Beef bones and small pieces** should simmer for 3-4hrs. Cool down. Then strain, refrigerate or freeze it
 - Do not mix poultry and meats together
- ✓ **Vegetable soup**: as you are cleaning your vegetables during the week, put all the unusable green and white pieces in a bag and keep in the refrigerator. They will be useable for up to 5-6 days or until they become wilted. When you are ready to make the broth, rinse them again; fill a good size pot with water and add any quantity (little or lots) of these leftovers. Bring to boil and simmer for at least 1 hr. When cool, strain the liquid. This is the most nourishing vegetable base for soup. Keep it in fridge or freezer to use when required. Discard the remainder.

b. Storage:

- After purchasing food, it should be stored immediately:
 - a. Foods that will spoil, should be put in the refrigerator or freezer
 - b. All other foods (dry foods like cereals, flours, cans, condiments, sauces, cereals, oils, honey) could go into the cupboard or pantry
 - c. Fresh fruits should be kept on the table/counter. Can also be kept in refrigerator for crispness. Bananas excluded
 - d. Do not allow frozen goods to stay at room temperature until soft
- Food should not be stored in metal containers
- Water should be stored at room temperature. Juices should be kept cool

4. DIETARY HEALTH NOTES

➤ VEGETABLES

- broccoli contains all nutrients required by the body
- beans/ lentils eaten with rice are very nourishing
- mushrooms : recommended Shitake only
- potatoes : sweet potatoes are the most nutritious
- do not mix vegetables and fruits; eat them at least 1hr. apart
- avoid iceberg lettuce

➤ MILK & CHEESE

- old cheeses are preferable; also feta and cottage cheeses
- no cream cheese
- cream : use sparingly

➤ YOGHURT

- plain , vanilla, lemon or lime are recommended, lactose free if available

➤ EGGS

- sustain bone health; 1 egg/day (fried/boiled/poached); if scrambled, 2-3 eggs are recommended

➤ MEAT

- use land animal marrow bone broth for soups if available
- cook meats at recommended temperatures

➤ FISH:

- eat fish that have scales: albacore tuna, cod, haddock, halibut , pickerel, salmon, tilapia, trout(do not eat the scales).

➤ **NOODLES AND PASTA**

- avoid wheat base type; Use in moderation; preferably amaranth, millet, rice (brown, wild, basmati), buckwheat, gluten-free if available

➤ **BREADS**

- suggested types : amaranth, , barley, buckwheat, flaxseed, millet, pumpernickel, rye, spelt and bagels, pita, sourdough, gluten-free are also good choices

➤ **FRUITS:**

- do not mix with vegetables; eat them at least 1hr. apart
- do not eat fruits after 5 or 6 pm
- oranges/tangerines, grapefruits should be eaten before 3 pm and one hour apart from any other food
- pineapple, lemons/lime, avocado, papaya can be mixed with both vegetables and fruits
- pineapple and tomato juice are recommended drinks for any meal and at any time
- dried fruits: recommended 1-2 figs /day; limit dates due to high sugar content
- nuts (all nuts except peanuts) should be eaten before 4 pm (due to long digestion)

➤ **OILS and FATS**

- Coconut oil , olive oil, sunflower and safflower for cooking
- Extra virgin olive oil for salads
- Always use unsalted butter; avoid margarine and lard

➤ **CONDIMENTS and SPICES**

- Condiments: salt, pepper, vinegar, ketchup (use sparingly). mustard (minimal)
- Spices: basil, cayenne pepper, garlic, horseradish, oregano, parsley, rosemary, sage, thyme, and many more for your taste
- Dressings: balsamic, thai

➤ **LIQUIDS**

- Notes:
 - water, juices, tea, mango, tomato juice, pineapple juice, lemonade, all contribute to hydration/liquid consumption
 - have some hot water/tea with your meal
 - try to avoid sugar
- water: use preferably pure room temperature water; distilled water is not recommended unless directed by a knowledgeable nutritionist

- tea: milk can be added if required, herbal teas
- coffee: milk or cream should not be added
- milk: preferably lactose-free

➤ **CHOCOLATE, ICE-CREAM AND DECADENTS**

- chocolate: eat 1 hr. after food
- ice-cream: portion size - small cone
- do you like champagne? Enjoy a small glass with your lunch

5. About Acidic and Alkaline Foods

The human body keeps healthy with a balance of “acid & alkaline”.

