

FOOD RULES

Excerpt From: Michael Pollan. "Food Rules." Apple Books. <https://books.apple.com/us/book/food-rules/id357926140>

WHAT SHOULD I EAT?

1. Eat food.
2. Don't eat anything your great-grandmother wouldn't recognize as food.
3. Avoid food products containing ingredients that no ordinary human would keep in the pantry.
4. Avoid food products that contain high-fructose corn syrup.
5. Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.
6. Avoid food products that contain more than five ingredients.
7. Avoid food products containing ingredients that a third-grader cannot pronounce.
8. Avoid food products that make health claims.
9. Avoid food products with the word *lite* or the terms *low-fat* or *nonfat* in their names.
10. Avoid foods that are pretending to be something they are not.
11. Avoid foods you see advertised on television.
12. Shop the peripheries of the supermarket and stay out of the middle.
13. Eat only foods that will eventually rot.
14. Eat foods made from ingredients that you can picture in their raw state or growing in nature.
15. Get out of the supermarket whenever you can.
16. Buy your snacks at the farmers' market.
17. Eat only foods that have been cooked by humans.
18. Don't ingest foods made in places where everyone is required to wear a surgical cap.
19. If it came from a plant, eat it; if it was made in a plant, don't.
20. It's not food if it arrived through the window of your car.
21. It's not food if it's called by the same name in every language. (Think Big Mac, Cheetos, or Pringles.)

WHAT KIND OF FOOD SHOULD I EAT?

22. Eat mostly plants, especially leaves.
23. Treat meat as a flavoring or special occasion food.
24. Eating what stands on one leg [mushrooms and plant foods] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs, and other mammals].
25. Eat your colors.
26. Drink the spinach water.
27. Eat animals that have themselves eaten well.
28. If you have the space, buy a freezer.
29. Eat like an omnivore.
30. Eat well-grown food from healthy soil.
31. Eat wild foods when you can.
32. Don't overlook the oily little fishes.
33. Eat some foods that have been predigested by bacteria or fungi.
34. Sweeten and salt your food yourself.
35. Eat sweet foods as you find them in nature.
36. Don't eat breakfast cereals that change the color of the milk.
37. The whiter the bread, the sooner you'll be dead.
38. Favor the kinds of oils and grains that have been traditionally stone-ground.
39. Eat all the junk food you want as long as you cook it yourself.
40. Be the kind of person who takes supplements—then skip the supplements.
41. Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks.
42. Regard nontraditional foods with skepticism.
43. Have a glass of wine with dinner.

HOW SHOULD I EAT?

44. Pay more, eat less.
45. . . . Eat less
46. Stop eating before you're full.
47. Eat when you are hungry, not when you are bored.
48. Consult your gut.
49. Eat slowly.
50. The banquet is in the first bite.
51. Spend as much time enjoying the meal as it took to prepare it.
52. Buy smaller plates and glasses.
53. Serve a proper portion and don't go back for seconds.
54. Breakfast like a king, lunch like a prince, dinner like a pauper.
55. Eat meals.
56. Limit your snacks to unprocessed plant foods.
57. Don't get your fuel from the same place your car does.
58. Do all your eating at a table.
59. Try not to eat alone.
60. Treat treats as treats.
61. Leave something on your plate
62. Plant a vegetable garden if you have the space, a window box if you don't.
63. Break the rules once in a while.

THE DANIEL PLAN GOOD FOODS LIST

Food glorious food. Eating is simply one of life's greatest pleasures. Stocking your pantry and refrigerator with healthy choices is a practical first step in your journey to better health. Understanding what portions and servings are is important to developing healthy eating habits for a lifetime. Use The Daniel Plan Plate as a guideline for every meal:

* Dr. Hyman's top superfoods

+ Dr. Amen's best brain foods

50 Percent Non-Starchy Vegetables

Artichokes	Dandelion Greens	Okra
Arugula	Eggplant	Onions
Asparagus	Fennel	Radish
Bell peppers (yellow, green, red, orange)	Green beans	Sea Vegetables
Bok choy	Jicama	Shiitake mushrooms
Broccoli	Kale	Snap peas
Brussels sprouts	Leeks	Spinach+
Cabbage	Lemons	Swiss chard
Cauliflower	Lettuce	Tomatoes+
Celery	Limes+	Watercress
Collard greens	Mesclun	Zucchini
Cucumbers	Mushrooms	
	Mustard greens	

25 Percent Lean Proteins: Healthy Animal Protein OR Vegetarian Protein

Meats & Seafood options (Wild or Grass-Fed, Hormone and Antibiotic-Free if possible)	Broccoli	Mushrooms
Artichokes	Brussels sprouts	Nut butters
Arugula	Collard Greens	Quinoa
Asparagus	Cheese (hard cheese: Parmesan or extra-sharp) (1-2 tablespoons)	Spinach
Avocado	Kale	Tofo (organic)
		Whole Eggs, preferably omega-3

25 Percent Whole Grains or Starchy Vegetables

(Vegetables with an "*" is to be eaten in moderation when reducing carbohydrates, which are the starchier and sweeter vegetables. If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation)

