

# Reaching Your Goals Through Nutrition

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## I. Carbohydrates/Protein/Fat

### Carbohydrates: Used for energy

Fruits and vegetables

Starchy Vegetables

Whole grains (breads, pasta and cereals)

Bad carbs are the refined “white” foods.

Complex Carbohydrate? Don’t worry. Keep it simple.

Too much carbs turn into too much sugar causing problems with pancreas, glands, arteries, high B/P, high cholesterol

Servings of Fruits and Vegetables: 4 ½ cups (9 servings) for 2,000 cal/day  
2 ½ cups (5 servings) for 1,200 cal/day  
6 ½ cups (13 servings) for 3,000 cal/day

	<b>100 Percent Whole-Grain Wheat Flour</b>	<b>Enriched, Bleached, All-Purpose White Flour</b>
Calories, kcal	339.0	364.0
Dietary fiber, g	12.2	2.7
Calcium, mg	34.0	15.0
Magnesium, mg	138.0	22.0
Potassium, mg	405.0	107.0

Source: Agricultural Research Service Nutrient Database for Standard Reference, Release 17.

### Protein: Growth and repair

Don’t raise blood sugar

Nuts, seeds, beans whole grains and vegetables are good proteins, but incomplete

Too much is bad because of the chemicals used will effect the body and immune system

The Bottom Line: Recommendations for Protein Intake:

**Get a good mix of proteins.** Almost any reasonable diet will give you enough protein each day.

Eating a variety of foods will ensure that you get all of the amino acids you need.

**Pay attention to the protein package.** You rarely eat straight protein. Some comes packaged with lots of unhealthy fat, like when you eat marbled beef or drink whole milk. If you eat meat, steer yourself toward the leanest cuts. If you like dairy products, skim or low-fat versions are healthier choices. Beans, soy, nuts, and whole grains offer protein without much saturated fat and with plenty of healthful fiber and micronutrients.

**Balance carbohydrates and protein.** Cutting back on highly processed carbohydrates and increasing protein improves levels of blood triglycerides and HDL, and so may reduce your chances of having a heart attack, stroke, or other form of cardiovascular disease. It may also make you feel full longer, and stave off hunger pangs. Too much protein, though, could weaken bones.

### Fats:

Fats from animal, nut, seeds, and vegetables are needed by body for the proper structure of the brain, function of cells and balanced hormone production. Fats insulate and protect organs, help store and transport fat-soluble vitamins (ADEK), assist in mineral absorption and cause fat mobilization. Fat will also reduce hunger signals, and slow food absorption which allows for better blood sugar control, glandular activity and weight loss.

Good fats: Omega-3 Fatty Acids, almonds, Evening Primrose oil, olive oil, coconut and avocados.

Bad fats: anything solid at room temp (4 legged animal fat, trans fat, hydrogenated and partially hydrogenated oils and fats).

Good oils: Olive, Coconut, flax, grape seed, sesame  
Problem is that they spoil faster. Keep in dark bottle or refrigerator.

Hydrogenated and partially hydrogenated oils: contain trans-fatty acids and are created by artificially processing vegetable oil to avoid spoilage and foods from melting or falling apart at room temperature. They can not be processed normally by the body. Butter is better than this. At least body knows what to do with butter.

## **When to Eat**

**Morning** = High–Moderate Carbohydrates /Low Proteins/Low Fats

**Carbohydrates:** It has typically been six to twelve hours since your body was fueled, and you still have an entire day ahead of you. Therefore, you need a significant amount of energy- and nutrient-rich foods. God made energy and the most significant amount of nutrients to come from the foods in the carbohydrate category.

**Protein:** Because the body has been at rest, there is not a significant need for proteins and vegetables, which God made as your “building and repair” foods.

**Fats:** High carbohydrates are always accompanied by a low amount of good fats.

**Afternoon** = Moderate–Low Carbs/Low–Moderate Proteins/Low–Moderate Fats

**Carbohydrates:** There is now less day ahead of your body, and some carbohydrates are still in the system from the morning meal. As a result, there is less need for energy so less need for carbohydrates.

**Protein:** Because the body has been used to a moderate degree, God created you to add a moderate amount of protein and vegetables at this time.

**Fats:** Moderate proteins and carbohydrates together are accompanied by low to moderate good fats.

**Evening** = Low-Zero Carbs/Moderate-High Proteins/Moderate Fats

**Carbohydrates:** During sleep, there is not a need for “energy foods,” so the body was not built with the intention of consuming high carbohydrate foods during this time.

