HOW TO USE FOOD AS MEDICINE

We need to feed ourselves nutrient dense food to help our body perform at its best. This allows us to use food as medicine to treat our illnesses.

KIDNEY DISEASE

Limit high sodium food. Limit high potassium food for example bananas, melon, oranges, pomegranates, prunes, raisins, avocado, beets, beans, cooked broccoli, onions, potatoes, spinach, and tomatoes. Limit high phosphorus food for example cola, biscuits, nuts, dairy, processed meats, peanut butter, pancakes and organ meats. Goal: maintain kidney function.

WEIGHT LOSS

Use a food diary to track food consumed. Eat whole fruit and vegetables. Choose whole grains. Eat lean protein. Avoid convenience foods. Prepare food ahead of time. Use MyPlate method: Fill ¼ of plate with starches (grains, peas, corn, potatoes), ¼ plate fruit, ¼ plate protein and ¼ plate non-starchy vegetables. Goal: weight loss.

DIABETES

Stay consistent with carbohydrate counting. Pay attention to portion sizes. Limit processed food. Choose nutrient dense food. Eat plenty of whole fruits and vegetables. Avoid sugary beverages. Goal: Control blood sugar by controlling carbohydrate intake.

DIGESTIVE DISORDERS

Eat a low fiber diet when experiencing symptoms. Keep food diary with food log and symptoms. Eat small meals 5-6 times daily. Stay hydrated. Goal: control digestive symptoms.
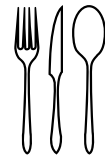
CARDIAC DISEASES

Aim for 1500 milligrams of sodium daily. Limit beef, ribs, bacon and sausage. Choose lean proteins: ground round, turkey, chicken or beans, nuts, eggs and fish. Limit processed food. Eat whole fruits and vegetables and whole grains. Eat a high fiber diet. Goal: naturally lower cholesterol and blood pressure,

CANCER

Eat whole fruit and vegetables. Choose nutrient dense food. Eat plenty of protein for cell repair. Choose healthy fats (olive, canola, safflower, sunflower oil and seafood). Eat high protein snacks (nuts, seeds, yogurt, etc.) If unable to eat, drink protein shake (Ensure, Boost, Glucerna, etc.) Goal: maintain weight.