

NUTRITION GUIDE

You can have massive health results by counting nutrients not calories, eliminating certain "health foods", and consuming the top 7 fat burning foods.

"If it tastes good, spit it out!" (Jack LaLanne)

The point here is that you shouldn't just be consuming food for the taste alone. This is the mindset we should have. We should ask ourselves what is the very best fuel I can put in my body, not only what tastes the best.

Jack was known for swimming for miles at a time. In 1984, at age 70, Jack swam handcuffed and fighting strong currents, towing boats with 70 people in them from the Queen's Way Bridge in the Long Beach Harbor to the Queen Mary, 1 1/2 miles. Jack attributed his high energy and health to only two things: his diet and his exercise.

He really had the mindset of, "What do I need to eat every day to be the best I can be." We should have the very same mindset if we want to be our best!

DON'T COUNT CALORIES, COUNT NUTRIENTS.

Elite athletes have an elite level mindset in their approach to training, and their diet.

They're constantly looking for ways to get the very best out of themselves and their diets. "What do I need to eat right before I work out to perform the best...What do I need to eat right after to recover most efficiently..."

These guys are asking themselves what is it that I need to do to be the very best I can be. If you're reading this right now, this is the same mindset you should adopt as your own. What are the very best foods I can put into my body every single day? And that answer is *nutrient dense foods*.

NUTRIENT DENSE SUPERFOODS

Nutrient Density is not counting calories. It's counting the vitamins, minerals and the antioxidants in certain foods.

The Top 20 Super Foods List:

Cultured Dairy	Berries
Kale	Avocado
Pomegranate	Garlic
Coconut	Wild Salmon
Cinnamon	Cocoa
Raw Cheese	Grass-fed Beef
Cabbage	Almonds
Chia	Pastured Eggs
Flaxseeds	Broccoli
Algae	Turmeric

Vegetables and berries are some of the most nutrient dense foods you can eat. When you're following a superfood diet, you're going to consume more raw vegetables, raw fruit, sprouted nuts and seeds, organic wild meat and cultured dairy.

Dr. Joel Guhrman, author of *Eat to Live*, coined the now popular term "*Nutritarian*."

A nutritarian describes someone who chooses foods based on their micronutrient per calorie content. This means they don't bother counting calories, avoiding fats or eating only raw foods; a nutritarian doesn't follow a "one-size-fits-all" diet plan or theory. Instead they focus on foods that are nutrient-dense, real and unprocessed.

DIET QUALITY DEPENDS ON THREE THINGS:

1. The level of micronutrients per calorie
2. The amount of macronutrients that meet individual needs without excessive caloric intake
3. Avoidance of toxic substances such as hydrogenated fats, refined sodium and processed sugars

Phytochemicals (the compounds in plants that don't have direct nutritional benefit but seem to support our immune system, the body's detoxification processes and cellular repair) are mostly unknown, unnamed and unmeasured.

Foods that contain the highest amounts of known nutrients also contain the largest number of unknown compounds. That's the conundrum in the study of nutrition.

"Michael Pollan, author of *In Defense of Food*, says that it's easy to slap a label on a cereal box claiming that the product is "high in calcium!" or label a quart of homogenized and pasteurized milk as "low fat"! This does not necessarily make that product good for you!

Low-fat, low-carb, and low-sugar labels help sell processed industrial foods and de-emphasizes differences in food quality and types of food. Pollan points out that there are 80,000 known edible plant foods, 3,000 of which have been in common use and yet over 60% of the caloric intake in the worldwide diet consists of four subsidized, industrialized crops: corn, rice, soy and wheat.

600 calories worth of fast food French fries is NOT the same as 600 calories of spinach. In the same vein, 600 calories of oatmeal aren't the same as 600 calories of spinach either.

Sure, oatmeal can be a natural food, but it is also far less nutrient dense than spinach, blueberries and many other foods according to a nutrient density chart.

Green leafy vegetables like kale, collard greens, spinach, bok choy, and cabbage top the chart as the most nutrient dense foods. Other highly nutrient dense foods include:

Vegetables	Nuts/Seeds	Fruit	Meat/Dairy
Red Peppers	Chia Seeds	Strawberries	Cultured Dairy
Broccoli	Flax Seeds	Tomatoes	(amasai/kefir/yogurt)
Cauliflower	Hemp Seeds	Blueberries	Wild Salmon
Green Peppers	Almonds	Pomegranate	Grass-fed Beef
Artichokes	Walnuts	Raspberries	Organic Eggs
Carrots		Blackberries	Wild Game
Asparagus		Plums	

Now, this is not an exhaustive list of foods you should eat, you should also consume other foods in these categories.