Whole & Sprouted Grains:

Brown rice	Quinoa	Black rice
Bulgur (cracked wheat)	Sprouted grain bread	Buckwheat
Oats (old fashion or steel cut)	Sprouted grain tortillas	Quinoa
Organic cornmeal	Pastas: (eat sparingly—except shiritaki noodles which can be eaten freely)	Shirataki (Look for konjac flour, not yam flour)
Organic corn tortillas		
Millet		
Polenta	Brown rice	

Starchy Vegetables:

Acorn squash*	Turnips*	Kidney beans
Beets*	Winter Squash*	Pinto beans
Butternut squash*	Yams/sweet potatoes*	Garbanzo beans
Carrots	Beans/Peas/Lentils:	Lentils
Corn*	Adzuki Beans	Lima beans
Parsnips*	Black beans	Navy beans
Pumpkin*	Black-eyed peas	Split peas
Spaghetti squash*	Fava beans	White beans

Low Glycemic Fruit

Apricots	Grapes	Pears
Avocados	Grapefruit	Plums
Berries	Green apples	Prunes
Cantaloupe	Kiwi	Tangerines
Cherries	Oranges	Watermelon
Coconut	Peaches	

Beverages (Avoid beverages with artificial sweeteners or flavorings, food dyes or added sugars. 6-8 ounces)

Almond milk, unsweetened	Hemp or Chia milk, unsweetened	Tea, green
Coconut milk, unsweetened	Rice milk, unsweetened	Tea, herbal
Coffee	Tea, black	Water (64 or more ounces per day)

Healthy Oils (eat sparingly-raw and organic if possible)

Avocado oil	Coconut oil (raw, unrefined)	Extra Virgin Olive oil (not to cook with)
Butter (do not buy butter's that come in a tub)	Coconut butter	Walnut oil
	Flaxseed oil	

Healthy Snacks

Applesauce, unsweetened (1/2 cup)	Greek yogurt (unsweetened) (8 ounces)	Lemon should be the only preservative) (1/4 cup)
Dark chocolate (70% cacao) (10–20 grams, equivalent to 1–2 squares)	Guacamole (1/4 cup)	Salsa (1/4 cup)
Dried Fruits: currants, dates, figs, prunes, raisins (sulfite-free, 1–2 small pieces)	Hummus (ideally homemade, but if store-bought look for a hummus made with extra virgin olive oil and no preservatives.	Tzatziki (1/4 cup)
		Sauerkraut

Natural Sweeteners

Pure Maple Syrup (1 teaspoon)	Whole leaf stevia extract (use sparingly)
Raw honey (1 teaspoon)	

Nuts & Seeds

(Nuts & seeds make great snacks, but eat in moderation. If possible, soak seeds and nuts overnight to improve digestion, absorption and assimilation)

Almond butter
Almonds, raw
Amaranth
Brazil Nuts
Buckwheat

Cashews
Chia
Flax
Pistachios
Pumpkin

Sunflower
Sesame
Teff
Walnuts

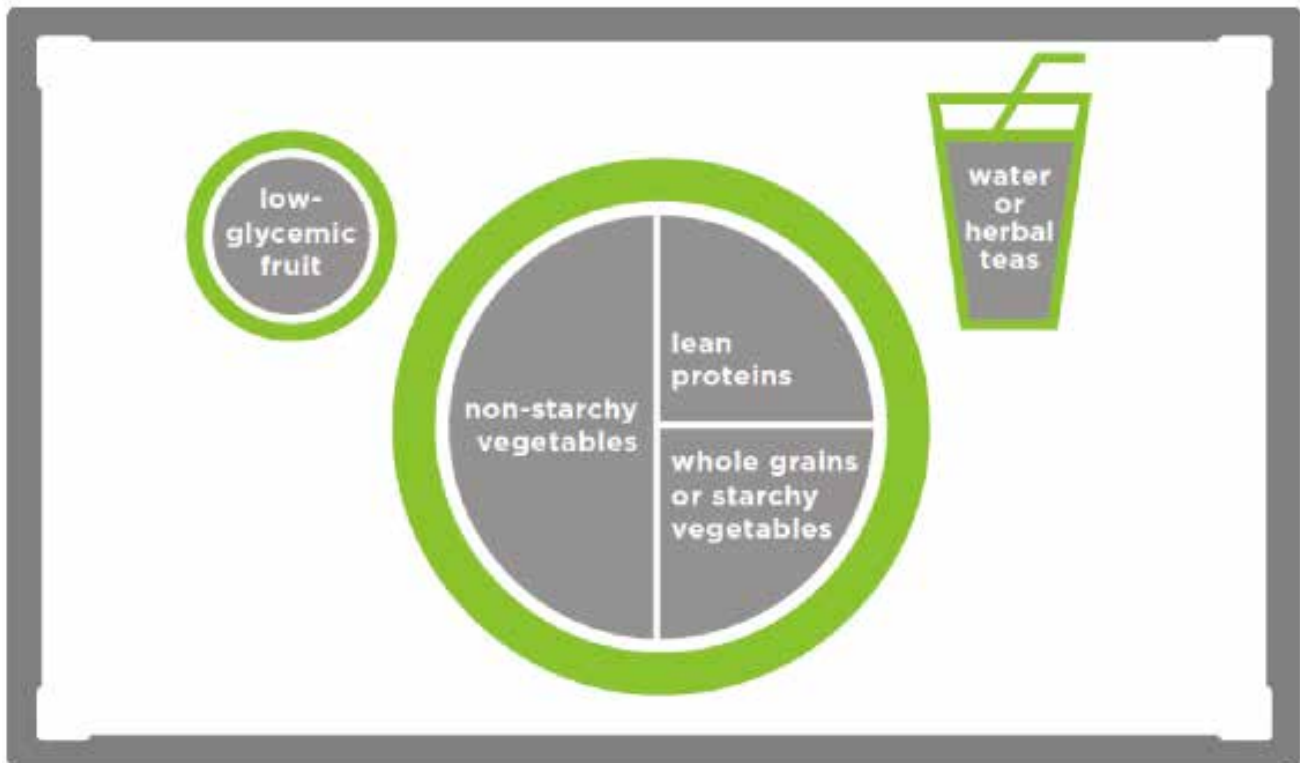
Spices, Seasonings & Dressings (eat freely and rotate new spices into your diet often)

