

Ideal Dietary Guidelines – Randy Smith, MD

Nutritional Categories

The three main categories are beverages, foods, and dietary supplements.

Beverages

Water

- Primary beverage
- Drink 3 – 4 liters per day between meals (urine should be clear)
- Needed to metabolize fat and detoxify your body
- I use a distilled water delivery service in Atlanta (Alpine Springs 888-844-4421)

Tea – 4 – 6 cups per day OK, green is best

Coffee – 1 -2 cups per day OK

Milk - organic low fat or soy based

Sodas – avoid (excessive sugar or artificial sweeteners, acidic)

Juices – avoid (excessive sugar, high glycemic)

Alcohol – limit to 1 – 2 glasses of red wine per evening

Artificial sweeteners – avoid

- Potentially toxic
- Stimulate cravings for sweets
- Makes it difficult to follow a low glycemic index diet
- Interferes with taste of real foods

Food

The discussion on food contains information on meal timing as well as composition.

Meal Timing - The 5 Diet Rules

Rule 1: Never eat after dinner.

- Finish eating 3 hours before bedtime.
- Never go to bed on a full stomach.
- Allow 11-12 hours between dinner and breakfast.
- For approximately the first 6-8 hours after eating our evening meal, the body is burning up the calories from that day.
- The most effective fat burning time is between approximately 8 and 12 hours after eating.

Rule 2: Eat 3 meals per day. Allow 5-6 hours between meals. Do Not Snack. (Unless you are on a body building program.)

- During the first three hours after a meal, insulin is in charge of storing the calories from the food we have eaten.
- During this time we are not in 'fat-burning mode'. Even low-calorie snacks stimulate insulin release.
- If you find it too difficult to wait 5 hours before eating, then you can start this plan by eating four meals per day, instead of three. In time, with regular exercise added, you will more and more often be able to leave 5 hours between meals.
- The most important time is the night-time 11-12 hour fat-burning interval.
- Children and teenagers of normal weight, athletes and bodybuilders will probably need to eat more often than three times per day. However, try to avoid unhealthy snacks or sodas.

Rule 3: Do not eat large meals.

- The idea behind this is to not give the body more fuel than it can use.
- Regular large meals leads to leptin and insulin resistance.
- One of the best techniques for reducing the size of meals is to eat slowly and chew really well.
- It takes the brain ten minutes to realize you are full. If you really can't slow down, then put down your knife and fork for 5 minutes when you've eaten about half your food.
- Don't feel you have to 'clean your plate' if you have had enough.

Rule 4: Eat a high-protein breakfast.

- This keeps the body in a calorie-burning mode.
- Eating a protein breakfast supports blood sugar levels so that late afternoon energy crashes are minimized.
- These energy crashes are often the result of eating a breakfast with too many carbohydrates and very little protein.

Rule 5: Reduce the amount and glycemic index of carbohydrates eaten.

- This does NOT mean cutting out all, or virtually all, carbohydrates. We do need carbohydrates to maintain health.
- However, eating too many carbohydrates at lunchtime may cause you to be ravenously hungry before dinner, tempting you to break rule 3 (no snacking).
- The recommended a ratio of 50/50. That is, a palm sized portion of protein, and the same amount of starch. In other words, meat, fish, egg or vegetable protein the size of your palm, could be matched with an equal amount of rice, bread, potato, fruit or dessert.
- Along with this, eat as many vegetables as you like, but go easy with the peas, corn and cooked carrots.
- You can easily check whether you're eating too many carbohydrates. Weigh yourself first thing in the morning, and again at bedtime. If, at bedtime, you weigh more than 2 pounds over your morning weight, and you followed Rules 1-4 during the day, then you've eaten too many carbohydrates that day.

Meal Composition (macronutrients)

The three main nutrient categories are proteins, carbohydrates, and fats.

I maintain about a 40:40:20 protein carbohydrate fat ratio except at breakfast where I push the protein higher to about 50%.

Here are optimal examples from each nutrient category.

Proteins (low fat)

- Whey protein supplements (whey protein isolate)
- Eggs (cage free)
- Cottage cheese (dry curd, low fat)
- Seafood (salmon, tuna)
- Chicken (free range)
- Turkey (free range)
- Beef (lean, non-hormone treated)
- Soy (tofu)

Carbohydrates (low glycemic index)

- Vegetables (above ground) (example - broccoli, spinach, Brussel's sprouts)
- Fruits (fiber containing) (example - apples, pears, berries)
- Sprouted grain bread, pasta, cereal (low glycemic) – (example - Ezekial 4:9 by Food of Life)
- Oatmeal (steel cut) – (example - Quaker)
- Rice (slow cook) – (example - Lundberg Wild Blend)

Fats (healthy - high in poly unsaturated fatty acids)

- Avocados
- Nuts (walnuts, almonds)
- Olives
- Oil (olive, walnut, almond, grape seed)

Note: If possible, shop at a Whole Foods market. <http://www.wholefoodsmarket.com>

Dietary Supplements (micronutrients)

Pharmaceutical Grade products should be used that have accurate labels, contain bio-available ingredients, and are free of contaminants such as heavy metals and insecticides.

Basic supplementation includes vitamins, minerals, and essential fatty acids.

Other supplements are based on individual requirements as determined by your physician.