



HEALTHY EATING FOR ALL GOD'S CHILDREN

Romans 12:2 (NLT)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Welcome, Friend!

Congratulations on being willing to learn about the delicious and healthy foods God gave us to eat according to the Bible. My prayer is that you will find this information simple and clear, and that it provides you with the knowledge needed to help you make healthy choices for your health and well-being, and for His Glory.

We will first look at an overview of Whole Food, which is a broad description of all the foods God created for us to eat.

Genesis tells us that God gave Adam and Eve every seed-bearing plant and tree for their eating pleasure before the Fall. After the Fall, God expanded this list to include meat from certain animals. Some people choose to eat only plant foods that we might primarily think of as Adam and Eve's diet. Others choose to eat meat as well. For the purposes of this class on Whole Foods, I have included foods from both categories and others as well, based on what God gave us for food in the Bible. This allows you to meet the requirements for daily nutrition you need from either approach.

Before we delve into Whole Foods, let me give you something to think about:

According to Dr. David Katz's (M.D., MPH) in his new book: *Disease Proof: The Remarkable Truth About What Makes Us Well*, the causes of death are not actually heart disease, cancer, stroke, pulmonary illness and diabetes, according to research published in JAMA (the prestigious *Journal of the American Medical Association*). These diseases are the result or effects of how people live. Drs. McGinnis and Foege found that, overwhelmingly, premature death and chronic disease were attributable to 3 main behaviors: dietary behavior, physical activity level, and smoking. Furthermore, if you follow all 3 recommendations: consume a healthy diet, get adequate physical activity (30 minutes a day, 5-6 days a week) and don't smoke, YOU HAVE AN 82% LESS LIKELY CHANCE OF DYING BEFORE YOUR NORMAL LIFESPAN IS OVER.

This is great news for those of us whose parents and grandparents died from heart attacks, other heart issues, cancer, etc.! What Dr. Katz is telling us, based on many recent research studies, is that our genes account for only about 20 to possibly 30% of our current level of health. This also adds new meaning to the true statement "You are what you eat!" Just like we would NOT put liquid pesticides or soda in our car's gas tank because it would ruin the motor, we shouldn't put artificial fuels (foods) in our own "gas tanks!"

Consider this question: Does this change the way you think about your inherited genes and give you a fresh perspective on the importance of what you choose to do about your health and over all well-being?

WHAT GOD ORIGINALLY GAVE US TO EAT

In the Bible there is only one type of food mentioned and that is Whole Food. Whole Food is basically REAL FOOD that is fresh, in the form God created it, and unprocessed (meaning no chemicals or additives were added to it). You can cook Whole Food, or you can eat it raw. We generally grow up knowing which form of preparation (cooked or raw or either way) is best for the foods we eat.

God's Whole Foods were Clean Foods. Clean Food is food that has few chemicals, preservatives or other toxic substances we often cannot pronounce added to it. Organic food, for example, is generally clean food. Whenever possible, eat Whole Foods that are organic. If you can't, be sure to wash produce well. (I like using ¼ cup of white vinegar in my water for washing, and scrub anything I can with a scrubber I use only for food.) The main objective is to eat Whole Foods that are close to the way God presented them to us in His Creation.

Virtually everyone who is well trained in what forms of nutrition are best for the body will focus their recommendations on Whole Food as clean as possible for the mainstay of your food intake. Why?

Whole Food, or real food, is just that. It is complete. It is real. It is what God created to fuel our bodies AND give us much enjoyment from our eating. God did not make a donut tree or a pizza roll bush. He made apple trees and bushes full of amazing berries. He made cows, not huge fast food burgers from perhaps questionable meat sources. He made chickens, not chicken nuggets. Why?

God knew that real food, His Whole Food, heals. He created it that way! Whole Food nourishes our bodies. It gives us energy that lasts, with no peaks and valleys. It keeps us healthy, and feeling our best. It is what we were created to eat.

Packaged food, on the other hand, over time can make us sick. It is not alive and it is missing the nutrients of Whole Foods. It depletes our body of health and lasting energy. It often makes us fat. And, sadly, it is often addictive. (It was designed that way!)

