

BnH

Bear Nutrition & Herbs

Healthy Eating Guide

UNDERSTANDING THE HIERARCHY OF FOODS

Eating Made Simple



Sometimes, meal planning can feel daunting because we get so many mixed messages about what constitutes a healthy food and healthy eating.

This guide is intended to help take the guess work out of meal planning and choosing foods so you can make easy decisions about what to eat no matter where you are or what foods you have to choose from.

First Consider A Few Key Concepts:

- Understanding What constitutes "Real Food" . I like to use the BNH Concept of 3 Tiers of Foods:
 - Tier 1 = Whole Primary Sourced Unprocessed Real Foods
 - Tier 2 = Minimally Processed Real Foods
 - Tier 3 = Ultra Processed "Food Like Substances" a term coined by Michael Pollen.
- Understanding the hierarchy of foods
- Understanding Food Quality:
 - Environmental Contaminants and how to reduce them
- Understanding that you do not have to be perfect. Just being better can make a world of difference with improving your health, energy and essentially happiness





Recognizing Real Food

One of the most important ways to improve health overnight with comfort and ease is just learning how to recognize Real Food.

I like to use Michael Pollen's description of Real Food, being any food that your grandparents or great grandparents would recognize as real food. I always like to add, that if your child or young niece or nephew under age 8 would recognize it as food, you may want to think again about choosing it. Take a moment to think about this.

Let's Take a Closer Look



Would Recognize
as Real Food

This bowl of fruit is made of primary sourced whole foods. They are unprocessed and looks similar in a serving dish as it does growing out of the ground.

This is a Tier 1

Primary Sourced Unprocessed Whole Food



May Not Recognize
as Real Food

These fruits snacks boast of having real fruit and being from a farmer owned source. And, though the first ingredient is fruit puree (better than most - most start with sugar), the 2nd, 3rd, & 4th ingredients are sugar; it has natural and artificial flavors, and Dyes: Red 40 and Blue 1).

This is a Tier 3

Ultra Processed "Food Like Substances"

Classifications: Tier 1, 2, 3

4

I like to use the Classifications Tier 1, 2, 3 to make recognizing Good and Best foods to choose over Ultra Processed Food Like Substances

Tier 1 - Primary Sourced Whole Foods.

These foods are minimally processed if at all and look similar on the serving dish as they do in the ground. They tend to be high fiber - BEST

Tier 2 - Minimally Processed Real Foods.

These foods are minimally process with no additives and preservatives and they may have a slightly lower fiber content than their whole food counterparts. They often do not look exactly as they would in the ground as in your serving dish. - GOOD

Tier 3 - Ultra Processed "Food Like Substances."

These "Food-like-Substances" tend to be very process and as a result tend to have added sugar and salt to add back flavor and dye, additives and preservatives to prolong shelf life to maximize profit and tend to be limited in fiber. These foods usually do not look anything like their primary sourced origins as they grew out of the ground.



Tier 1 - BEST

Corn on the Cob &
Corn cut off of the Cob



Tier 2 - GOOD

Corn Tortilla Chips Made
with Corn, Oil & Salt and
Corn Grits



Tier 3 - Limit / Avoid

Corn Tortilla Chips with Additives
and Dyes; Corn Based Cereal
with Additives and Dyes