The acid-alkaline balance of the body's internal environment, or known as your body's pH (Potential Hydrogen), is a vital component to your body's health and can be affected by many factors, including what we eat and drink. Everything we eat and drink can be categorized as either 'acid-forming' or 'alkaline-forming'. In holistic nutrition, there is a general guideline that for optimum health, approximately one fifth (20%) of what we eat and drink should be acid-forming and approximately 4/5ths (80%) of what we eat and drink should be alkaline-forming. If this is not the case, the body may move towards a state of 'hyperacidity' which it will try to neutralize or 'buffer' with its store of alkaline minerals such as calcium and magnesium and thus cause depletion of those minerals. Overtime, chronic hyperacidity can lead to a chronic shortage of alkaline minerals, which will impair the optimal functioning of the body and may lead to numerous health issues, including chronic diseases such as osteoporosis, arthritis, cardiovascular disease, digestive issues, and many more.

There is a lot of interest about the acidity vs. alkaline levels in foods because the thought is that consuming too much acidic food causes or supports illness in the body. The reason behind the **acidic vs. alkaline foods** concept, is that research indicates the normal pH should be around 6.4 to be balanced. Below 6.4 is acidic and above is alkaline.

When we eat foods our bodies reduce the food to an ash of nutrients which are then absorbed into our various organs. Though some foods register as acidic in a natural state outside the body, these foods can convert to an alkaline effect once consumed and are then used to strengthen our life energy e.g. most edible beans, lemons, limes.

To help make better food choices, the only way to confirm they are having the desired effect is by measuring the pH (acidity/alkalinity) of your urine and saliva. This is a simple process using widely available pH test strips or meters.

Want to learn more about Acidic and Alkaline Foods - *Book reference: Alkalize or Die by Dr. Theodore A. Baroody*

Reference List for Acid and Alkaline Foods:

Acidic Foods: 20% of your daily food

Meats and Poultry:

- Most muscle meats -Beef
- Lamb
- Liver (Beef & Veal)
- Organ meats
- Pork
- Veal
- Venison
- Chicken
- Turkey

Fish:

- Most fish
- Shellfish

Other:

- Butter
- Cheese
- Cranberries
- Drinks – Processed juices, soda, beer, coffee, liquor
- Eggs
- Ice cream
- Milk –low fat, lactose free if possible
- Most grains-barley, bran, corn, flour (white/wheat), oats, oatwheat,
- Peanuts/walnuts
- Rice (white/brown)

Alkaline Foods: 80% of your daily food

You don't have to limit yourself to the following foods only, but they do serve as a good listing of alkaline foods for your meal planning. The more food choices you make from the list, the more alkaline your body will become. Acid/Alkaline Balance is key and other foods contain plenty of vitamins and nutrients which are also important to the body.

Vegetables:

- Artichokes
- Arugula
- Asparagus
- Avocados
- Basil
- Beets and beet tops
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chives
- Cilantro
- Coconut
- Collard greens
- Cucumber
- Dandelion leaves
- Eggplant
- Endive
- Green beans
- Kale
- Leeks
- Lentils
- Lettuce (not iceberg)
- Lima beans
- Mung beans

- Mustard greens
- Navy beans
- New Potatoes (more alkaline than regular potatoes)
- Okra
- Onions
- Parsley
- Peas
- Pumpkin
- Radish
- Red kidney beans
- Sea Vegetables (wakame /dulse /aramé /hijiki /nori)
- Spinach (cooked)
- Sprouts
- Squash
- Sweet potatoes
- Tomatoes - cherry and plum only
- Turnips
- Watercress
- Wheatgrass
- Zucchini

Fruits:

- Apricots
- Bananas
- Blueberries
- Cantaloupes (eat separately from other fruits/foods)
- Cherries
- Coconut
- Currants
- Dates
- Figs
- Grapes with seeds
- Grapefruit
- Kiwi
- Lemons (taste acidic but are alkaline)
- Limes (taste acidic but are alkaline)
- Mango
- Melon (eat separately from other fruits/foods)

- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Rhubarb (early season)
- Watermelon (eat separately from other fruits/foods)

Other Alkaline Foods:

- Almond Milk
- Buckwheat, millet, spelt
- Dried Fruits – apricots, prunes
- Garlic (in moderation)
- Goat's milk
- Green drinks
- Kelp
- Nuts – Almonds ,hazelnuts, pine nuts
- Quinoa
- Rice – black, wild, basmati
- Seeds – chia, flax, hemp, pumpkin, sesame, sunflower
- Spices – Bay Leaf, cayenne, chili Pepper, cilantro, coriander, cumin, curry, dill, ginger, mint, onion powder, oregano, pure sea salt, sage, sweet Basil, tarragon, thyme
- Teas – herbal
- Tofu
- Vegetable juices/broth
- Oils: avocado, coconut , flax

ADD/ADHD

Attention Deficit Hyperactivity Disorder

Attention-deficit hyperactivity disorder (ADHD) is a condition that affects a person's ability to concentrate and makes them easily distracted, impulsive, or excessively energetic. ADD is encompassed by the term ADHD.