Avoid packaged food whenever possible. Choose fresh food, Whole Food, real food—God's Food! With a little more effort, knowledge and commitment on your part, you will begin to choose Whole Food as close to the way God created it as possible. It will take planning, and it will take relying on God's continual help through His Holy Spirit that dwells within you (and yes, He goes to the grocery store with you, and out to eat, and over to check out the cookies someone brought to work). His Spirit is an ever-present help in time of need. Keep this weapon close to your heart and foremost in your thoughts every day and every moment. His Spirit allows us to resist temptation when we rely on His strength, and not our own.

Let's look at a list of **Whole Foods** now. Remember, Whole Food is simply real food created by God. Make note of what foods you see that you like, and others you want to try. Variety is the key, and I've had fun discovering new taste sensations! You will, too.

Based on Genesis 1:2 (NLT), we will begin with Vegetables and Fruits.

29 Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food."

Vegetables and Fruits ...the Mainstay of God's Eating Plan for Us

Vegetables and Fruits are the primary source of life-giving nutrients. They provide us with over 12,000 known (so far!) phytochemicals (helpful plant "chemicals") that give us the variety of needed nutrients to keep our bodies healthy and free of disease. That is why God clearly tells us in the first chapter of the Bible that this is what He made for use to eat.

Vegetables: Healthy Source of Antioxidants, Vitamins and Minerals

Serving Size: ½ cup cooked; greens: 1 cup raw; you can have unlimited amounts and always aim for at least 6 servings from a variety of choices:

- All Types of Fresh Lettuces and Leafy Greens, such as spinach, kale, romaine, arugula, chard, endive, red leafy, etc. (only Iceberg has very few nutrients) (raw)
- Fresh Onion, garlic, mushrooms (usually stir-fried or in salads)
- Cruciferous Veggies: broccoli, cauliflower, all types of cabbage, kale, collards, Brussel sprouts, mustard greens, bok choy (raw, lightly steamed, or stir-fried)
- Carrots, green peas, green beans, sprouts, cucumbers, celery, okra, asparagus (raw, lightly steamed, or stir-fried)
- Night shade: all varieties of tomatoes, peppers, eggplant (raw or baked usually)
- Tubers: Sweet potatoes or yams (usually baked); potatoes (baked or oven fried, mashed but not from a box or package)
- All types of summer and winter squashes, such as zucchini, butternut, spaghetti, yellow (usually baked, stir-fried, or mashed)
- Root vegetables: beets, carrots, turnips, radishes, jicama

Fruits: Healthy Source of Antioxidants, Vitamins and Minerals

Serving Size: 3 servings a day; serving size is ½ c. berries or melon/pineapple or 1 whole fruit

- Any type of raw berries, apples, bananas; all melons; all grapes; oranges, grapefruit; kiwi, peaches, pears, plums, apricots, unsweetened prunes, mango, pineapple, etc.
- Unsweetened figs and dates (3-4) and raisins (12-15) 1-2 times/week

As research continues to pour in about the newly discovered benefits of what God gave us for food when He created us, I will site what I think are the top 10 reasons science has "discovered" for God's initial wisdom and advice.

They are, in no particular order:

1. Non-starchy vegetables are a source of energy that will help stabilize blood sugar and insulin levels. This keeps our energy levels balanced and our moods stable throughout the day. It also keeps harmful chemicals from forming in our body from stress as the body tries to balance itself when our blood sugar fluctuates wildly from eating sugary foods.
2. These same vegetables contain many of the vitamins, minerals and phytonutrients to support health in every cell in our amazing bodies.
3. Starchy vegetables such as sweet potatoes, winter squash and other types of potatoes are nutrient-dense, high-carbohydrate vegetables that can effectively meet energy needs while providing additional vitamins, minerals and phytonutrients we need for good health.
4. A diet rich in vegetables and fruits has been shown to lower LDL (harmful cholesterol) and prevent heart disease.
5. A diet rich in berries has been shown to reduce the negative effects of fats in the arteries after eating a high fat meal.
6. A diet rich in vegetables and fruits (9-13 servings a day) has been shown to bring the body into a healthier, weight-balanced state.
7. A diet rich in vegetables and fruits (with ½ your plate made up of a variety of non-starchy vegetables), and free of harmful fats, sugars and starches has been shown to significantly reduce your risk of heart disease, cancer, diabetes, obesity and more by 80%!
8. Vegetables and fruit are a primary source of fiber. Fiber not only fills us up and stabilizes our blood sugar, it also cleans us out. Regular, healthy bowel movements are necessary to remove toxins and waste from our bodies so they cannot be re-absorbed. Vegetables literally act as little scrub brushes, cleaning out our colons of this harmful waste. We need a minimum of 30-50 grams of fiber per day to remain "regular." It is estimated that people eating diets of nearly 100% plant foods ate up to 100 grams of fiber a day. It is said in health circles open to talking about elimination that we should have a bowel movement after each meal. Certainly with 100 grams of fiber you would!
9. The phytonutrients in vegetables and fruits are amazing, actually further detoxifying our bodies of the harmful substances that result from living in a polluted world. Cruciferous vegetables, like broccoli, cabbage, kale and cauliflower, are literally so powerful at detoxifying our bodies (and helping to prevent breast cancer) that they deserve a special mention.
10. This final reason trumps all others in my opinion:

God tells us to in His Word!

Science is now available to prove what God has been telling us to eat since the beginning of Creation:

"Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food." (Genesis 1:29)

Let's take some time now to reflect on what we have just learned and write down what it means to you personally.

PROTEINS AND FATS

Protein is necessary for your health and healing. We need protein every day to keep us at our healthiest. Healthy proteins, along with healthy fats, help us feel satisfied, give us energy, and help us avoid eating too much sugar.

The good news is there are actually many different ways to obtain the protein your body requires each day. In the lists below, we will be taking a look at the various sources of proteins; and pro's and con's of each one, based on current research. (Note: Proteins often contain fat, too.)

There are basically 9 main sources of Protein you can choose from listed below that are, based on your personal preferences, health goals and budget.

Meats: Serving size: 4 oz. women; 6 oz. men; 1 ounce of cooked meat contains about 7 grams of protein per ounce or 6 grams per ounce raw

Beef

- All cuts are allowed, but the Bible instructs us to remove all surface (visible) fat. The fat that is naturally marbled in the meat is fine, especially if it is clean meat.

Wild Game

- Elk
- Deer
- Antelope
- Bison (Buffalo)

Poultry

- Chicken or Turkey
- Duck or Goose
- Cornish Hens and Quail
- Sausage and Cold Cuts Made from Poultry

Fish, Seafood

- It is widely accepted that Jesus ate fish with scales and fins as His main source of protein. Ideally the types of Fish that are okay to eat should be wild caught, NOT farm raised. Farm raised often comes from polluted waters, and has some of the same concerns as feedlot meats. Fish that are labeled "Wild Caught" are generally considered a healthy source of protein and often Omega 3's. Some excellent fish choices include:

- Salmon
- Cod
- Mahi Mahi
- Tuna or Ahi Ahi
- Flounder

- Bass: Black, Sea, Channel, Rock
- Herring, Mackerel
- Pompano
- Halibut
- Seafood, such as shrimp, lobster, crab, clams, oysters, catfish, squid, and octopus are referred to as unclean in the Bible, because they do not have scales and fins. Also, they, like pigs (pork), are scavengers, eating the waste products and garbage of other animals. I would avoid them as much as possible.

Cold cuts made from 100% beef, chicken or turkey. Avoid those containing nitrates.

Pork: NOT ALLOWED

- The Bible teaches us that Pork is an unclean meat because pigs are scavengers for food and often eat waste and garbage products. Therefore, I would eliminate pork or eat it only occasionally. Many pork products like sausages and bacon are now also made from beef, chicken or turkey-all allowed meats-and they taste delicious!

Dairy:

The **listings** below contain serving sizes and amount of protein per serving following for each one.

- Milk (8 oz./1 cup; 8 grams of protein)
- Cheese: Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz; Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz.; Hard cheeses (Parmesan) – 10 grams per oz
- Greek Yogurt (8 ounces/1 cup has 12 grams or more; check label)
- Cottage Cheese (1/2 cup; 15 grams of protein)

Note: Dairy products must be organic. There are far too many antibiotics or hormones or both in non-organic milk. By law, organic milk and milk products must be hormone and antibiotic free, just like organic meats and poultry. This usually means they are pasture fed during the warm months of the year, which is much healthier. I would recommend you not eat non-organic milk products except rarely, in small amounts, because of this.

Also, if you choose to eat dairy, pay attention to the grams of sugar. Yogurt is often laden with sugar or sweeteners. Only plain yogurt does not have added sugar, and you can add fresh or frozen fruit with stevia if you prefer a sweeter taste, or even naturally sweetened preserves. Plain Greek yogurt usually has the most protein.