You may be asking yourself the question,
"Why don't I see healthy grains like brown rice or oats on this list?"

The reason is grains are less nutrient dense than most other foods, like vegetables, berries, and cultured dairy. If you compare a bowl of oatmeal to a bowl of berries you are only getting around 1/4 the nutrients in the oatmeal compared to the berries! Many grains today contain gluten which can cause inflammation and harm your digestive system.

So, when it comes to eating a Super Food diet skip the cereals and oatmeal for breakfast and eat a Super Food berry smoothie instead.

NUTRIENT DEPLETION

Here's a scary fact, even though you may be eating a diet high in unprocessed foods, you may not be getting all the nutrients you think...let me explain!

In 2002, an analysis of Canadian supermarket produce by The Globe and CTV News found that nutrient levels had fallen off dramatically in fruits and vegetables during the course of just a generation.

Comparing nutrient level changes in a 50-year span, the analysts found that the supermarket potato had lost:

- 100% of its Vitamin A
- 57% of its Vitamin C
- 50% of its Riboflavin
- 28% of its Calcium
- 18% of its Riboflavin

Broccoli is thought of as one of the early "super foods" and yet it has lost 63% calcium and 34% iron. Twenty-five other fruits and vegetables were analyzed with similar findings.

Agronomist Phil Warman says that farming practices and market emphasis is at fault.

"The emphasis is on appearance, storability and transportability, and there has been much less emphasis on the nutritional value of fruits and vegetables." High-yield production and disease-resistance is much more important to food producers today, says Warman.

This is why I always recommend buying organic and local produce. Organic is free of dangerous chemicals, pesticides, hormones, and is not genetically modified (GMO). Also, I often recommend certain supplements for people. Food should always be your first line of defense, then supplements do just that - *supplement your diet*.

TOP 7 FAT BURNING FOODS

When it comes to helping you burn fat and lose weight, certain foods stand out from the rest. The following seven amazing, fat burning foods are going to help you reach your health goals fast.

#1: Free Range Eggs

If beef is what's for dinner then eggs are what's for breakfast. If you want to lose weight fast or get lean, and toned - there's no better food than eggs. Eggs are one of the top two bio-available sources of protein, which means they can be easily digested and turned into muscle and aid burning fat. Pastured, or free range eggs, are produced by chickens that are grass-fed and raised in pastures, rather than being confined to cages and fed on grains. Eggs are great for you whether eaten raw or cooked. Throw them, raw, into a breakfast smoothie or cook them up in some coconut oil. I try to mix up my sources of protein, so I don't eat eggs every day, but I do eat them often. You can eat anywhere from one to twelve eggs daily for great muscle building and fat burning benefits.

Why pay extra for Pastured Eggs?

- *25% less saturated fat
 - *34% less cholesterol
 - *60% more vitamin A
 - *3x more vitamin E
 - *7x more beta-Carotene
- ...compared to factory produced eggs.

#2: Cinnamon

This spice was once more valuable than gold and the medicinal uses for cinnamon date back to the days of the Egyptians.

New research out of a Maryland USDA research center revealed a surprise about cinnamon and weight loss. Cinnamon was found to lower blood sugar levels. As this discovery was 'accidental' the team went on to further investigate cinnamon and blood sugar.

In a separate study conducted on sixty adults diagnosed with Type 2 diabetes the researchers found that taking as little as one-quarter to two teaspoons a day of cinnamon dramatically changed the sufferers blood sugar levels and insulin output. High blood sugar levels are closely associated with weight gain and obesity.

#3: Cultured Dairy

Cultured dairy like yogurt, kefir, and amasai can have tremendous fat burning effects. Cultured dairy is milk that has been fermented to bring out good bacteria, known as probiotics. There are two factors that make cultured dairy a fat burning super food, which are CLA and probiotics.

But here is an important fact to remember, not all cows are going to have equally high levels of these two nutrients. Only GRASS-FED, not grain-fed, cows will produce a nutrient dense dairy. When cows consume a strictly green or 100% grass fed diet, their tissue cells become higher in these incredible nutrients.

A study by the Journal of Animal Science's found that grass-fed cows may produce up to 300-500% more CLA than cows raised on corn and grains.