**Proteins:** There has now been an entire day of body use, so God designed the body to require rebuilding and repair proteins in the evening. Additionally, your body will be moving into sleep mode. Sleep is the time when you were created to accomplish most of your rebuilding and repair.

**Fats:** A high-protein, low-carbohydrate meal can be accompanied by moderate to larger amounts of fats.

### **#1 Nutrition Rule**

The farther away any product is from its natural state, the more potentially harmful it is to the body. Therefore, these foods are highly likely to poison and damage your body and should definitely be considered “harmful if swallowed.”

For example: aspartame, fast-food burgers and fries, sugar, dairy products like milk, cheese, and ice cream, and refined flour products like breads, pastries, and cereal are all foods far removed from their natural states.

## **II. Labels**

Food is medicinal. Everything is a drug. Read prescription label. Certain ingredients will cause lethargy, depression, etc.

First 5 ingredients should not be:

1. Trans fats (hardens arteries)
2. Hydrogenated and partially hydrogenated oils and fats (hardens arteries)
3. High fructose corn syrup (HFCS) (aging arteries and weakening immune system)
4. Sugar (refined is the worst)
5. Enriched flour (white flour) (take all good stuff out, put a little back)

Sugar: See the “Counting the Many Ways Sugar Harms Your Health” handout.

Sugar substitutes: Saccharine, aspartame, sorbitol, maltodextrin, dextrose are all chemicals.

Evaporated cane juice is better than Sugar

Stevia is a good substitute for drinks and cereal. (hard to cook with)

Avoid Additives, Coloring, Flavoring and Preservatives such as Natural flavoring/MSG

If you cook your own foods you don't have to worry about preservatives or coloring.

Caffeine:

Drain adrenals, dehydrates body, as well as makes body acidic, which weakens the immune system and is a breeding ground for bacteria and viruses.

## **III. Water**

Need more water  
Sodas, teas and coffee do not count  
Body is 70% water  
Good for cells and joints

## **IV. Fiber**

Basically, the term fiber refers to carbohydrates that cannot be digested. Fiber is present in all plants that are eaten for food, including fruits, vegetables, grains, and legumes.

Controls blood sugar and insulin levels  
Keeps stomach fuller longer  
Slows digestion  
Cleans colon

Good for:

- colon cancer
- heart disease
- type 2 diabetes
- diverticular disease
- constipation

## **V. How To:**

### Weight Loss

Fat around the belly is worse than thighs and butt. It is a different type of fat that feeds right into the liver.

1. Eliminate fast food and sodas!
2. Eat very little refined sugar and white foods
3. Snack throughout the day on fruits and nuts
4. Drink lots of water
5. Eat very little carbs at night
6. Don't skip meals

### Weight gain

1. Follow same rules as Weight loss
2. 500 more calories a day
3. Lift more weights

### While exercising

1. 250 calories per hour

2. Gels
3. Drinks

## VI. Cooking and Shopping

- Learn to cook
- Shop the perimeter of store
- Try new fruit or vegetable a week
- Saving Dinner
- Expose Kids to different types of food
- Kids will not starve themselves!

**For more information or to schedule a free consultation call:**

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**Or Visit**

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### Dietary Sources of Protein

Food	Serving	Weight in grams	Protein grams	% Daily Value
Hamburger, extra lean	6 ounces	170	48.6	97
Chicken, roasted	6 ounces	170	42.5	85
Fish	6 ounces	170	41.2	82
Tuna, water packed	6 ounces	170	40.1	80
Beefsteak, broiled	6 ounces	170	38.6	77
Cottage cheese	1 cup	225	28.1	56
Cheese pizza	2 slices	128	15.4	31

Yogurt, low fat	8 ounces	227	11.9	24
Tofu	1/2 cup	126	10.1	20
Lentils, cooked	1/2 cup	99	9	18
Skim milk	1 cup	245	8.4	17
Split peas, cooked	1/2 cup	98	8.1	16
Whole milk	1 cup	244	8	16
Lentil soup	1 cup	242	7.8	16
Kidney beans, cooked	1/2 cup	87	7.6	15
Cheddar cheese	1 ounce	28	7.1	14
Macaroni, cooked	1 cup	140	6.8	14
Soymilk	1 cup	245	6.7	13
Egg	1 large	50	6.3	13
Whole wheat bread	2 slices	56	5.4	11
White bread	2 slices	60	4.9	10
Rice, cooked	1 cup	158	4.3	9
Broccoli, cooked	5 inch piece	140	4.2	8
Baked potato	2x5 inches	156	3	6
Corn, cooked	1 ear	77	2.6	5

Nutritive Value of Foods, USDA