Balsamic vinegar
Balsamic vinaigrette
Basil
Chilies
Cinnamon
Cilantro
Clove
Coriander
Cumin
Curry

Dill
Garlic
Ginger
Kimchi
Marinara sauce (organic, low-sugar)
Marjoram
Miso
Mustard
Nutmeg

Oregano
Parsley
Raw Cacao
Rosemary
Saffron
Sage
Thyme
Turmeric
Vegan or organic mayonnaise
(1-2 tablespoons)

The Daniel Plan Plate



How Drinking Soda Can Hurt Your Heart

**A new study finds that it may have a negative effect on cholesterol and triglyceride levels
By Rachel Meltzer Warren, Consumers Reports
February 26, 2020**



Replacing saturated fat with healthy fats is the main dietary step people take to improve cholesterol and triglyceride levels. But according to a new study published Wednesday in the *Journal of the American Heart Association*, avoiding soda may also have a positive effect.

Researchers from Tufts University and Boston University wanted to explore how people's intakes of different beverages might impact dyslipidemia, an unhealthy imbalance of cholesterol and triglycerides in the blood that increases the risk of heart disease. They looked at nearly 12 ½ years' worth of data from about 6,000 adult participants in the Framingham Heart Study, a long-term, ongoing research project focused on cardiovascular health.

People who had more than one serving of sugar-sweetened beverages like soda, sports drinks, or presweetened teas each day over the past four years had levels of HDL ("good") cholesterol and triglycerides that may signify an increased risk of heart disease. (A serving was defined as 12 ounces, the amount in a can of soda. But many single-serving soft drinks come in 20-ounce bottles, so you could be drinking more than one serving even if you only have one bottle per day.)

Compared with those who drank these beverages less than once a month, daily drinkers were 98 percent more likely to have low HDL levels and 53 percent more likely to have high triglycerides. And while the risk was lower in people who had between three and seven sweet drinks per week, there was still an effect. "It's possible that consuming only three or four sugar-sweetened beverages each week may be increasing your risk factors," says Kimber Stanhope, Ph.D., R.D., a research nutritional biologist at UC Davis. Diet beverages and 100 percent fruit juice didn't have an effect.

"This study gives us pause to consider what we are putting in our glasses daily, especially as we age," says study author Nicola McKeown, Ph.D., nutritional epidemiologist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

While scientists don't completely understand how sugar-sweetened beverages might impact heart disease risk, studies in humans and animals suggest some possibilities, says McKeown. "Picture an assembly line in your body that creates triglycerides," she says. Sugar is one of the raw materials your body uses to make them, and eating too much of it may ramp up the body's triglyceride-producing machinery.

How Drinks Compare

Based on the results of this study and others, for sugary drinks, less is best, says McKeown. "The more sugar-sweetened beverages you consume, the worse the potential impacts on your health." Other studies have found that sugary drinks increase the risks of being overweight and developing type 2 diabetes.

But fruit juice and diet drinks may not be good substitutes. Although these beverages didn't have a consistently negative effect in this study, it's possible that this is because people who drink them may have a healthier lifestyle overall, McKeown says. The study's analysis does account for this, but she says it isn't possible to completely disentangle these influences, so more research is needed.

In addition, although fruit juice is healthier than sugar-sweetened drinks, the lack of fiber means your body absorbs its natural sugars more rapidly, which may have a negative effect on blood sugar levels. As for diet drinks, other research suggests that evidence that they help control weight, blood sugar levels, or other health problems is limited. Some studies link low-calorie sweeteners to stroke and weight gain.

Unsweetened flavored seltzer, fruit-infused water, iced herbal tea, and plain old fashioned H₂O are all healthy and low-risk ways of quenching your thirst that won't stoke your sweet tooth—or impact your cholesterol.