

Nutrition Worksheet: Dr. Clyde Wilson

Your nutrition goals (health, performance, weight loss, etc) determines macronutrient balance:

Starches: As low as 0% (if sedentary) but as high as 50% of total calories for intensive athletics

Fruit: From 0-25% of total calories with upper range based on liver glycogen capacity, the lower range based on fruit not being required because phytonutrient health can be obtained with vegetables

Note: Fruit and starches combined should range 10% (sedentary) to 60% (highest level athletics)

Vegetables: 10-40% of calories (1/2 of all food volume), critical for weight loss, health, performance

Protein: 10% (if high quality), up to 25% of total calories, eat every 3-6 hrs more important than amount

Dietary fats: 10% (plant unsaturated fats) up to 50% (at least 2/3 of this from plant unsaturated fats)

Approximate amounts of foods from each food group per 400-500 Calorie meal:

Unsat Fat: in thumbs	Protein: ½-1 palm	Produce: fruit, veggie	Starch: ½-1 palm
Avocado: 4 thumbs	Soy, salmon, sardine	2-4 fists salad:	Legumes: Beans, lentil
Seeds: flax, sunflower 2, 3	Poultry: chicken, turkey	mixed greens, spinach	
Nuts, olives, dressing: 2	Egg: protein is in white		Visually coarse whole
Vegetable / olive oil: 1	Cottage cheese	1 fist raw vegetables	grains cereal: Rice, corn,
Nut butter: 1 thumb	Yogurt or Milk: 1 fist	1 fist light cooked veggies	wheat (pasta, bread), oats,
	Lean animal meats		quinoa, etc
Also a protein:		Optional fruit	Tubers: yams, potato
Soy, salmon, sardine ½-1 palm	Eat <7% Cal as animal fat		

	Unsaturated fat	Protein	Produce:Frt/Veg	Starch
	%	%	%	%
Breakfast				
Lunch				
Dinner				
Snack: Food from 2 groups				
Snack				

The Grocery List

Unsaturated Fat	Protein	Produce: fruit, veggie	Starch
<p>Best is to have omega-3, polyunsat & monounsaturated fats every day. Choose foods from each. Plant saturated fats are healthy.</p> <p>Omega-3 fat sources:</p> <ul style="list-style-type: none"> • Omega-3 proteins (see left) • Flax seeds, meal, oil • Walnuts • Canola or soy oil • Earth/Smart Balance <p>Polyunsaturated fats</p> <ul style="list-style-type: none"> • Oil: Safflower, sesame, sunflower, corn • Seeds: Sunflower, sesame, pumpkin <p>Monounsaturated:</p> <ul style="list-style-type: none"> • Olives, olive oil • Avocado • Peanuts, almonds, cashew • Pistachio, pecan, macadam. <p>Plant saturated fats:</p> <ul style="list-style-type: none"> • Brazil nuts, coconut • Cocoa, cocoa butter • Oil: Palm, cottonseed <p>NOTE: Wild/grass-fed meat has less total & more healthy fat than grain or corn fed.</p> <p>NOTE: Heat-treated & deodorized oils (e.g. some soy & canola oils) can be less healthy than trans fats.</p> <p>NOTE: Some farmed salmon contains carcinogens.</p>	<p>Best: High in omega-3 with very low mercury</p> <ul style="list-style-type: none"> • Salmon, sardine, oyster • Unsweetened soy milk • Soy / tofu <p>Good: Low in fat</p> <ul style="list-style-type: none"> • Chicken or turkey white • Egg whites / substitute • Nonfat nonsweet dairy <p><u>Dairy: Cottage cheese, nonsweet yogurt, milk</u></p> <p>Not bad: Some sat. fat</p> <ul style="list-style-type: none"> • Lowfat nonsweet dairy • Chicken or turkey dark <p>Okay: Moderate sat. fat</p> <p>Lean pork, beef (the round, no visible fat)</p> <p>Keep sat. fat to <7% of total calories. High:</p> <ul style="list-style-type: none"> • Average cut beef, pork • Whole fat dairy • Worst: Ribs, dogs, salami, pepperoni <p>Low mercury: X/week</p> <p>7: Shrimp, clam, oyster</p> <p>7: Whiting, tilapia, hake</p> <p>2: Haddock pollock mullet</p> <p>2: Anchovie herring flat</p> <p>1: Crab, squid, lobster</p> <p>1: trout, chub, cod</p> <p>Mercury: X/month</p> <p>2: Canned light tuna</p> <p>2: Snapper, bass, halibut</p> <p>1: Tuna (fresh/frozen)</p> <p>1: Canned albacore tuna</p>	<p>Top-tier vegetables:</p> <p>Parsley, kale, onion, radish, okra, red leaf, eggplant, greens (turnip, chicory, radish, beet or mustard green), endive, chard, broccoli, cauliflower, cabbage, spinach</p> <p>Top tea, herbs & spices:</p> <p>Green tea, other teas, cocoa bean, clove, cinnamon stick, oregano, caper, carob, dill, mint</p> <p>Next tier vegetables:</p> <p>Green leaf, Romaine, pea, tomato, carrot, zucchini, Brussels sprout, green bean</p> <p>Fruit is optional</p> <p>Top-tier fruit dark color:</p> <p>Black raspberry, wild blueberry, black current, blackberry, raw cranberry, cherry, black plum, strawberry, red grape</p> <p>Next tier fruit:</p> <p>Raspberries, citrus (lemon, lime, orange), pear, apple, peach, apricot, papaya, guava, melon (cantaloupe)</p> <p>Third tier fruit & veggies:</p> <p>Higher in calories/phytos: Lighter-colored plums, light grapes and lettuce, banana, pineapple</p>	<p>Legumes are by far the slowest digesting & most nutritious starches.</p> <p>Legumes: Eat frequently</p> <ul style="list-style-type: none"> • Lentil, blackeye/split pea • Beans: black, kidney, navy, pinto <p>Next-best starches</p> <p>Stone or Coarsely Ground (CG) Whole Grain (WG) starches. These should be visually coarse to the eye.</p> <ul style="list-style-type: none"> • CGWG bread pasta cereal (barley, rye, spelt, etc) • Higher in protein: Quinoa, amaranth • Plain slow cook/Irish oats • Best tuber: sweet pot, yam <p>Third tier starches</p> <p>These digest faster: Keep in moderation. WG = regular whole grain (not CG).</p> <ul style="list-style-type: none"> • WG bread, pasta, cereal • Regular plain oats • Whole corn kernels • Brown & wild rice • Small potatoes with skin <p>Bottom tier starches</p> <p>Only in moderation AND if you are highly active.</p> <ul style="list-style-type: none"> • White rice/pasta/bread, bagel, pretzel, muffin • Potatoes, worst w/o skin • Any processed corn product (chip, cereal)

Mercury: The number of times ("X")/week you can eat a seafood fills up your **total** mercury quota.