

Eat Well Be Well



Eat Well, Be Well is a whole-food plant-based way of eating designed by the Complementary and Alternative Medicine (CAM) Committee at Kaiser Permanente, San Jose. Special thanks to our dietitians, Uma H Palaniappan RD, Patricia X Kakunted RD, Eugene Chan MD (GI Walnut Creek Kaiser) and our CAM committee members for their expertise and input. This is our 2nd edition.

The Eat Well, Be Well diet is comprised of foods that have been shown through scientific knowledge to decrease inflammation in order to achieve optimum health. Inflammation is believed by many to be causal in the development of multiple chronic illnesses. This diet is similar to the Mediterranean diet which has been shown to reduce cardiovascular diseases.

This diet will provide a steady stream of ample vitamins, minerals, essential fatty acids, dietary fiber, protective phytochemicals, and antioxidants. Antioxidants are micronutrients that block harmful chemical reactions caused by oxidation, the destructive effect of oxygen and other oxidizing agents, on the molecular components of cells. Vitamin C, Vitamin E, selenium, and carotenoids are examples of antioxidants found naturally in many fruits and vegetables. Consuming more antioxidants provides the body with tools to neutralize harmful free radicals and reduce inflammation.

Eat Well Be Well is a diet that emphasizes whole grain and plant-based foods with a moderate amount of fish and other animal proteins. It is designed to encourage healthy living through improved food choices. A more strict whole-food and plant-based diet may be appropriate for patients with chronic medical conditions or those who want to achieve maximal health benefits.

| Food Group | Foods recommended | Foods to limit |
|-----------------------------------|---|---|
| Grains (whole unprocessed grains) | Brown or black rice, quinoa, barley, bulgur wheat, whole sprouted grain products, oats, millet, kamut, buckwheat, whole wheat. Cook pasta al-dente. | Ramen-type noodles. Chips of any kind including corn, tortilla, potato. White bread. Avoid foods that contain high- fructose corn syrup. |
| Proteins | Legumes (beans, lentils.) Unsalted nuts and natural nut butter. Soybeans/edamame, tofu, tempeh. Wild salmon, herring, mackerel, sardines, tuna (limit to 1 meal/week due to mercury). Organic free-range chicken, turkey, eggs. Organic grass-fed beef. Non-fat or 1% dairy products including yogurt from organic grass-fed cows/goats. | Fried meat, chicken, and fish. Processed, cured meats: bologna, salami, hot dogs, bacon, luncheon meat. |
| Vegetables | All fresh vegetables especially dark leafy green vegetables. Cruciferous vegetables: broccoli, kale, brussels sprouts, collards, cabbage, cauliflower, mustard and chard greens, carrots, onion, celery, garlic, ginger, leeks and tomatoes. Sweet Potato, beets, radish (undercook root vegetables for resistant starch.) Cooked Mushrooms (eg, maitake, enoki, oyster mushrooms, Shiitake.) | Fried and canned vegetables. |
| Fruits | All fresh fruits especially papaya, blueberries, blackberries, cranberries, strawberries, raspberries, kiwi, pomegranate, citrus fruit (e.g. orange, grapefruit), apple, pineapple, guava. | Fruit juices and canned fruits. |
| Fats and oils | Flaxseed meal, hemp seeds, pumpkin seeds, sunflower seeds, chia seeds. Walnuts, almonds. Omega-3 eggs. Extra virgin olive oil, avocado oil, flax oil, hemp oil in shakes. Omega-3 supplement, fish oil. | Lard, bacon, full-fat dairy products, butter, margarine. |
| Herbs & spices | Ginger, turmeric, garlic, cinnamon, rosemary, parsley, basil, thyme. | MSG |
| Beverages | Water, green tea, organic soy milk, almond milk (unsweetened) Organic skim milk or 1% fat milk | Beverages containing high-fructose corn syrup. Soda of any kind, including diet sodas. Artificial sweeteners, artificial colors or flavors. Fruit juices. |

Lifestyle Choices to Reduce Chronic Inflammation and Improve Your Health

- Stop smoking.
- Eat a wider variety of fresh vegetables (at least 2½ cups a day) and fruits (at least 2 cups a day), whole grains and legumes, such as beans. Choose organic when able, and especially try to avoid the “dirty dozen” due to high pesticide residues. See below or go to www.ewg.org/dirty_dozen for the most recent update.
- Avoid processed foods and limit red meat (beef, pork, and lamb) as much as possible. Choose organic free-range meats, grass fed beef if able (more omega 3 fatty acid and less pesticides).
- Avoid cooking meat at high temperature (deep frying or grilling).
- Add exercise to your daily routine and avoid a sedentary lifestyle. Get at least 30 minutes of modest exercise every day. Try brisk walking. Use a pedometer and take 8,000-10,000 steps per day.
- Get plenty of sleep, optimally 7-9 hours per night.
- Maintain a healthy weight for your height.
- Limit alcohol: Maximum 1 drink for women and 2 drinks for men per day (1 drink = 5 ounces wine, 12 ounces beer, or 1 ounce liquor).
- Avoid sugary drinks, fruit juices, and refined carbohydrates (cakes, cookies, candies, white rice, and white bread). Check the sugar content of your food regularly. These contribute to weight gain, diabetes, high blood pressure and triglycerides.
- Limit salt and salty foods: Read labels and decrease sodium intake to 2 grams a day. Salt contributes to high blood pressure.
- Avoid animal fat and trans-fat. Use olive oil, avocado oil, grape seed oil in cooking. Consider a high quality fish oil supplement.
- Eating 1 oz of nuts (try unsalted) per day may help you live longer.
- If you have a chronic condition such as high blood pressure, cholesterol, abnormal blood sugar, make every effort to control it with a healthy diet and exercise plus your doctor's help.

EWG 2014 Dirty Dozen Plus: eat organic whenever possible to reduce exposure to toxic pesticides and possibly better micronutrients and phytochemicals.

Apples, celery, cherry tomatoes, cucumbers, grapes, imported nectarines, peaches, potatoes, imported snap peas, spinach, strawberries, sweet bell peppers, hot peppers, kale and collards