Eggs (1 large Egg has 6 grams of protein)

- Again, look for free range (or cage free) eggs, even locally grown if available. If not, you can use regular eggs if necessary.

Plant Sources of Protein (Not complete proteins usually; combine 2 categories or eat with another complete protein, like meat, fish, dairy)

- Beans (1/2 cup = 1 serving and contains 7-10 grams of protein)
- Other plants with proteins in them, such as all types of rice, etc. (1/2 cup = 1 serving; not a major source of protein; good for combining)
- Quinoa (a complete protein; 1/2 cup = 1 serving and contains 6 grams of protein)
- Other grains. See labels for protein contents. Many packaged whole grain breads and bagels contain 5 grams of protein or more per serving

Nuts, Seeds (also contain fat)

- Raw (serving size = 1 ounce-usually 8-10 nuts-and contains 3-5 grams of protein)
- Roasted (same as raw)
- Nut or Seed Butter (serving size is 1-2 T. and has 4 grams of protein per T.)

Soy (Use Organic only)

- Unsweetened Soy milk (serving size is 1 cup and contains 6 -10 grams of protein)
- Tofu (serving size is 1 oz. but more is allowed as a protein source since 1 oz. only contains 2.3 grams of protein)
- Soy protein powder (see container; usually 12-16 grams of protein per serving, which is usually a scoop or amount listed on container)
- Bars (serving size = 1 bar; protein amounts vary--see label)
- Tempeh (varies; see package for amount)

Vegan diets usually include a lot of soy for protein sources. Some people are allergic to soy....so use as your body allows. Use ONLY organic soy, and I would personally limit your intake to 1 or 2 servings a day. I don't consider bars a whole food source of protein unless they are made only from Whole Foods. Too many are repackaged candy bars with a cheap protein source added. Ask yourself: does this bar contain only God-given ingredients? Also, make sure they are low sugar and NO artificial sweeteners. You must read the ingredients.)

It bears repeating, as often possible, eat CLEAN sources of protein. God gave us clean sources of food; man has changed or polluted it. Clean sources generally means either Organic, Wild Game, or Wild-Caught, if it's fish.

How Much Protein Is Enough?

Protein requirements are variable because the amount we need changes with age. These are the generally recommended amounts:

- Infants require about 10 grams a day.
- Teenage boys need up to 52 grams a day.
- Teenage girls need 46 grams a day.
- Adult men need about 56 grams a day.
- Adult women need about 46 grams a day.

One important exception is pregnant or lactating women. The recommended intake for them rises to 71 grams of protein a day.

It's important to note that if you get too little protein, you can suffer from fatigue, weakness or muscle loss. Too little protein in your diet actually slows down your metabolism, which can lead to weight gain as your body begins to conserve your energy. Women are often prone to preferring carbohydrate and/or sweet foods, which often have little or no protein in them. To be in the best health, monitor your protein intake over a week, and see if you are usually consuming clean, high quality protein foods in the amount needed for health.

Protein also helps us feel full after a meal. People who don't eat enough protein may actually eat more food and still be hungry afterwards.

Write down your thoughts on the amount of Protein you want to consume each day, and set that as a goal.

Healthy Fats (A serving is 1 tablespoon, 2-3 T. per day is enough)

(Note: Healthy fats satisfy us and help us avoid eating too much sugar.)

- Olive Oil (can be used for cooking at low to moderate heat only)
- Coconut Oil (can be used for cooking at high temperatures)
- Avocado
- Nuts and Seeds
- Butter (Organic if possible)
- Ghee
- Cream (Organic only)
- Sesame Oil (usually used for flavor only in small amounts)
- Olives
- Fats from Clean Protein Sources
- Dark Chocolate (60% cacao or higher)

Healthy Carbs and Beverages

Carbohydrates are a part of God's fuel for our bodies. Carbohydrates can be good or bad, depending on whether they come in the form God created them (good) or man created them (often not so good). Carbohydrates may be cooked or raw, but they should not be man-altered to the point they are no longer food. A good rule of thumb is if you are not allergic to it, any Whole Food in moderation is good for you. The only food types you do not need to limit are non-starchy vegetables. They are full of essential nutrients and fill you up, so enjoy!