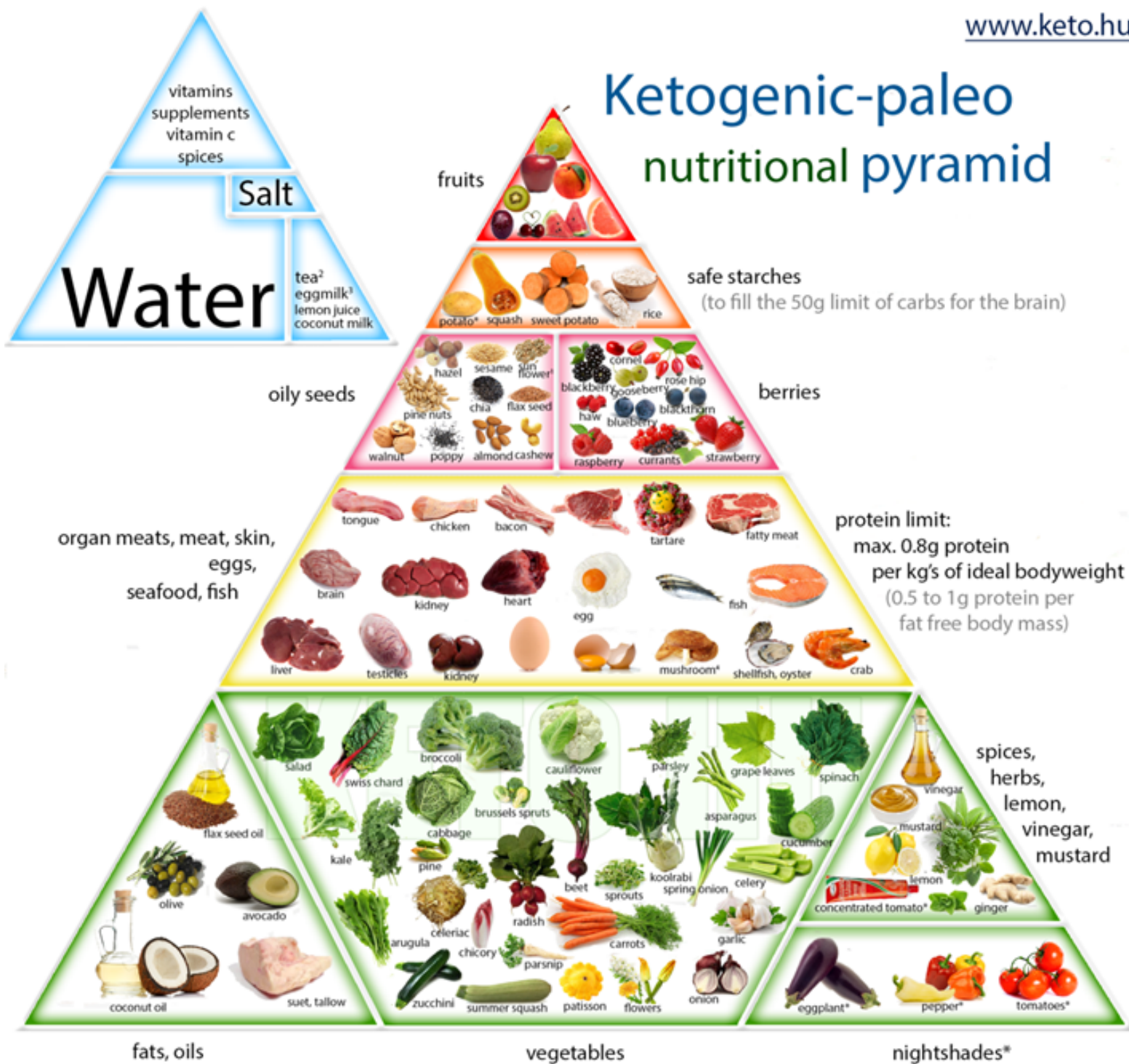


Hierarchy of Foods

Hierarchy Of Foods

www.keto.hu

Ketogenic-paleo nutritional pyramid



Keto.hu's Guide is a great place to start. Visually, you can see that the foods on the bottom of the pyramid should be the base of your daily meals.

A Great Place to Start

When considering meal planning, the concept that all foods can fit is important. What is even more important is understanding how the foods that you eat fit in proportion to all of the other foods that you eat.

For example, eating a delicious chocolate chip cookie is not inherently bad, particularly when it makes up only a small percentage or about 5 - 10% of your daily, weekly or monthly intake and the other 90 - 95% of your meals are made up of nutrient dense, low sugar, high fiber, whole foods that are listed in the pyramid above. This is particularly important when these foods come from the bottom of the pyramid.

Now lets imagine the reverse. What if cookies and other high sugar, low fiber foods made up 90-95% of your daily intake and foods on the pyramid above made up only 5% - 10% of your daily intake?

How do you think your health would be?
How do you think you would feel?

A Great Day

Breakfast



Snack 1



Lunch



Snack 2



Dinner



Food Quality





Dirty Dozen

Produce **most likely** to contain pesticide residue.

1. Strawberries
2. Spinach
3. Kale/Collard/Mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

Choose these as ORGANIC; look for the #9

Clean 15

Produce **least likely** to contain pesticide residue.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Frozen sweet peas
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupes

Choose these as ORGANIC or CONVENTIONAL;
look for the #9 or #4 respectively.

Organic vs. Non-GMO

What do these labels really mean?	Organic	Non-GMO
GMO use prohibited	✓	✓
No artificial colors, flavors, or preservatives	✓	✗
No synthetic fertilizers or sewage sludge	✓	✗
No toxic, persistent pesticides	✓	✗
No antibiotics or hormones for animals	✓	✗
Animals eat 100% organic feed and pasture	✓	✗
Protects wildlife and promotes biodiversity	✓	✗
Enhances soil fertility	✓	✗
Regulated by federal law	✓	✗

Learn more about the benefits of organic!