The assumption is that some foods a person eats, may make the symptoms better or worse. Diets for ADD/ADHD haven't been researched a lot to this point in time and as such, data is limited and the results are mixed. Many health experts think that what you eat and drink may play a role in helping symptoms.

Eating a balanced diet at regular times of the day is supportive to helping the body and mind, to be at its best performance capabilities, throughout the day. To accomplish the goal of maximum body performance, it does require the day to begin with a good breakfast, containing both protein and carbohydrates, and the body needs to be hydrated. Drinking 6-8 oz of fluids at the start of each day, replaces the natural dehydration which occurs overnight.

Water is the body's principal chemical component and makes up about 60 percent of the body weight. Every system in the body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to the cells and provides a moist environment for ear, nose and throat tissues.

The Mayo Clinic indicates that The Institute of Medicine determined that an adequate intake for men is roughly about 13 cups (104 oz) of total beverages a day. The adequate intake for women is about 9 cups (72 oz) of total beverages a day. Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 64 oz, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink eight 8-ounce glasses of fluid a day," because **all fluids** count toward the daily total.

Food Objectives

- **Start the day with protein** in your breakfast – e.g. an egg, lean meats or poultry such as turkey bacon, low fat dairy products, fruit like kiwi and a glass of pineapple or mango juice— can have beneficial effects on ADD /ADHD symptoms. Protein-rich foods are used by the body to make neurotransmitters, the chemicals released by brain cells to communicate with each other. Protein can prevent surges in blood sugar which increase hyperactivity. This may also improve concentration throughout the morning.
- **Eat more omega-3 fatty acids.** e.g. albacore tuna, salmon, sardines or foods like walnuts, brazil nuts and avocado, coconut or almond oils are other foods with these in them.

- **During the day, add more complex carbohydrates such as vegetables**
- **Eat fewer simple carbohydrates.** Cut down on how many of these are eaten: candy, corn syrup, honey, sugar, products made from white flour, white rice, and potatoes without skins
- o Based on this and other recent studies, the American Academy of Pediatrics now agrees that eliminating preservatives and food colorings from the diet, is a reasonable option for children with ADD/ADHD.
- o It is a logical extension for seniors with ADD/ADHD to avoid these substances:
 - Artificial colors & dyes especially red and yellow – think about what colours go in your mouth such as toothpaste, sports drinks, barbecue sauces and snacks
 - Food additives such as aspartame, MSG (monosodium glutamate) and nitrites. Some studies have linked hyperactivity to the preservative sodium benzoate

The food shopping approach is to eat a healthy balanced array of foods, throughout the day.

Refer to Section 5: Acid/Alkaline Foods and Section 6: Cardiovascular Shopping lists

Cancer and Food

In the relationship of cancer and food, think about the concept that cancerous cells have less chance of growing or multiplying, if they are living in a healthy, balanced body.

Many people also undergo chemo & radiation protocols and experience acute responses to treatment side effects - which may have also caused inflammation, as well as damaged cells. A good nutritional intake is used to help cancer patients get the nutrients they need, to keep up their body weight and strength, keep the body tissue healthy and fight infection. It is a reasonable observation to say, a well nourished body may have a better prognosis (chance of recovery) and quality of life.

It becomes increasingly important how to make healthier, home dietary choices, to help build and restore the body to being healthy. In other words to consciously feed the body and not inadvertently, feed the cancer.

Typically, the acid based body creates an environment for cell breakdown and body disharmony. Whereas an alkaline weighted body chemistry creates an ideal environment for cell and tissue growth. Using this concept, it makes sense to eat a balanced, real food diet which is mostly plant-based. ***Refer to section 5: Acidic/Alkaline Food Planning and to the recommended shopping list for Cardiovascular disease, section 6. Both will provide valuable guidance in developing a home food shopping list.***

Food Objectives

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. Eating the right kinds of foods before, during, and after cancer treatment can help the patient feel better and stay stronger. A healthy food balance includes eating and drinking enough of the foods and liquids that have the important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) which the body needs.

- Emphasize a high vegetable diet and **some** fruits. Eat produce in a wide variety of colours – eat ‘the rainbow!’ Pigments are strong antioxidants. Vegetables are nutrient rich and contain high levels of phytochemicals and antioxidants.
- Eat a diet high in fibre (at least 25-30grams of fibre a day). Provided digestion is good, fibre can be obtained from whole foods; however, if digestion is compromised in any way, a fibre supplement such as psyllium, can be added to the diet. Fibre supplements should be taken between meals as some are hard to digest and may bind to certain minerals, preventing their absorption.
- Ensure that the diet is rich in cruciferous vegetables such as cauliflower, brussels sprouts, cabbage, broccoli, dark leafy greens. These vegetables contain high levels of sulphurophanes and other phytochemicals which are strong antioxidants, thus help to prevent cancer.

