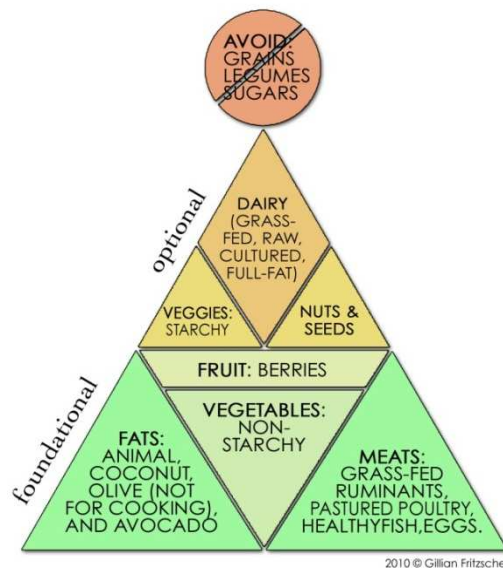


## Food for Thought: The Core 4 Nutrition Basics



With obesity and disease rates rising more rapidly than ever before, the time has come to re-think—and revise—what we're eating.

Nourishing, nutrient-rich foods do not come in cardboard boxes or plastic packages shipped from a warehouse hundreds of miles away. The right food is real food: Fresh, simple, unprocessed, and grown as close as possible to your home. Turn back the hands of time and get back to the basics—eat like your primitive ancestors did and say goodbye to calorie counting and dieting forever!

**Begin by eating the FOUNDATIONAL FOODS** described below. They provide the protein, fat and broad base of critical nutrients the human body innately needs to thrive. This simple, basic diet nourished and sustained our primitive ancestors for millennia. Satisfy your body's most fundamental nutrients needs by making these foods the largest part of your diet.

**Non-starchy vegetables.** Especially leafy greens such as mustard or collard; kale, watercress, bok choy, spinach, broccoli rabe, napa cabbage, brussel sprouts, swiss chard and arugula.



**Healthy, unprocessed fats and oils.** Coconut, avocado, olive and red palm; butter and lard from organic, grass-fed, and free-range cattle. These oils can be used for sustained energy and higher-heat cooking except for olive oil; it should not be heated. For more information on healthy fats, click [here](#). Those seeking faster cellular support and even greater levels of sustained energy may want to consider the use of an MCT (medium chain triglyceride) oil. Our favorite brand is available [here](#).



Remember—contrary to what you may have read or been told, saturated and/or grass-fed animal fats do not cause chronic disease. Learn more about this important issue [here](#).

**Animal proteins.** Favor ruminants—animals that feed on grass and leaves (beef, lamb, bison, elk, venison, goat). When it comes to beef, buy grass-fed and choose the fattier cuts. Eat pork, turkey and chicken in moderation (they contain more omega-6 fats). Opt for wild, line-caught fish and fertile or pastured, organic eggs.



For more information on the health and environmental benefits of choosing grass-fed and pasture-raised products, click [here](#) or [here](#). For more on making the healthiest possible fish choices, click [here](#).

**Fermented foods.** Sauerkraut and kimchi; pickled beets and vegetables. And fermented liquids such as kefir and kombucha. For more on their health benefits, click [here](#).

**Sea vegetables.** Arame, dulse, wakame, nori and hijiki are a few tasty examples. We recommend [Maine Sea Coast](#) products, which are not sourced from the potentially radioactive waters off the coast of Japan.

**Natural, elemental salt.** Use Himalayan crystal salt only; strictly avoid table salt. For more on the health benefits associated with the use of natural, elemental salt click [here](#).

**Teas.** Herbal, green, black and white; yerba mate. For a hot or cold instant alternative, try Wisdom of the Ancients [Yerba Mate Royale](#).



**Add some diversity to your diet by eating SUPPORTIVE FOODS,** which should be viewed as secondary sources of nutrition. These foods add nutrient-rich variety (and practical convenience) to life, but are best when combined with a diet rich in the foundational foods (described above).

**Protein powders.** Rice, hemp, pea, cranberry. We recommend those offered by [Sunwarrior Products](#) and [Healthforce Nutritionals](#).

**Veggie, fruit and herbal powder concentrates,** the most complete and comprehensive formula being Core 4 Nutrition's very own [Fruit-n-Veggie Might](#).

**Non-dairy milks.** Coconut, hemp, and nut milks (such as almond) are the best choices. For a more cost-effective and environmentally-sound alternative to aseptic packages, make your own milk at home. Learn how [here](#). Simply substitute unsweetened coconut flakes or chips for nuts when making coconut milk.



**Fruits and berries.** Small amounts of those in season.



**Superfoods.** Minimally-sweetened cacao; gogi berries, maca, spirulina, chlorella.

**Nuts.** Raw macadamias, almonds, cashews, and pistachios.



**Seeds.** Chia, hemp, pumpkin, and flax.

**Coconut-based products.** Oil, cream, flour, flakes, water and milk. They are all nutritious and delicious!

**Use caution when eating SUPPORTIVE FOODS WITH LIMITS,** those that are relatively nutrient-rich, but tend to be allergenic and/or too high in carbohydrates. Their intake is allowed, but should be infrequent and limited.

