



Maison d'Emilie

MED SPA & SCALP RETREAT

Unlock the secrets to a healthier lifestyle with this comprehensive nutrition guide. Discover the essentials of clean eating, from understanding which foods to embrace and which to avoid, to navigating the world of organic produce and mercury-containing fish. Empower yourself with the knowledge to make informed choices for a vibrant, nourished life.

NUTRITION GUIDE



Healthy Nutrition Guide

The following dietary recommendations will help you establish healthy habits.

- Simplify your approach to nutrition, focusing on ease and clarity.
- Pre-soak beans, chickpeas, lentils, and whole grains to enhance digestibility.
- Aim to chew each bite a minimum of 10 times, striving for 20 to aid in digestion.
- Enhance the flavor of your meals with natural spices and seasonings such as cinnamon, cloves, turmeric, vanilla, nutmeg, sea salt, ginger, curry, pepper, jalapeño peppers, fresh herbs, and apple cider vinegar.
- Prioritize purchasing organic produce to reduce exposure to pesticides.
- Choose nuts that are raw and certified organic for optimal health benefits.
- Hydrate by drinking half an ounce of water for every pound you weigh each day, e.g., 50 oz. for a 100 lb. individual.
- Opt for meats that are grass-fed, hormone- and antibiotic-free, and sourced from animals raised on non-GMO feed.
- Limit water consumption during meals to less than 8 ounces to avoid diluting digestive enzymes.
- Incorporate wild-caught, cold-water fish and smaller, low-mercury fish into your diet for essential omega-3 fatty acids.
- Drink beverages that are beneficial to your health, such as organic teas, water infused with lemon or lime, and coffee.
- Moderate alcohol consumption to no more than 3 ounces, three times a week, to maintain liver health and overall wellness.

What you should eat

Three meals and one snack is an adequate daily intake of food. However, portions are based on your ideal body weight and your level of activity. Consult your nutritionist or medical provider for specific dietary recommendations.

Protein

- Keep it lean and clean
- Daily intake should be 1 to 1.5 grams/kg of body weight, based on level of activity

Protein found in vegetables and fruits yields approx 2-3 grams per serving. One serving = 1 cup

Animals yields approx. 20-25 grams per serving. One serving = 4 to 6 ounces

Grains yields 2 grams per serving. One serving = ½ cup cooked

Legumes yields 10-13 grams per serving. One serving = 1 cup

Quinoa yields 18 grams per serving. One serving = 1 cup

Nuts yields approx. 8 grams per serving. One serving = ¼ cup

Proteins include but are not limited to: Beef, bison, chicken, lamb, pork, turkey, venison, anchovies, clams, flounder, oyster, sardines, sole, whitefish, cod, crab, halibut, pollock, scallops, tilapia, calamari, crawfish, lobster, salmon, shrimp,

fresh water trout, beans, garbanzos, hemp, hummus, lentils, nuts, quinoa, raw seeds cottage cheese, eggs, yogurt

Low mercury fish: 2 to 3 times per week, one serving = 6 oz

NOTE: The body cannot absorb more than 40 grams of protein at a time.

Healthy fats

- 1-3 servings per day. One serving = 1 Tbsp, or half small avocado or 6-8 nuts.

Include but are not limited to:

Borage oil, extra virgin olive oil, red palm oil, coconut oil, evening primrose oil, sesame oil
free range birds fed non-genetically modified food, goat or sheep cheese, grass fed beef, raw nuts, nut butter (not peanuts), olives, pork, sardines, wild elk, wild cold water fish, wild hog, wild turkey, yogurt.

Carbohydrates

- Non-starchy, low glycemic carbohydrates
- 7 to 8 servings of vegetables per day. One serving = ½ to 1 cup.

Include but are not limited to: Artichokes, arugula, asparagus, beet greens, bell peppers, broccoli, brussel sprouts, carrots, cauliflower, chicory, chives, collard greens, dandelion greens, garlic, green beans, jalapeno peppers, kale, mushrooms, mustard greens, onions, parsley, radishes, shallots, spaghetti squash, spinach, summer squash, swiss chard, turnip greens, watercress, zucchini

- Starchy carbohydrates
 - 1 to 2 servings based on level of activity. One serving = ½ cup cooked.
- Include but are not limited to:** Black beans, garbanzos, guineo (green bananas), legumes, lentils, quinoa, sweet potato.