- Buying organic, pastured animal products is preferred
- Use only unrefined/unprocessed salts
- Eat only healthy fats, completely eliminating all trans and hydrogenated fats. Increase omega-3s (fish oils), decrease omega-6s (sunflower, grapeseed oils). Do not cook with polyunsaturated oils (corn and soybeans).
- Note that unhealthy fatty meals cause sluggish lymph, impairing its important function in detoxifying the body.
- Cleansing juice fasts, using foods that support liver function such as:
 - Orange/yellow/cream coloured vegetables
 - Beets
 - Parsley (herb)
- Green drinks such as wheat grass and liquid chlorophyll. All green drinks contain chlorophyll, which has a similar structure to hemoglobin. It reduces oxidation and is a source of magnesium which is commonly deficient in disease processes
- Eat Vitamin A rich foods. Vitamin A supports immune system function.
- Eat Vitamin C rich foods. Vitamin C is also very important for the liver. Vitamin C is also very important for the immune system and has been shown to be beneficial at all stages of cancer. Recommended foods include:
 - Berries (loaded with antioxidants and bioflavonoids -buy organic whenever possible)
 - Cruciferous vegetables (cauliflower, cabbage, garden cress, bok choy, broccoli, brussels sprouts)
 - Red/orange/yellow bell peppers
 - Citrus fruits (eat before 3pm)
- Eat foods high in laetrile e.g. 10 raw almonds (soaked first)/day
- Eat from the onion family & garlic in moderation (anti-inflammatory)
- Asparagus – contains high amounts of glutathione which is a strong detoxifying compound
- Cooked tomatoes – for lycopene, a strong antioxidant
- Seaweeds. These sea vegetables are easy to digest and high in trace minerals, especially iodine, and are an excellent addition to the diet. Try substituting dulse flakes anywhere salt would be used. Strengthens the thyroid gland.
- Juicing is an excellent way to deliver easy to digest/absorb, high nutrient food to the body. Use organic vegetables whenever possible. Some excellent juice combinations to prevent the development and/or growth of cancer (inhibit mutations and cancer-causing chemicals by over 50%) include:
 - broccoli and red cabbage juice
 - asparagus juice
 - beets, carrots and celery juice
- Keep the liver healthy. The liver has numerous vital roles, including being the major organ of detoxification. Consume yellow and orange vegetables and fruits, dark leafy greens and green drinks (e.g. liquid chlorophyll, wheat grass). Consider some form of fasting, depending on the state of health (e.g. not if cancer is causing weight loss). Cancer cells will starve and die, faster than healthy cells.
- Eat the foods that will support the weak organ; for example, if there is a lung condition, eat cauliflower, turnips, watercress and mangos. Also support with appropriate supplements,

e.g. Vitamins A, C and E for epithelial tissue of the lungs.

- Eat to support 'gut health' using such foods as: artichoke, leeks, garlic, lentils, apples

Avoidance and Caution Foods

- Avoid overeating and eat to ensure adequate intake of the 50 essential nutrients (*essential nutrients* are nutrients that your body can not make on its own). Recall that reducing calories will reduce the number of free radicals manufactured by the body, as well as provide more energy for healing, as opposed to digestion. Studies show that tumours can be shrunk by decreasing food intake. Eating natural, whole foods will lead to a greater fullness and therefore, less food intake.
- Eliminate/avoid sugar and refined carbohydrates, as there is evidence that insulin may help cancer to grow/spread.
- Caution must be used with fruit consumption, as some have a high sugar content. Choose vegetables and fruits which have the least amount of pesticides and go organic for the rest. According to research conducted by the Environmental Working Group (www.ewg.org), individuals can lower their pesticide exposure by 90% by avoiding the top twelve most contaminated fruits and vegetables, and eating the least contaminated instead. The complete report, entitled "EWGs Shopper's Guide to Pesticides in Produce" can be found at www.ewg.org.
- Avoid processed meat products (smoked, pickled, cold cuts, etc). These contain nitrites and nitrates that are metabolized into carcinogenic nitrosamines in the stomach. Be cautious when barbecuing meats – studies show that charbroiled meats contain polyaromatic hydrocarbons which are carcinogenic.
- Eliminate/avoid GMO crops and products containing them.

Observation

Cancer and its treatments may affect taste, smell, appetite and the ability to eat enough food or absorb the nutrients from food. This can cause malnutrition (a condition caused by a lack of key nutrients). Malnutrition can cause the patient to be weak, tired and unable to fight infections or get through cancer treatment. Malnutrition may be made worse if the cancer grows or spreads. Eating too little protein and calories is a very common problem for cancer patients. Having enough protein and calories is important for healing, fighting infection and having enough energy <http://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>.

CARDIOVASCULAR DISEASE

There are several recognized risk factors for heart disease and the goal of a person's food shopping list should be to consciously mitigate those risks, as best they can, through their choices of food on their shopping list.