**Grass-fed whey or complete protein,** preferably from goat milk. [Mt. Capra](#) offers a variety of great-tasting, highly-digestible and hypoallergenic, grass-fed goat proteins.

**Raw, organic dairy or cheese** products made from cow, goat or sheep's milk. For an in-depth overview of the benefits of raw milk, click [here](#).

**Organic, grass-fed, and whole-fat yogurts,** which are difficult to find in grocery stores but can be made easily and inexpensively at home. Learn how [here](#).

**Complex carbohydrates** including wild or white rice; starchy vegetables (beets, carrots, parsnips, squashes, and sweet potatoes). Make an effort to eliminate all other grains from your diet. Learn more about how going grain free can significantly improve your overall health and well-being [here](#) or [here](#).

**It's okay to add a little FLAVOR to your life!** While these substances are not really food, they do provide beneficial nutrients and plenty of culinary pleasure. Enjoy them occasionally in small amounts.

**Wine.** Organic, sulfite-free and red is the best choice.



**Dark chocolate.** Fair trade, sustainable and greater than 70% cocoa content.

**Coffee.** Look for single bean, water-processed Arabica grown at high altitudes. This type of coffee is preferable because of its low mycotoxin content. We highly recommend this particular [blend](#).

**Natural, un-refined sweeteners.** Xylitol, stevia, raw coconut sugar, raw honey and grade B maple syrup. Avoid the use of refined sweeteners being sold as healthy, sugar alternatives such as agave nectar, brown rice syrup and evaporated cane juice solids.

**Herbs and spices.** The variety of choices is exciting—and endless!

**Reduce or eliminate your intake of LIMITED FOODS**, which have been traditionally eaten around the world because they offer an inexpensive source of calories. Limited foods are inherently low in nutrient value and contain mild toxins that, when eaten frequently, can lead to inflammatory conditions and disease. Read more on this topic [here](#).

When FOUNDATIONAL and SUPPORTIVE foods are available, LIMITED foods should be removed from your diet entirely.

**Potatoes.** Avoid white potatoes and opt for yukon golds, red potatoes, fingerlings, or other heirloom varieties when eating potatoes either by choice or out of necessity

**Legumes.** All bean varieties including peanuts.

**Grains.** Including those marketing as healthy alternatives like barley, rye, oats, kamut, quinoa, amaranth, teff, spelt, wheat germ and wheat berries. If you must eat grains, choose those that are sprouted, organic and gluten-free. Strictly avoid wheat.



**If it's NOT FOOD, don't eat it.**

What's inside the boxes and bags found on grocery store shelves might be marketed and sold to us as food, but these products of modern industry aren't really food at all! While they may provide calories, they do so to the detriment of our health and well-being. Strictly avoid your intake of the following food imitators:



**Commercial, grain-fed and factory-farmed meat, fish and dairy.**

**Processed, packaged meats.**

**Processed sugars.** From sugar beets, fructose, corn syrups and solids, dextrose.

**Sweet beverages.** Soda and juice; all flavored, sweetened waters, teas, etc.

**Artificial colors, flavors (including MSG), sweeteners and preservatives.**

**Processed, hydrogenated oils.** Don't be fooled into thinking vegetable oils are healthy. They're extracted from seeds with poisonous solvents (like hexane). In addition to being inherently toxic and easily damaged by heat, they're loaded with (unhealthy) omega 6 fats. Strictly avoid the use of canola, corn, soy, sunflower and safflower oils.

**Processed grains.** Including all products made from flour (excepting those made from coconut and/or nut flours). Eliminate grain-based breads, pastas and cereals from your diet.

**Soy.** With the exception of occasional miso and natto (organic), which are made from fermented soy.

**GMO foods.** Unfortunately, the list of genetically modified foods is growing but primarily includes corn, soy, canola and sugar beets. For more on the health and environmental risks linked to the cultivation and use of GMO's, click [here](#).



**Alcohol.** Excepting small amounts of red, organic, sulfite-free wine.

**What comes next?** Read more on how [grains and grain products are making us fat](#) and how cholesterol has been framed for crimes it didn't commit in [Tom Naughton's Big Fat Fiasco](#). Gary Taubes' [Good Calories, Bad Calories](#) contains a long history of how the erroneous fat-cholesterol hypothesis took hold of science—and U.S. government policy.

For more books that explore the concept of paleo eating in depth, check out this [recommended reading list](#). [Primal Blueprint 101](#) is practical, easy-to-follow guide.

**What's for dinner?** Become inspired by Melicious' tasty [list of paleo recipes](#) and the almost-endless collection of those found at [Chowstalker](#).