

Dietary Rule #5: Think before you buy or eat - Q&As or Keep It Simple

When discussing diet modification with patients, the most frequent request I get is for a written list of foods they should eat.

Since the list would have to include almost anything in the produce section of the supermarket, this is not a very practical approach to choosing the food you should eat.

You could carry around a copy of the food map I've previously outlined.

Or better yet, you could keep a copy of the following questions in your head or on paper.

Questions to ask yourself:

Is it a single ingredient real food?

Is this something my **great great** grandmother could have eaten?

Can I grow it, catch it, or kill it in my backyard?

Could the first President of the United States, George Washington, have eaten this food?

If the answer to these four questions is **yes**, you are probably good to go.

On the other hand:

Is this something the 45th president of the United States, Donald Trump, would eat? If yes, do not eat it.

Example

Are cold or instant cereal, cold cuts or nutrition bars something your great great grandmother or George Washington could've eaten?

Obviously not. These are all processed foods which do not look like anything found in nature. Avoid like the plague.

Bon appétit