The recommended approach is to plan to eat a balanced diet, being low in fat and high in fibre which can work towards feeding the body with good nutritional values.

There is no one magic dietary formula, as every person is unique in how their body absorbs the food nutrients. The goal is to identify foods which work best for you, by using the recommended shopping list for your ailment.

Food Objectives:

- o select fresh fruits and vegetables, alternative-frozen
- o eat fish two to three times per week (for Essential Fatty Acids)
- o eat plenty of food high in antioxidants
- o choose animal products from pasture/grass-fed animals when possible
- o drink sufficient amounts of water
- o milk should be lactose free
- o vegetable oils should be cold pressed – do not use them for cooking
- o avoid commercially produced cooking oils
- o use healthy saturated fats, such as grass-fed unsalted butter and coconut oil for cooking
- o use fresh and powdered spices
- o eat plenty of high fibre foods (3/4 to 1.0 oz per day)
- o avoid processed/refined foods (these will increase blood sugar levels)
- o avoid/limit caffeine
- o avoid/limit sugar
- o avoid table salt
- o avoid /limit wheat, wheat pasta and white rice products as possible

Recommended Shopping List: CARDIAC Symptoms

Vegetables

- ☐ Artichokes
- ☐ Asparagus
- ☐ Avocadoes
- ☐ Beets
- ☐ Bell peppers (Orange, Yellow, Red)
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Cucumber
- ☐ Fennel
- ☐ Garden Cress
- ☐ Green or Yellow Beans/Lentils
- ☐ Kale
- ☐ Leek
- ☐ Lettuce (not iceberg)
- ☐ Onions
- ☐ Parsley
- ☐ Peas – not to be mixed with carrots
- ☐ Red cabbage
- ☐ Red kidney beans
- ☐ Spinach (must be cooked)
- ☐ Sprouts/ microgreens
- ☐ Squash
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Turnips
- ☐ Watercress

Fruits

- o Apples
- o Blueberries
- o Blackberries
- o Cantaloupe (eat separately from other foods)
- o Cherries
- o Citrus (eat before 3pm)
- o Cranberries
- o Kiwi
- o Mangoes
- o Papaya
- o Pears
- o Pineapple
- o Plums
- o Pomegranates
- o Prunes
- o Raspberries
- o Red grapes (with seeds)
- o Strawberries
- o Watermelon (eat separately from other foods)

Fish (serving 3.0-3.5 oz)

- o Albacore tuna
- o Cod
- o Haddock
- o Halibut
- o Pickerel
- o Salmon
- o Tilapia
- o Trout

Meats /Poultry(serving 3.5-4.0 oz)

- o Beef
- o Veal
- o Liver (beef/veal)
- o Lamb
- o Chicken, skinless breast
- o Turkey, skinless breast

Other Foods:

- o Breads- Avoid wheat (if possible use gluten-free)
- o Butter – unsalted
- o Cereal: Oatmeal preferred
- o Dried Fruits – Raisins, currants, sultanas, figs
- o Eggs (serving - 2 large eggs per week, 1 at a time)
- o Flours: barley , buckwheat, millet, oatmeal, quinoa, spelt
- o Garlic (small amounts)
- o Juices: Tomato, pineapple, mango
- o Milk: lactose free
- o Nuts : Almonds, pecans, walnuts, seeds (sprouted),sesame , chia, flax, pumpkin
- o Oils for Cooking: Avocado, coconut, sunflower, safflower
- o Oils for Salads: Extra Virgin Olive oil or coconut
- o Quinoa (substitute for rice or potatoes)
- o Rice: Basmati, brown, wild
- o Sauerkraut
- o Soups – Asparagus, carrot/ginger, chicken noodle,
leek, lentil, squash, tomato,
- o Spices – Cinnamon, cloves, ginger, oregano, turmeric
- o Teas – Green or herbal, black tea with 1% milk
- o Yogurt – low fat, Greek style preferred or lactose free

DIABETES

Diabetes: blood glucose is too high for too long

Type 1 diabetes (T1D) is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas, called beta cells.

Type 2 diabetes (T2D) your body does a poor job turning the carbohydrates in food into energy. This causes sugar to build up in your blood and you must eat a good balance of protein, carbohydrates, and healthy fats to create balance.

Hypoglycemia: blood glucose is too low for too long

Typically, symptoms vary in degree. Thus, measuring the effectiveness of a diet is difficult and as such planning to eat a balanced diet, which is low in fat and high in fibre, can work towards reducing imbalances in the blood sugars and also feed the body with good nutritional values. The food that you eat can work to bring balance to your blood sugars.

There is no one magic formula as every person is unique in how their body absorbs the food nutrients. What you put in your cart goes a long way toward determining how well you can control your blood sugars.

The goal is to identify foods which work best for you, by using the recommended shopping list for your ailment and identified risk factor.