www.ccof.org/why-organic



What Should I Eat

Helpful Tips



Plate A

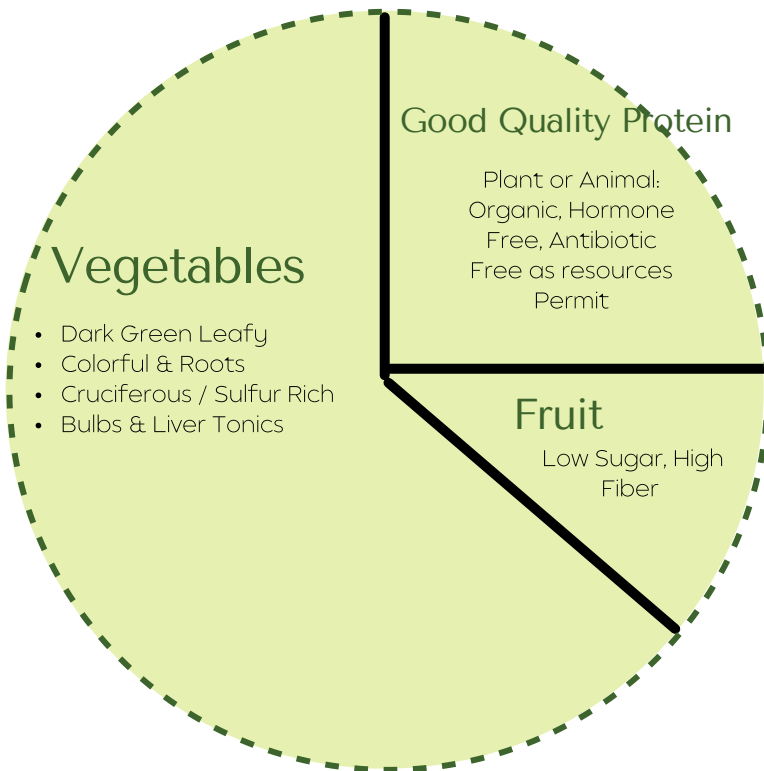
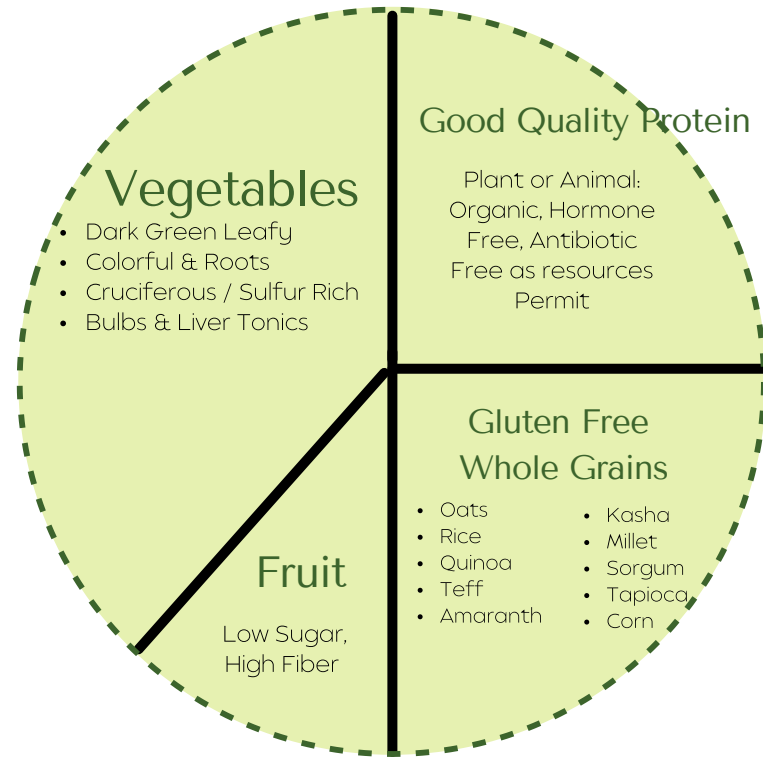


Plate B



Health Supportive Tea

Aim to Drink a Daily Health Supportive Tea Hot or Cold.. Examples:

- Green Tea
- Anti-inflammatory Spiced Tea: Turmeric, Ginger, Cinnamon Etc
- Nervine Teas: Lavender, Chamomile,
- Support for Alertness: Rosemary, Gingko, Etc

Water

- 6- 8 (8 oz) Cups of Good Quality Water
- Limit drinking from Plastic Bottles if possible
- Aim to Drink 2 cups at
- 9 am, 12 noon, 3 pm & 6 pm

Key Tenants

- Aim for Organic foods when choosing foods on the Dirty Dozen List.
- Aim for Organic or No Hormones or No Antibiotics for ALL animal products as resources permit : Meat, Milk, Cheese, Butter, Fish, Poultry
- Choose Low Sugar High Fiber Fruits: Berries, Sour Apples, Pomegranates, Lemons, Limes
- Make the Base of Your Plate well tolerated vegetables.
- Add well tolerated grains, nuts and seeds in moderation.
- Limit added sugar to 6 tsp or less daily as a good rule of thumb.
- Choose Good Quality Fat: Olive oil, Olives, avocado, coconut meat/milk/oil, flaxseed oil