A good way to understand unaltered Whole Food is to consider an apple. An apple is a Whole Food. Applesauce made from only apples and water is okay, but not as good as the plain apple because the fiber is usually removed, and there are choice nutrients in the skins and right underneath which peeling destroys. However unsweetened applesauce is far superior a choice over apple pie, even the sugar free apple pies you see in the bakeries lately.

To summarize, the best sources of carbohydrates are vegetables and fruits and legumes (beans). Next best would be any whole grains, preferably non-GMO and organic when possible.

Whole Food Healthy Carb Choices: (May be mentioned elsewhere)

- Vegetables
 - Starchy
 - Non-Starchy
- Legumes (beans)
- Grains
- Healthy Beverages
 - Water
 - Milk (Organic Cow's, Goat or Unsweetened Soy, Almond, Rice, or Coconut)
 - Smoothies (made with any of these liquids and fruit or veggies)
 - Coffee
 - Tea
 - 100% Juice (vegetable or fruit or blend)

Sugar: Friend or Foe?

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." 1 Corinthians 6:19-20 (ESV)

Let's begin with one statement you must hear: There is nothing wrong with an occasional dessert or something with sugar in it (unless you have serious health problems). This is NOT the problem.

The problem is our DAILY sugar consumption per person in America is 22-24 teaspoons of sugar per day! This is the equivalent of eating ½ cup of sugar a day, and this does not include artificial sweeteners! Research shows a healthy diet has NO MORE than 4-6 teaspoons of sugar per day in it, preferably with a meal or snack containing protein.

I personally believe that Satan uses sugar to lure us into unhealthy lifestyles. Many Christians don't have other addictions where they overindulge, like alcoholism and drugs, or they have surrendered those to Christ and overcome the addiction with His help. When someone defeats an addiction such as alcohol or drugs, they completely give up the substance that controls them. Is it possible that sugar is the same type of addiction, and

the only way to break a significant sugar habit (which usually includes other unhealthy carbs like white bread and pasta and snack foods made from either sugar or white flour) is to completely give these foods up?

I don't know. Only you can answer that with God's help. But I do know that 4-6 teaspoons of sugar a day (preferably from a whole food source like fruit or raw honey) is known to be a safe amount, although it may trigger an addictive cycle of sugar consumption in you, and only you can answer that. You are causing health problems in God's Temple when you eat more sugar than this. Is this what you want to do?

Keep in mind, too, that when we follow God's Plan for Healthy Eating to care for our bodies, His Temple, we are automatically eliminating unhealthy sources of sugar. Whole fruit, fresh or frozen, is God's sweet dessert for us.

Another problem is that sugar often pairs up with unhealthy fats, and with white flour, which we now know is metabolized like sugar. Another one of the 5 white poisons, salt, is usually included in the mix, even though a sweet food might not taste salty. Why is this particular combination so deadly?

Research now shows that a major food company consulted a leading tobacco company to find out what they did to make cigarettes so addictive. Following the same scientific principles on how to create a highly addictive substance, the food industry began combining sugar, fat and salt in specific combinations to trigger powerful addictions. This is why the slogan "Bet you can't eat just one" is so true.

Now, let's consult the source of Real Truth: God. God created our bodies to crave what they need to survive and be healthy. We need salt. We need good fats and healthy proteins. We need healthy carbohydrates, like vegetables and fruits, which are God's sources of Whole Food sweetness for us. And together, these food groups in their original Whole Food state provide us with the nutrients we need to take care of His Temple, our bodies, and to be satisfied when we've broken our addictions.

It is a proven fact when we feed our bodies a diet of unhealthy sources of salt, sugar, and fats, we will crave more and more as our body begins desperately searching for what it needs to survive. This is part of the reason for the addiction. I also believe it is also a way Satan can render the body of Christ less powerful in this world. How can this occur?

Food numbs us out; food entertains us; food is social; food gives us immediate pleasure or satisfaction; food distracts us; and food provides emotional "comfort." Of course, God didn't create food to do these things. He created food to nourish our bodies and to give us healthy energy. He gave us the rest of His entire creation, including other people, animals and nature, to provide us with entertainment, social connections, pleasure, satisfaction, and comfort. Sharing healthy whole food meals can be social and satisfying.

Trouble often comes when we turn to food to do what only God can do for us. Food wasn't created to fill the emptiness in our heart or spirit.