GENERAL RECOMMENDATIONS FOR BALANCING BLOOD SUGAR

- **Feed the body at regular times, every day without exception**
- Eat plenty of vegetables and some fruit to ensure adequate fibre intake. Fibre will slow down the digestion/absorption of sugar. Vegetables will also provide essential nutrients that play a role in blood sugar balance.
- Consuming soluble fibres such as psyllium –a fibre supplement before meals (Psyllium husks between meals helps to help regulate insulin and stabilize blood sugar.)
- Eat foods that are flavonoid rich- blueberries, cherries
- Eat foods that are high in fiber, antioxidants and vitamins, and minerals
- Eat some protein, and healthy fat with each meal or snack. This allows food to remain in the stomach a little longer, causing a slower, more steady release of glucose into the blood.

Alkaline Foods and Diabetes

- Many alkaline foods will also help keep blood glucose levels in check and help to prevent the sort of spikes you get from high-sugary foods. In this respect, many diabetic diets resemble an alkaline diet, with beans and vegetables being the order of the day. Following an alkaline diet may help you manage your body condition. Refer to section 5.

Preferred Shopping List for Diabetes –

Vegetables:

- o Avocados – slow digestion and prevents spikes in sugar levels
- o Beans- chickpeas, kidney, cannellini - can stand in for meat in main dishes
- o Broccoli
- o Brussels sprouts
- o Kale
- o Spinach (cooked)
- o Sweet potatoes

Fruits:

- o Apples –low in calories, high in fibre
- o Blueberries
- o Cherries
- o Raspberries
- o Strawberries

Fish (serving 3.0-3.5 oz)

- o Albacore tuna
- o Cod
- o Haddock
- o Halibut
- o Pickerel
- o Salmon
- o Sardines
- o Tilapia
- o Trout

Meat: (serving 3.5-4.0 oz)

Beef – lean - eye of round, inside round, ground round, tenderloin, sirloin, flank steak, and filet mignon—for all types of meat, be sure to cut off the fat

Bison - lean

Poultry (serving 3.5 oz)

Chicken breast– skinless or ground chicken breast

Turkey breast – skinless or ground turkey breast

Other Foods:

Barley– keeps sugars low for many hours

Bread – all but wheat

Flours: Barley, buckwheat, oatmeal, spelt,

Cottage or ricotta cheese – low fat only

Eggs – 2 large per week

Hummus – no oil added if possible

Milk – 1%-2%, and should be lactose free

Quinoa

Rice: brown, wild, basmati

Seeds – Flaxseed (buy whole and preferably grind for use over cereal, yogurt)

- Pumpkin, sunflower, sesame

Spices- cinnamon, turmeric

Walnuts

Yogurt – Low fat, Greek Style, preferably lactose free

Multiple Sclerosis(MS)

According to the National Multiple Sclerosis Society (NMSS), no single diet can treat or cure Multiple Sclerosis (MS) because MS symptoms typically come and go, and thus, measuring the effectiveness of a diet is difficult. Similarly, no one diet has scientific research to support that it can improve MS symptoms.

MS specialists suggest a diet low in-fat and high in-fibre, similar to the one recommended by the American Cancer Society and the American Heart Association which can benefit people with MS. This is the same approach many doctors recommend for the general public.

The goal of the recommended shopping list will be to provide a combination of nutritious foods, to maximize your energy and work towards creating a body balance, to assist in the prevention of other diseases and, body ailments. A nutritiously balanced menu of food may help you attain that 'healthy feeling', both physically and mentally.

Food Objectives:

- o select fresh fruits and vegetables (alternatively use frozen)
- o eat fish two to three times per week (for Essential Fatty Acids)
- o eat plenty of food high in antioxidants
- o follow the Acid/Alkaline food list to ensure proper pH balance. Try to reach an optimum balance of 20% acid and 80% alkaline. Too many acid-forming foods may lead to a chronic shortage of alkaline minerals. This will impair the optimal functioning of the body and may lead to numerous health issues, including chronic diseases such as: osteoporosis, arthritis, cardiovascular disease, digestive issues.
This does not mean the acidic foods are bad for you or may cause harm; it simply means that If you select an acidic food, then balance the plate with an alkaline food.
Book reference: Alkalize or Die by Dr. Theodore A. Baroody
- o choose animal products from pasture/grass-fed animals when possible
- o drink sufficient amounts of water
- o milk should be lactose free
- o vegetable oils should be cold pressed – do not use them for cooking
- o avoid commercially produced cooking oils
- o use healthy saturated fats, such as grass-fed unsalted butter and coconut oil for cooking
- o use fresh and powdered spices
- o eat plenty of high fibre foods (3/4 to 1.0 oz per day)
- o avoid processed/refined foods (these will increase blood sugar levels)
- o avoid/limit caffeine
- o avoid/limit sugar
- o avoid/limit wheat, wheat pasta and white rice products as much as possible.