Additional clinical studies on CLA have shown it has an amazing ability to aid the body in burning fat and building muscle!

According to recent research published in the British Medical Journal certain probiotics can aid in fat loss. Probiotics can help you lose weight by increasing your body's ability to digest nutrients and can also aid in detoxification.

#4: Green Leafy Vegetables

Green leafy vegetables like spinach and kale are kings in the vegetable kingdom. Green leafy vegetables are low in calories and high in nutrients like: calcium, magnesium, vitamin B6, lutein, vitamin c and beta-carotene. All of these nutrients can help regulate your body's metabolism.

Results of a study published in the British Medical Journal reviewed six studies covering more than 220,000 people, concluding that one and a half servings of green leafy vegetables per day lowered the risk of Type II diabetes by 14% and boosted metabolism significantly.

Kale can be eaten raw or cooked and I recommend it be sautéed in coconut oil with garlic, onions and sea salt, in a salad, or put into a green smoothie.

#5: Wild Salmon

There's a lot of talk about losing weight with no-fat and low-fat foods. But somewhere along the way we forgot all about the healthy fats that are, in fact, essential for our well being. Essential fatty acids (or EFAs) are a key nutrient to keep the body balanced and healthy.

Wild Salmon is one of the best sources of EFAs. EFAs work to help fight obesity in a number of ways. One way is that omega-3 fatty acids found in wild salmon work to decrease the body's insulin resistance. Insulin resistance is a strong factor in weight gain and diabetes. Additionally, wild salmon's omega-3's encourage the body's production of leptin. Leptin is a component of the body's natural weight control process. This vital hormone works to burn fat and suppress the appetite. Make it a priority to eat wild salmon, not farm-raised salmon, a few times each week.

#6: Green-Fed Beef

It's time to go green and I'm not just talking about eating more green leaves! I'm talking about green-fed beef! Those looking to burn fat and build muscle will find that green-fed beef, or 100% grass-fed beef, raised on pastures free of pesticides and fertilizers, are an essential element for your fat-burning needs.

*Green-fed Beef helps you burn more fat
because it is high in protein,
vitamin B12, zinc, selenium, iron and CLA.*

A four ounce tenderloin of beef from naturally raised green-fed cattle will have 112% of the daily requirements of tryptophan, which is 64% of your daily protein needs.

Green-fed beef has more zinc and B12 than grain fed cattle, has less total fat (where toxins are stored), and more omega-3 fatty acids. It also has higher levels of vitamins A and E, more antioxidants, and higher levels of conjugated linoleic acid (CLA) which supports healthy muscle tissue and fat burning.

#7: Broccoli

Broccoli is just one member of the cruciferous group of vegetables that includes cabbage, Brussels sprouts, kale, and cauliflower. They all contain phytochemicals, antioxidants, minerals, vitamins and fiber and we should be consuming them daily.

Broccoli specifically contains the most vitamin C (165% of your daily value) and more fiber than most other cruciferous veggies. It also puts a good serving of vitamin A, B2, B6, K, folic acid, magnesium, potassium, and omega-3 on your plate with few calories. These nutrients in broccoli can also help your body recover more quickly after an intense workout and also help burn fat.

Broccoli has also been found to counter oxidative stress, a condition where the body is overloaded with free-radicals, known to cause damage to cells and DNA which can lead to weight gain.

The National Cancer Institute conducted a study on 20 participants who ate 1-2 cups of cruciferous vegetables each day. After only three weeks, their bodies were found to have 22% less oxidative stress! This study highlights the fact that broccoli can help you live longer, burn fat, and get the most out of your workouts by combating oxidative stress.

I often get the question, "Dr. Popp, what kind of vitamins and supplements should I be taking?", and that answer can vary depending on the person. ***There are 4 things you should always look for when buying supplements:***

Whole Food Bases - this means the vitamins come from real food sources like vegetables, fruits, and herbs. Most vitamins today are synthetic or come from ground limestone.

RAW - you never want your nutrients to be heated. Companies that have the highest quality products freeze-dry their powders keeping them in their raw un-denatured form. Most vitamin manufacturers use high heat process that damages the delicate nutrients.

Organic - make sure you are buying from a certified organic vitamin company. If not you are probably also getting a dose of chemicals and pesticides from your supplements.

Digestive Support - most vitamins people consume today are un-digestible. Make sure the supplements you're taking also contain probiotics and enzymes.

My estimate is that around 90% of supplements on the market today are over-processed and have little or no real health benefits.