This is heavy stuff, and a lot to take in. You might want to take a break now, and give yourself time to process your thoughts and feelings. I find it helpful to write my thoughts down in my journal or in the margins or back of this page. It's helpful to give some thought

to what roles food might be providing in your life besides its main purpose: To replenish and nourish your body to do the work God put you on earth to do.

Before closing this section on sugar, I'd like to share with you some of the research on the proven toxic effects that sugar can have on your health:

- Sugar raises blood sugar, causing a rapid release of insulin.
- And insulin triggers the storage of belly fat and increases your appetite and sugar cravings, creating a vicious cycle of constant sugar cravings. Obesity or a "fat belly" often results. Type 2 diabetes can also occur.
- Sugar is full of empty calories and provides no useful nutrition to our bodies. (Contrast that with an apple, naturally sweet, that adds over 10,000 needed antioxidants, vitamins and minerals to our bodies.)
- Perhaps worst of all, sugar feeds cancer cells.
- Sugar contributes to high blood pressure, stroke, cavities, and most health problems.
- Sugar also increases inflammation, which can cause aches and pains in the body.
- New research has now proven that sugar is an independent risk factor for increased risk of fatal heart disease.

Let's close with a quote from Tana Amen, BSN/RN, a co-author of The Omni Diet, and contributor to The Daniel Plan:

"I'm not the only crusader against sugar. Prestigious academic researchers at the University of California, San Francisco are looking into the toxic effects of sugar on health and have proposed regulating it like alcohol and tobacco. I am not making this up."

To help you understand how you can be getting way too much sugar in your daily diet, I've included a list of familiar sugars. It's easy not to realize these are sugars, too. The healthier forms of sugar, only to be eaten infrequently in small quantities, have an asterisk* by them:

Agave*	Honey*
Barley Malt	Juice concentrate*
Brown rice syrup	Maple syrup*
Brown sugar	Molasses*
Coconut sugar	Palm sugar
Evaporated or dehydrated cane juice	Sugar

The following are toxic sugars (and especially bad for us) which are often hidden in food, which means we may not realize they are another name for a type of sugar.

Dextrose	Lactose
Dextrin	Maltodextrin
Disaccharides	Maltose
Fructose	Monosaccharides
High fructose corn syrup or sugar	Sorghum
Hydrogenated starch	Sucrose
Glucose	Xylose

Keep in mind that a food could contain a fair amount of sugar without tasting sweet! Check the labels of foods you commonly eat and note the amount of sugar in each one. Bread and cereals come to mind, so do already prepared meat dishes and food in any type of restaurant. Yogurt often has as much sugar as a soda! And one 12 ounce can of soda usually has between 10 and 12 teaspoons of sugar in it. The larger sodas have more! Keep in mind that 1 teaspoon of sugar equals 4 grams. So a typical "small" 12 ounce soda has 40-44 grams of sugar in it. That's twice the amount of sugar you should have per day in any form!

If you want to learn about hidden sources of sugar in foods you usually eat, read the labels of food you have at home, or commonly eat when going out. Consider throwing out or donating anything that has sugar in it if you decide to make the choice to not to eat sugar for the next 4-6 weeks. You will break your cravings, if you do this, I promise. Ask the Holy Spirit inside you for help. Rely on His strength, and not on your own. Remember God never gives us more temptation than we can bear with His help.

A good suggestion to live by is to focus instead on Whole Foods...using the 90/10 percent rule Rick Warren recommends in The Daniel Plan: Choose to eat 90% of your food each day from the Whole Food category, the foods God gave us. The other 10% can be extras. The key here is moderation. Did you know that after the first 2 or 3 small bites, we don't enjoy any food as much? A tip that has helped me is to cut off a small piece of something sweet, or any other type of food, and eat just 2 or 3 smaller bites. I don't feel deprived, and I haven't eaten too much of something or started any cravings. (And for a healthy sweet taste at the end of a meal that makes me feel satisfied, I will often have a teaspoon of raw honey that I savor, or a piece of dark chocolate that I enjoy in small bites. A few dark chocolate chips can be very satisfying! Aim for 60% cacao or better if you can.

Know, too, that when you eat a Whole Food Diet, following God's eating plan from the Bible, you will automatically be eating less sugar. This is more proof of God's amazing wisdom thousands of years before science "discovered" that what God tells us in the Bible is best for our health.