Refer to Section 5 for more information on Acidic/Alkaline information and the shopping list for Cardiovascular in Section 6.

Osteoporosis

Typically, symptoms come and go over time, or vary in degree. Measuring the effectiveness of a diet is difficult and as such, planning to eat a balanced diet which is low in fat and high in fiber, can work towards reducing bone deterioration and to feed the body with good nutritional values.

The food that you eat does affect your bones.

There is no one magic formula, as every person is unique, by which their body absorbs food nutrients. The goal is to identify foods which work best for you, by using the recommended shopping list for your ailment.

Food Objectives:

- Feed the body with calcium rich foods and foods that help the kidney's performance.
- Follow the Acid/Alkaline food list to ensure proper pH balance. Too many acid-forming foods will 'rob' the bones of calcium.
- Avoid 'calcium thieves' such as: sugar, refined carbohydrates and grains, colas, caffeine, excess table salt, excess protein.

While the main healthy shopping list provides a fully balanced list of nutritional foods, the following is the Recommended Shopping List for Osteoporosis:

Vegetables Rich in Calcium

- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chard
- Garden cress
- Kale
- Okra
- Parsley
- Spinach (cooked)
- White beans - cannellini, navy, or northern preferred

Supportive Vegetables

- Asparagus
- Beets
- Celery
- Fennel
- Onions
- String Beans

Other Foods Rich in Calcium

- Bone Broths –land animals (varying nutritional results, use as soup base)
- Sardines & canned salmon (crush and eat the bones)
- Nuts – almonds (soak to soften)
- Seeds- chia (crush to eat)

Kidneys Feed the Bones - So Feed the Kidneys**Vegetables:**

- Cabbage
- Cauliflower
- Onions
- Red bell peppers

Fruits:

- Apples
- Blueberries
- Cherries
- Cranberries
- Raspberries
- Red Grapes
- Strawberries

Fish:

- Albacore tuna
- Cod
- Haddock
- Halibut
- Pickerel
- Salmon
- Sardines
- Tilapia
- Trout

Other:

- Eggs: 1 large egg every day
- Oils: Avocado, Coconut

OSTEOARTHRITIS

Osteoarthritis is a degenerative joint disease. Often referred to as ‘wear-and-tear’ arthritis, it is the most common form of arthritis and is responsible for the vast majority of hip and knee replacements. Most sources state that osteoarthritis exists in some degree in all individuals, especially those over age 65.

Osteoarthritis affects articular cartilage and can result in the breakdown and eventual loss of cartilage. This can lead to:

- Tissues surrounding the affected joint thicken, leading to stiffness and inflammation
- If the cartilage is completely ‘worn away’, the exposed bone becomes inflamed which can lead to the formation of bone spurs

There is no known diet to cure osteoarthritis although, certain foods have been shown to fight inflammation, strengthen bones and boost the immune system. Adding these foods to your balanced diet may help ease the symptoms of your arthritis.

Food Objectives

- Focus on alkaline foods – refer to section 5
- Eat healthy fats and increase omega-3s via meals, snacks, and supplementation.
- Eat foods rich in antioxidants - plentifully found in most vegetables and fruit - may help reduce tissue damage from inflammation.
- The best sources of marine omega-3s are fatty fish, such as albacore tuna, herring, mackerel, salmon, sardines and trout. Eating a 3- 4-ounce serving of these fish two to four times a week is recommended for lowering inflammation
- Try another source of omega-3 fatty acids such as walnuts or freshly ground flax seed daily.
- When you have arthritis, your joints and sometimes other parts of your body become inflamed and many spices inhibit certain inflammatory pathways in the body. Regularly use ginger, cinnamon, turmeric, garlic, cayenne.
- Use coconut oil as it contains monolaurin which is anti-inflammatory
- Foods high in sulfur, such as: garlic and onions, asparagus, kale, cabbage and other cruciferous vegetables (such as cauliflower, brussels sprouts, broccoli, dark leafy greens). Sulfur compounds may ease arthritic symptoms by promoting the formation of new cartilage and other connective tissues in the joints, and inhibiting the nerve impulses that signal pain
- When contemplating your options in the bread, cereal and pasta aisles, you’ll want to maximize nutrition while minimizing inflammation. Stick to whole grains when you shop or cook.

