

Real Food vs. Processed Food

Real Food = Whole, unprocessed (or minimally processed, with the processing enhancing the nutritional value) foods as you could find them in nature. Most of the Real Food you consume should be fresh (= should have a very limited shelf-life).

80%









Processed Food = Food that does not exist as such in nature, but has been created or refined in an industrial plant. It usually comes in a packaging, contains a long list of ingredients and has a long shelf-life.





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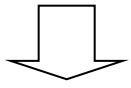
Ideally source your Real Food from small-scale, local, organic farms, especially the animal-products!





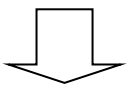














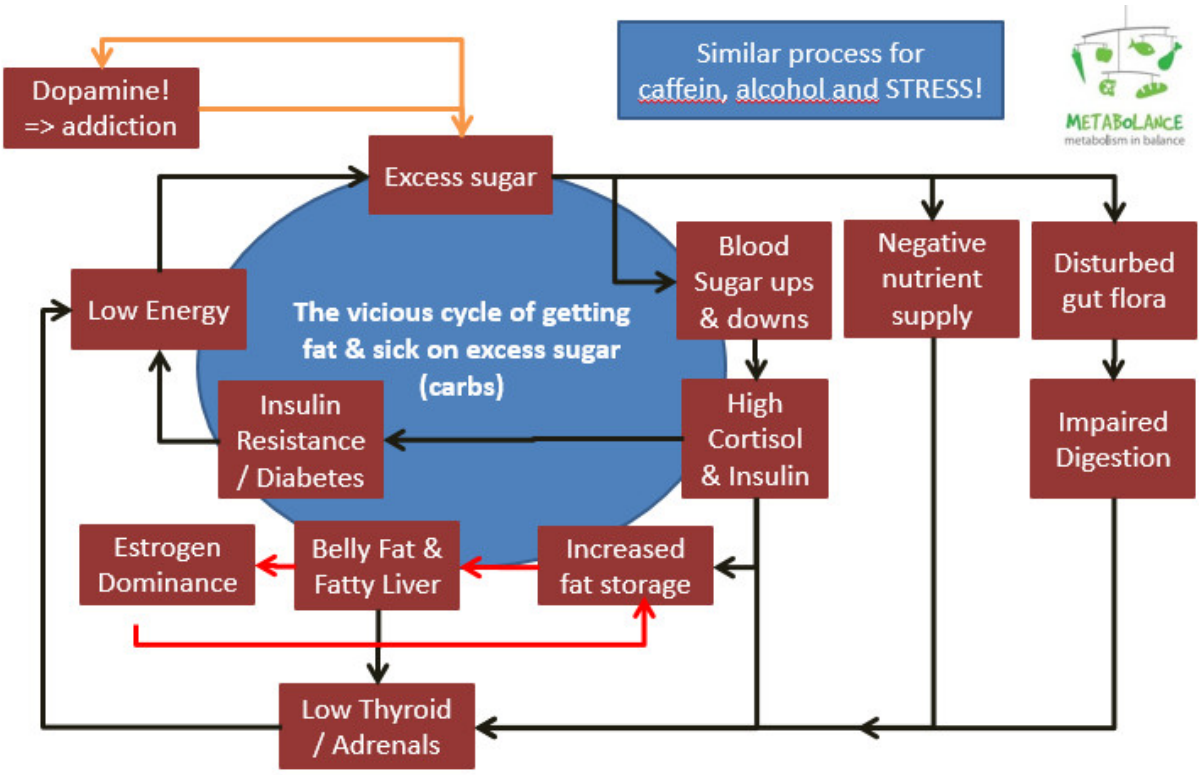


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Carbohydrates

Reduce the consumption of carbohydrates, especially from simple sugars.



Combine carbohydrates with proteins and/or fats in every meal (i.e. fruit with cheese)!







Eat more vegetables and less fruit.

5-7 portions





1-2 portions



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Fats

	Use	Avoid
Cold Preparations	- Raw Butter - Olive Oil - Flax Seed Oil (only if very fresh)   	All other liquid vegetable oils, but especially: - Corn Oil - Sunflower Oil - Cottonseed Oil - Soy Oil - Canola (Rapeseed) Oil - Peanut Oil esp. the refined, non-organic versions, but also the bio-ones are too high in **omega 6**. Also avoid margarine at all cost, even if sold in a bio shop!  

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Cooking	Saturated Fats - Ghee (or butter) - Coconut Oil - Red Palm Fruit Oil - Lard, tallow or duck fat	Only saturated fats are heat stable enough for cooking! Everything else is NOT suited for cooking - not even olive oil (mono-unsaturated) and definitely no liquid (poly-unsaturated) vegetable oil! They oxidize (= get **rancid**), which is very harmful!









Don't be afraid of saturated fats & cholesterol!

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Radically reduce your omega 6 intake while increasing your omega 3 intake

vegetable oils, soy, **corn**, peanuts, corn-/soy-fed animal products

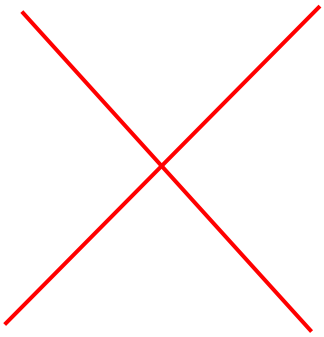
wild, fatty fish, flax seeds, sea weed, walnuts, animal foods from grass-fed animals

Caution: Rancidity!





Beware of soy – only consume fermented soy products in small quantities



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Prefer grass-fed over grain-/ corn-/ soy-fed animal produce



Use the whole animal, incl. organ meats and bones





Useful supplements:







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Omega 3 Fish Oil Gelatin from grass-fed cows Cod Liver Oil Probiotics

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