Something to ponder: What types of sugar, if any, would Jesus have eaten?

Refer back to the list of Whole Foods for the answers. Do you think sugar or any one food was the major focus of His life?

Seasonings: I haven't included a list of seasonings, because all herbs and spices are allowed, even salt in moderation, unless a doctor has told you not to have it. (If you eliminate processed food, and focus on Whole Foods instead, you most likely won't be consuming too much salt anyway.)

Supplements: I often get asked "*What about supplements?*" I only recommend supplements made from Whole Food, such as Juice Plus+ (made only by the Juice Plus Company). For more information, you can refer to the Supplements section listed at the top of my website.

Another frequent request is for help with meal planning and portion sizes. I've tried to give some guidelines with each Whole Foods category on the list. After that, my basic advice is that you will want to have 3 healthy meals per day, and they should not be large meals. You will also want to have 2 planned snacks. Some sample balanced meals are listed below, but we will start first with some new ideas for meals:

- Every meal should contain 1-2 servings or more of vegetables. Vegetables are the most nutritiously dense foods God gave us, and they also provide needed fiber to help our elimination processes be efficient. Vegetables should fill half your plate, and include raw vegetables, like salads and relish trays, for the largest portions. Even breakfast! For example, if you are having eggs for breakfast, add some peppers (frozen ones are fine), onion, leftover dinner veggies, herbs (fresh ginger or garlic are so good) or any veggie you have to make an egg stir-fry. I like to start with a good teaspoon full of coconut oil melted in a skillet; add veggies and ½ cup cooked brown rice or leftover potatoes; and cook this mixture before adding 2 healthy eggs and cooking further until the eggs are done. This is delicious and very satisfying! This is when I have my cup of coffee for the day with cinnamon and unsweetened coconut milk added to taste. I have 8-10 nuts with green tea and perhaps an apple when I get up during my quiet time with the Lord. (So I am starting my day with a snack, followed by exercise, then I have breakfast.)
- Every meal should contain a source of protein, because protein stabilizes our blood sugar. Also, each meal needs at least 1 T. of healthy fats because fat keeps you satisfied longer.
- Fruit makes a great snack. You can couple it with some nuts (8-10) or a tablespoon of healthy nut butter (try macadamia nut or cashew butter for a flavor boost) on either celery or rice crackers.

- Soup is a great lunch item, along with a salad (I make a large one for dinner, and have the leftovers for lunch.) I make a bone broth soup with organic chicken drumsticks in my smaller slow cooker, cooking the chicken in about 3/5 a pot of water, remove the chicken, discard the skin, set aside the meat, and put the bones back in with enough water to bring the level to 3/5 full again and cook another 2-3 hours to release the bone marrow and other nutrients from the chicken bones that are excellent for our bones. Remove the bones and discard. I then add back in the cooked chicken and some herbs like garlic and ginger, along with chopped carrots and celery and anything else that looks interesting from the veggie list. I often add a container of organic chicken broth to this. Lightly cook this mixture and freeze extras in smaller containers. Such a satisfying and healthy lunch! (I freeze any leftovers in serving size containers.)
- Dinner should include a fresh salad with other veggies in it, seeds or nuts for flavor, an Olive Oil and Vinegar dressing for healthy fats, one or two cooked veggies, a small serving of starch (I have brown rice or potatoes or quinoa usually) and protein. Finish, if you like, with a small amount of honey, dark chocolate, or a serving of fruit. (Tip: I keep my dark chocolate in the refrigerator. When it's chilled, it takes longer to eat and helps me savor its complex flavor.)

As we end our Bible Study, I want to thank you for this precious time together to seek His face and learn His ways for us. Thank you for joining me in caring about your body, His Temple, and being willing to transform your mind with new knowledge and understanding of His Truth. I know you will share this knowledge with others in your family, and together we will make a difference in God's Kingdom.

Please feel free to contact me with any questions or comments. You may reach me at any time through my website where you downloaded this information:

www.HisCompleteTransformation.com

May our God guide you and bless you all the days of your life, and give you the strength and the willingness to allow Him to transform you in body, mind and spirit for His perfect plan for your life. I know that is always His intention when we are willing to seek Him as well as His great wisdom.