- Avoid refined grains. Not only are these highly processed grains limited in nutrition but they can also worsen inflammation throughout the body.
- Drinks - Green tea is generally viewed as the most beneficial, since it's active ingredient is a polyphenol known as epigallocatechin 3-gallate. Tomato, pineapple and carrot juices are all high in vitamin C which means they have antioxidant properties which can neutralize free radicals that lead to inflammation. Hydration is vital for flushing toxins out of your body which can help fight inflammation. Adequate water can help keep your joints well lubricated
- Avoid nightshades –anything growing under its leaf (potatoes, tomatoes, eggplant, bell peppers and tobacco) as they inhibit collagen repair and promote inflammation
- Address food sensitivities as they are a major cause of inflammation
- Avoid foods which cause inflammation, such as: sugar, pizza, cakes and doughnuts, excessive use of omega 6 oils such as corn, grapeseed, soy, peanut and vegetable; mayonnaise and many salad dressings, (breads, rolls, crackers) white rice, white potatoes (instant mashed potatoes or french fries), msg flavoured food, soda pop, beer.

For your best shopping list refer to the cardiovascular list.

7.Tasty Recipes

7a. Ingredients

- Breakfast:
 - Yogurt and fruit
 - Toast with almond butter
 - Scrambled eggs
 - Tea/coffee or your favorite beverage
- Lunch:
 - House Salad: mixed greens, tomato, cucumbers, carrots, onion, olives, choice of dressing
 - Grilled vegetable salad : grilled peppers and zucchini, sauted red onion on mixed greens tossed with balsamic vinegraitte, topped with feta cheese
 - Vegetarian Quassadilla: grilled flour tortilla with cheese, grilled vegetables , tomato and salsa
 - Wrap 1: grilled chicken, romaine lettuce, diced red peppers, Caesar dressing
 - Wrap 2: Canned salmon, lettuce, tomato, pepper, mayonnaise
- Dinner:
 - Stuffed red peppers: red peppers, hamburger, rice, onion, tomatoes, dill or parsley, black pepper, plain yoghurt
 - Beef or lamb stew: beef or lamb, onions, carrots, gravy browning, sweet potatoes
 - Cabbage rolls: cabbage, minced beef, tomato sauce , savoury spice
- Desserts (Mix and match as you choose)
 - Rice or tapioca pudding(with milk, cream or jam)
 - Trifle: custard, sponge cake, jello, whipping cream
 - Apple crumble: apples, brown sugar
 - Lemon cake
 - Cookies and Tea

7b. Recipes:

Dinner Alternatives:

Baked Fish

– *a wonderful selection for all fish –combine these herbs as you wish to put on your dish*

Dried: basil, dill, fennel, marjoram, oregano, parsley, rosemary, tarragon, thyme

-add a liquid for combining herbs - lemon or lime juice

-let fish stay in this marinade for 3-4hr in the refrigerator.

-all fish should be open and flat for preparation and cooking

Haddock – size, your choice

Add combined herbs for your taste

Choice of steamed yellow beans, carrots or broccoli

Rice (basmati)

METHOD

Preheat the oven to 350C.

Remove fish from the refrigerator and coat with Panko (bread crumbs).

Place in oiled baking dish.

Squeeze lemon on top and cover with sliced lemons and olives. Bake 20 min. at 350 C.

Stir chopped parsley onto rice before serving. Add steamed vegetables to plate and enjoy

Grilled Vegetable Salad

Grilled peppers and zucchini

sauteed red onions,

mixed greens, Feta cheese,

balsamic vinaigrette & olive oil

METHOD

Cool vegetables. Arrange on plate. Top with feta cheese and sprinkle with oil and balsamic vinaigrette

Can be eaten hot or cold.

Lamb Roast

Deboned, butterfly cut lamb leg.

Marinated with garlic, oregano, rosemary, lemon zest & pepper

METHOD

Put herbal mixture and into a plastic bag, shake. Marinate over-night in the refrigerator.

Next day, take out of the plastic bag, pat it with flour and place it in an oiled oven pan.

Preheat the oven to 400 C. Put meat in for 20 min. Reduce heat to 350 C for approx. 2 hrs.

Occasionally spoon the drippings over the roast to keep it moist.

Serve with vegetables of your choice: peas, sweet potatoes and asparagus.

Complement the roast with mint jelly or mint sauce to taste.

Stuffed red peppers

6 red peppers 4oz. hamburger

1/2 cup rice 1 medium onion chopped

3 tomatoes dill or parsley, pepper

yoghurt , low fat, lactose free

METHOD:

Wash the peppers, remove the stem, take out the seeds and wash the inside of the pepper

Put the following in a mixing bowl:

hamburger, rice, chopped onion, dill or parsley and pepper.

Spoon mixture and put into the red peppers

Leave a ¼ inch to allow for expansion of content

Cut tomatoes in ½ crosswise and put each piece on top of each filled pepper (to make a hat)

Preheat the oven to 375 C.

Place the stuffed peppers standing upright, close to each other, in a pan that has sides to hold them. Add water almost to the top of the peppers. Cover. Place in oven for approx. 60 min.

Before serving, place 1 Tbs. of yogurt on the tomato hat.