



**YOUR GUIDE TO A CLEAN
WAY OF EATING**

Focus on Nutrition to Enhance Your Health



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Why Nutrition?

If you are trying to overcome an illness or optimize your health to the fullest, your diet is the key to getting there. What you put into your body is one of the biggest factors when looking at your overall health. While a poor diet (like the Standard American Diet) can cause a number of chronic diseases and issues, a healthy diet can actually turn them around and change your health for the better.

People are realizing that the kinds of foods we put into our body can either help or harm our health. I'm here to guide you through some nutrition tips, so you can lead your body to optimal health by eating a clean diet.



I want to note that when I say "diet", it doesn't mean a 5 week challenge of restriction. When I say "diet" I'm referring to a lifestyle. You don't have to make all these changes overnight, but taking steps towards them is key to reaching your health goals.

What to Eat

While all kinds of vitamins and minerals are important, I want to focus on the big picture rather than zooming in on particular nutrients. While science has a tendency to focus on one specific mineral or vitamin, sometimes the big picture is overlooked.



When we eat a piece of whole fruit, we are not only consuming the carbohydrates, but we are also getting antioxidants, vitamins, minerals and fiber- all within this one piece of food. These nutrients effect the way one another is processed in the body. For an example, fruit includes sugars but it also include fiber which can regulate blood glucose levels, preventing insulin spikes.

WHOLE FOODS

Try to incorporate as many whole foods as possible in your diet. You want a wide array of color on your plate at each meal. This gives a new meaning to “Eat the Rainbow”. Because each color of whole foods contains different phytonutrients, it's important to change up the dinner menu to give your body a wide array of nutrients.

Make sure you are eating a combination of fats, proteins, and carbohydrates. Your body needs all of these, so don't eliminate any from your diet completely. Just try to focus on getting healthy, whole food versions of these.

Healthy Carbohydrates

Quinoa
Bananas
Sweet Potatoes
Oats
Blue Berries
Buckwheat

Healthy Fats

Avocados
Chia Seeds
Nuts
Olive Oil (Not Heated)
Nut & Seed Butters

Healthy Protiens

Beans
Chickpeas
Lentils
Spirulina
Hemp Seeds
Quinoa





ORGANIC FOODS

Be sure to choose organic foods when buying your groceries. If cost is an issue, stick to buying organic if the items are found on EWG's Dirty Dozen list, and buy normal produce if found on the Clean Fifteen List. It's critical that most of the food you consume is organic because our food is highly contaminated now more than ever. Pesticides are used at an alarming rate and we know that these toxins can impact your health. It can influence gut health, mental health, fertility, and even hormone imbalances.

The Dirty Dozen

CROPS THAT CONTAIN THE MOST PESTICIDES

- | | |
|-----------------|--------------|
| 1. Strawberries | 7. Peaches |
| 2. Spinach | 8. Cherries |
| 3. Kale | 9. Pears |
| 4. Nectarines | 10. Tomatoes |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Potatoes |





LOCAL FOODS

If you can, choose to eat from local farmers. This way you are not only supporting your small town farms, but you can ask the farmer specifically if they spray their produce and what they spray with. This option also decreases the risk of contamination and reduces transportation emissions. If you have the option to grow foods in your backyard, even better! This way you can grow your own food and know that no toxins are contaminating them. Even growing some of the dirty dozen list foods like tomatoes and greens (kale and spinach) can save you money and give you access to fresh healthy food.

What to Avoid

While I gave you some tips on what you should eat, there are some particular ingredients that you need to avoid as well.

PESTICIDES

Pesticides are sprayed on most foods nowadays. It's not just produce, all your packaged foods from baby foods to your pastas are contaminated with toxins as well. We are seeing a correlation between pesticides and health issues over the last couple decades. The best thing to do is buy organic as much as possible. The good news is, once you switch to an organic diet, the pesticide amount in the body can be reduced by 60% after one week.





ANTIBIOTICS

If you buy meat of any kind, be sure it is antibiotic free. These can impact your health and even increase the risk of becoming antibiotic resistant. Many big meat companies use antibiotics as a precaution to keep their animals healthy. However, it can stay in the meat, which means you are consuming those antibiotics that are given to the livestock.

PREPACKAGED MEALS IN PLASTIC

When you buy frozen food, even if the package says microwaves are safe, don't heat your food in those containers. Frozen meals are usually not good for your health, so even if you are buying organic vegetables, be sure to take them out of the plastic packaging and use the stove to cook them. Your food can absorb the toxins in the plastic and these can have a wide array of health issues from estrogen dominance to neurological issues.



Focus On Abundance, Not Restriction

While changing your daily diet habits can be overwhelming at first, take it one step at a time if need be. Focus on incorporating as many whole foods as possible into your diet instead of focusing on what you shouldn't eat. Don't count calories and stress yourself out. Just try to get as many nutrient- dense foods into your meals as possible. If you make a lasagna, try adding in zucchini, spinach, and tomato instead of beef.



Eat Mindfully and Intuitively

When you eat, make sure you are sitting down and not doing other things. Avoid watching tv or scrolling through your phone. Be present when eating your food and eat slowly. This way you can allow your body the time to process the food and tell your brain that you are full. Many of us have the problem of mindlessly eating and trying to cram in meals between our busy schedule. Breathe, take your time, and try to enjoy each bite of your meal.

Plan Your Meals

Don't let yourself get too hungry and then end up hitting the "easy button" for the night (aka ordering take out or popping in a frozen pizza). You don't have to meal prep for the week (unless you want to), but having meal ideas for the week makes it much easier to decide what to grab when dinner time comes around.

Try The Elimination Diet

The elimination diet is when you omit a certain food or food group from your diet that you believe may be causing you adverse food reactions or sensitivity. The main purpose here is to reduce the overall inflammation in your body by decreasing the most common food antigens. These are commonly from gluten, dairy, eggs, soy, and corn. Once you avoid these foods for a length of time, you slowly reintroduce them (one at a time) to see which foods are causing your symptoms.





People who experience joint pain should also try to exclude nightshades from their diet. Nightshades include tomatoes, peppers, eggplants, white potatoes, cayenne pepper and paprika.

I generally put every patient on the elimination diet at the beginning of their functional medicine journey since food sensitivities are so common, yet many people are unaware of their affects on their health.



In fact, gluten intolerance affects more than 25% of the general population. Food intolerance can be a significant causes of inflammation, wreaking havoc on people's overall health. Some symptoms may not be extreme, but overtime if your body is combating these food antigens on a daily basis, the inflammation may cause serious health problems.

If you are struggling with your diet and need more nutritional guidance, please get in contact with me. I can give suggestions and help create a plan that works best for you.