Let's close our time together with one of my favorite passages:

If you want to know what God wants you to do, ask him, and he will gladly tell you, for he is always ready to give a bountiful supply of wisdom to all who ask him; he will not resent it. But when you ask him, be sure that you really expect him to tell you, for a doubtful mind will be as unsettled as a wave of the sea that is driven and tossed by the wind; and every decision you then make will be uncertain, as you turn first this way and then that. If you don't ask with faith, don't expect the Lord to give you any solid answer.

James 1:5-8 Living Bible (TLB)

This concludes the information section on Whole Foods. I have included several additional pages of resources you might find helpful

FRUITS AND VEGETABLES WITH PESTICIDE RESIDUE DATA

Environmental Working Group (EWG)

EWG offers free of charge a consistently updated listing of the non-organic fruits and vegetables with the least amount of herbicides and pesticides on them, based on information from the US Department of Agriculture.

I give them full credit for this listing, taken directly from their website: www.ewg.org:

- 1** Apples
- 2** Strawberries
- 3** Grapes
- 4** Celery
- 5** Peaches
- 6** Spinach
- 7** Sweet bell peppers
- 8** Nectarines - imported
- 9** Cucumbers
- 10** Potatoes
- 11** Cherry tomatoes
- 12** Hot peppers
- 13** Blueberries - domestic
- 14** Lettuce
- 15** Snap peas - imported
- 16** Kale / collard greens +
- 17** Cherries
- 18** Nectarines - domestic
- 19** Pears
- 20** Plums
- 21** Raspberries
- 22** Blueberries - imported

- 23** Carrots
- 24** Green beans
- 25** Tangerines
- 26** Summer squash +
- 27** Broccoli
- 28** Winter squash
- 29** Green onions
- 30** Snap peas - domestic
- 31** Oranges
- 32** Tomatoes
- 33** Honeydew melon
- 34** Cauliflower
- 35** Bananas
- 36** Watermelon
- 37** Mushrooms
- 38** Sweet potatoes
- 39** Cantaloupe
- 40** Grapefruit
- 41** Kiwi
- 42** Eggplant
- 43** Asparagus
- 44** Mangos
- 45** Papayas
- 46** Sweet peas frozen
- 47** Cabbage
- 48** Avocados
- 49** Pineapples
- 50** Onions

(I highly recommend their website: ewg.org and suggest you visit the site yourself to learn more about common products you use in your home and on your skin.)

10 "Foods" I Would Give Up Completely if I Had a Serious Illness Again

1. Sugar (in any form but raw honey and maybe not even that)
2. White flour or pasta or rice...any white starch
3. Dairy (Cheese, milk, cream, yogurt, ice cream, etc.—even low fat or organic)
4. Meat: no pork, no cold cuts; only wild caught fish, organic/free range eggs, and maybe wild meat like elk or buffalo, and I would seriously consider being vegan
5. All fats but approved fats on front of this book
6. All genetically modified or changed food (See www.nonGMOproject.org for more information.)
7. Soy unless it is organic, which is the ONLY soy that is not GMO
8. Any fruit or vegetable from Chile or Mexico that is not organic (see list)
9. Alcohol
10. All snack foods, even organic snack foods, like potato chips, corn chips, etc.

OK, if I Can't Eat Those Foods, What Can I Eat?

Perhaps the 10 Best Foods for You

1. Organic Fruits and Vegetables (Antioxidants, Minerals, Fiber)
2. Raw or Lightly Roasted (No added salt or fat) Nuts and Seeds (Omega 3's, fiber, protein)
3. Organic Beans (Canned okay if you wash them off first) (Protein, Fiber, Filling)
4. Whole Grain or Short Grain Organic Brown Rice (Fiber, Carbs, Filling)
5. Clean Water (as in Filtered) (Flushes your body, keeps in good minerals if carbon filtered)
6. Organic Green Tea (antioxidants, less caffeine)
7. Wild Caught Fish, especially Salmon, Mahi-Mahi (Protein, Omega 3's)
8. Raw Honey, preferably locally harvested (Medicinal, only teaspoon needed for sweetness)
9. Organic or at least cage free eggs (protein, choline)
10. Small Amounts (1 T. or less) of Coconut Oil for Cooking, Olive Oil for Salad Dressing, Avocado Oil, Organic Butter (Healthy fats that are satisfying)

(Written by: Suzanne Bonner, M.S.Ed./CCWC. This information may be shared.)