NOTE: Eggplant, peppers, tomatoes and potatoes can give some people joint pain.

Whole Grains

- 1-2 servings per day. One serving = ¼ to ½ cup

Include but are not limited to: Quinoa

Fruits

- 2 servings per day of high fiber, low to medium glycemic count

Low glycemic load, high in fiber includes: all berries.

Moderate glycemic load, high in fiber includes: apples, apricots, cherries, grapefruits, kiwi, melons, nectarines, oranges, passion fruit, peaches, pears, plums, pomegranates, tangerines. (2.5 to 6 grams of fiber per serving).

Fiber

- 30 grams per day, minimum
- Found in vegetables, fruit, seeds, nuts and grains.

Include but are not limited to: Apples, berries, broccoli, hemp, kale, lentils, oranges, physillium husk, quinoa, raw nuts, seeds (e.g. chia, flax, pumpkin), winter squash.

WASHING OF FRUITS AND VEGETABLES: Soak them for 15 minutes in a non plastic container with Dawn liquid soap and a squirt of vinegar and then rinse off.

REMEMBER: Follow food sensitivity test results

AVOID: Wheat, gluten, soy, dairy, eggs, peanuts, sugar and artificial sweeteners, gmo's (genetically modified organisms) foods, high fructose corn syrup and processed foods.

Gluten is found in

| Grains and starches | Familiar foods that contain gluten | Miscellaneous sources |
|---------------------|------------------------------------|-----------------------|
| Wheat | Malt | Shampoos |
| Rye | Soups / Broth | Cosmetics |
| Barley | Cold Cuts | Lipstick/Lip Balm |
| Bulgur | French Fries | Play-Doh |
| Couscous | Processed cheese | Medications |
| Farina | Mayonnaise | Vitamins and |
| Graham | Ketchup | Supplements |
| Flour | Sauces/Dressings | (Check label) |
| Kamut | Beans | |
| Matzo | Cereals | |
| Spelt | Breaded food | |
| Triticale | Hot dogs | |
| | Ice cream | |
| | Trail mix | |
| | Energy bars | |
| | Syrups | |
| | Wheatgrass | |
| | Vodka | |
| | Meatballs | |
| | Veggie burgers | |
| | Roasted nuts | |
| | Oats (unless GF) | |

Fish with low mercury level

Arctic Cod
 Anchovies
 Butter fish
 Catfish
 Crab (domestic)
 Croaker (Atlantic)
 Flounder*
 Haddock (Atlantic)
 Hake-Herring
 Mackerel (N. Atlantic Chub)
 Mullet-Oyster
 Perch (ocean)
 Plaice-Pollock
 Salmon**(Canned, Fresh,Wild)
 Sardine-Scallop*
 Shad-Shrimp
 Shad-Squid
 Tilapia-Trout
 Whitefish
 Whiting

*Overfished **May contain PCBs

Buy only organic

| | |
|-----------------|----------------------|
| Apples | Nectarines |
| Celery | (imported) Peaches |
| Cherry tomatoes | Potatoes |
| Cucumbers | Snap peas (imported) |
| Collards | Spinach |
| Hot peppers | Strawberries |
| Kale | Sweet bell peppers |

Safe as non-organic

| | |
|-------------|---------------------|
| Asparagus | Mangoes |
| Avocados | Onions |
| Cabbage | Papayas |
| Cauliflower | Pineapple |
| Eggplant | Sweet corn |
| Grapefruit | Sweet peas (frozen) |
| Kiwi | Sweet potatoes |

AVOID PLASTICS: Numbers 1, 3, 6 and 7
 (See bottom of containers.)

MICROWAVE USE: (Less than one minute.)
 Vegetables maintain the highest nutritional value when steamed or stir fried for less than two minutes.

REFERENCES:

EWG.com for the 14 products that have the highest amount of pesticides.
 SKINDEEP.com
 Longevity Magazine

This is not medical advice. Consult with your physician before starting any diet plan.