

PALEO4HEALTH:

THE RESET 2.0



A Guide for healthy living ... eating naturally

Foodhealth4life

www.foodhealth4life.com

With the various global issues affecting us all and constant stress in our lives, it is vital to keep healthy and boost immunity, while reducing consumption to preserve our natural environment for wildlife and our food sources and medicines. Now perhaps is the opportunity to reset our lives to face these issues - what you might call resilience planning. This Paleo Guide aims to provide information on food that may benefit some conditions, and, in some cases, even prevention, of Type 2 diabetes (T2), cancer, bone strength, arthritis, heart health, as well as just enhancing general health and fitness.

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1. What is Foodhealth4life about?

Paleo - plant-based and place-based (locally produced, if possible). Foodhealth4life is a small group of specialists in nutritional anthropology, heritage and environmental protection. After research and testing, this Paleo Guide for healthy living offers a compilation of food facts, (augmented by the insights of scientist and nutritional anthropologist, Geoff Bond: www.thebondeffect.com), that should help general health. Our research has been commended by the European Commission in Brussels with their new 2021 to 2027 policy. **To help you through the maze we have uniquely created nutrients charts, below, that give general health benefits of the main vitamins, minerals and other nutrients, including the complaints that flag up deficiencies.** Conforming easy recipes are available on our website. We use a variety of low-GI and very low saturated fat foods that provide the most healthful impact. **It is important to get a good range of these foods.** The glycemic index (GI) measures the level of glucose in foodstuffs. **This guide is not suitable for Type 1 diabetes (T1).**

The paleo diet (living as nature intended) is close to that of the palaeolithic period - the pre-farming age of hunter-gatherers, similar to the Greek Cretan and Ikaria models and that of the Mediterranean. Foodhealth4life's paleo diet is a very updated version of the Cretan diet (now interpreted as the Mediterranean 'Med' diet) with changes from our research. We mention the diet of the Cretans over the many centuries as it resonates to some extent with our philosophy. The Cretan diet was much more as nature intended, consisting of many vegetables, fruits, fish, herbs, rustic bread, legumes and, of course, olive oil and wine! Their health on this diet was remarkable, with no records of having the health problems we do today. The Mediterranean is UNESCO-listed as a cultural heritage region for its food referring to the culture, skills and traditions involved. An EU project on the Med diet involves Italy, Portugal, Greece, Spain and Cyprus researching this diet high in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and olive oil but low in meat and dairy foods. Well, that's fine but Foodhealth4life restrict the use of grains (wheat etc.) cereals, legumes, potato, soya, meat or dairy.



Our foods are generally low sugar, very low saturated fats, low acidity and have good nutrients to help provide the main vitamins, minerals and protein needed to improve general health, increase immunity and lose weight naturally, coupled with regular exercise of walking. We do include some red wine for the antioxidants! For Vitamin D, we need oily fish and 10 minutes a day of good sunshine. **As well as plant food, our varied paleo diet includes important sources of protein such as oily fish, eggs (omega-3), nuts, poultry and game.** Most fruit and vegetables are rich in micro-nutrients and phytochemicals, such as bioflavonoids, phenols, terpenes and carotenoids. Flavonoids and have been associated with reducing the risk of cardiovascular disease and cancer, as they are deemed to be more powerful antioxidants than vitamins C, E and selenium. Phytochemicals are chemical compounds produced by plants, the name coming from the Greek, φυτόν, meaning 'plant'.

Our food comes from the natural environment. So, we need to try to promote the 'green agenda'. The aim is to be plant-based and place-based (food produced and bought locally, if possible) - helping the circular economy and the environment. Food waste accounts for nearly a fifth of our individual carbon footprint and is a huge emitter of methane gas. A sobering thought: the world population in cities is expected to rise to 70-75% by 2050 (World Bank data) - the EU is already at 75%. It is worth thinking about 'urban gardening', so try microgreens and their seeds at local vegan and artisan markets. They are nutritious and easy to grow, even on the windowsill, with no waste.



Thessaloniki market, Greece - awarded 'UNESCO Creative City for Gastronomy' in 2022

2. What is healthy?

The BMI (Body Mass Index) is a measure to indicate obesity (18-25 BMI is a healthy range) but a more accurate measure of **body fat** is the waist-to-height ratio - between 0.42-0.48 is good. To lose weight, exercise is most important as is healthy eating. It is recommended to walk about 150 minutes a week in fresh air. This is an excellent start, clearly helping to reduce blood sugar levels, as well as giving other health benefits.

To improve immunity, we need T cells (a type of white blood cell) that fight diseases, respond to viral infections, help build antibodies and strengthen the immune system. The Harvard Medical Center and DiabetesUK recommend ways of doing so, naturally. We have added to their lists to work towards a healthy weight and lifestyle:

1. **Eat a low-glycemic, low-insulinemic (gluten-free) diet: reduce, then slowly eliminate starches (especially wheat), - bread, pasta, white rice, muffins, buns, cakes and biscuits.**
2. **Eat a diet mainly of non-starchy, micronutrient-rich, plant food - salads, green (leafy) and red vegetables, low-GI fruits – as well as good protein sources.**
3. **EFA's - essential fatty acids: Have a low fatty acid profile: reduce or eliminate saturated fats, greatly reduce omega-6 oils. Focus on omega-3 oils, esp. oily fish, canola (rapeseed) oil, olive oil (which is monounsaturated), flaxseed oil and green leafy vegetables.**
4. **Have a low plant poison intake: avoid grains, legumes (pulses) and potato.**
5. **Have a low allergen intake: avoid grains, legumes and dairy.**
6. **Get physical activity - brisk walking for about 20-30 minutes 5 times a week.**
7. **Get sufficient exposure to sunshine for your vitamin D to increase immunity but do not burn (for those who have to keep out of the sun, about 10 minutes early or late in the day).**
8. **Have a low percentage of body fat. Best to eat little and often.**
9. **Try to get a good sleeping pattern of about 7 or 8 hours/day.**
10. **Avoid smoking and drink not more than one glass in a day – preferably red wine with food.**
11. **Avoid unnecessary stress if you can, it raises blood sugar levels – walking helps. Try to get a break from 'phones and screens. Perhaps getting into nature or gardening to enjoy the seasons.**
12. **For mental health, perhaps doing something you enjoy or something different!!**

3. What is good to eat?

Vegetables: green and brightly-coloured vegetables and salads: see charts below – (one raw 50g carrot or one 100g red or green pepper = daily requirement of vitamin A!).

Fruit: all, esp. low GI berries – blackberries, raspberries, blueberries, strawberries; avocados, blackcurrants, limes and green-tipped bananas.

Eggs: esp. yolk (omega 3 eggs, if possible).

All fish and seafood (especially oily fish high in omega-3: salmon, mackerel, anchovies, sardines, haddock (SMASH), tuna, prawns, crab, etc. (Tinned fish is fine.)

Raw, unsalted nuts: (low-fat - almonds, walnuts, hazelnuts), Brazil nuts, pine nuts, pistachios – all nuts are a good source of nutrition.

Poultry and Game: organic chicken, turkey, duck, venison.

Fresh aromatic herbs & spices: all- esp. parsley, oregano, rosemary, thyme, sage, basil, lemon balm, garlic, fresh ginger, turmeric. (Ancient Egypt was known for its herbal gardens and China developed herbal medicine).

Some simple tips:

- Eat oily fish most days for Vitamin D, omega-3 and protein (tinned is cheaper than fresh!)
- Eat fruit on an empty stomach – especially in the morning. Berries are good.
- Eggs anyhow - should be omega-3 range.
- For oils: Use only canola (rapeseed - omega-3) oil or a good (Greek) extra virgin olive oil.
- Dairy – cheese may be tolerated in very small quantities, occasionally.
- Chia and flax seed contain various minerals, omega 3 essential fatty acid and a low GI.
- Cauliflower and broccoli provide good carbs and are naturally conforming.
- Dark honey- about 2 teaspoons/day; Dark chocolate (85% cocoa solids) 5-10g/day.
- Use nut milks and nut flours to replace wheat and some dairy ingredients.
- Drinks: black coffee, herbal teas, tea with nut milk, some wine
- Occasionally, small quantities of cheese may be tolerated, although containing various nutrients, it is saturated fat, of course.
- Aim for a wide range of 'conforming' foods.

- It is best to change a diet slowly, say, over three months, especially in a cold climate.

NOTE: In the following 'Focus' we highlight some foods. This 'Focus' and any news items will continue in our Recipes section that will be updated at regular intervals.

FOCUS: some useful foods:



Broccoli microgreens

Broccoli microgreens: Broccoli contains sulforaphane, a substance which could protect us against the risk of cancer occurring, and reduce the severity of cancers that do occur. The microgreens also contain soluble fibres, folate, sulphur, and a wide variety of minerals and vitamins including A, B, C, E and K. They are also a good source of Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll and Amino Acids. What's not to like? Buy seeds or 'living' pots from growers.

Watercress: It is generally known that watercress contains antioxidants, which mop up potentially harmful free radicals and can suppress the growth of breast cancer cells by turning off a signal in the body. When that happens, the flow of essential blood and oxygen to the growing tumour is stemmed, and the cancer cells stop developing. Watercress has a high concentration of compounds known as glucosinolates, one of which is phenylethyl isothiocyanate, or PEITC. Various scientific studies in the US, the UK Institute of Food Research and the University of Southampton, UK, have shown PEITC as being effective in preventing and curing various forms of cancer. Watercress contains more vitamin B than blackcurrants, more calcium than whole milk, more iron than spinach, is a very good source of vitamin C, as well as folates, or folic acid.

Brazil nuts: contain a very beneficial amount of selenium, useful for heart health, and various vitamins and other minerals – see the Charts below.



garlic mushrooms

Mushrooms: are rich in the B vitamins: thiamine (B1) riboflavin (B2), niacin (B3) and pantothenic acid (B5). The combination helps protect the heart. Mushrooms have been shown to have some therapeutic properties which may help lower cholesterol, particularly in overweight adults, maybe helping those with Type 2 diabetes. They are thought to help ward off depression.

Eggs-omega-3: contain many vitamins, minerals, and omega-3 essential fatty acid in the yoke.

4. What is we consider is not advisable

We do not use potato, soya, grains (especially wheat), meat and dairy.

Potato (white), a tuber, contains a low plant poison, is very glycemic and therefore off-limits. A glycemic diet gives us harmful blood sugar spikes that can increase the incidence of diabetes, heart conditions and cancer. Sweet potato is somewhat glycemic but contains a good quantity of vitamin A.

Soy, or soya – we exclude for its climatic effect because of the land clearances required for growing but also soy, or soya, is thought to increase the risk of various cancers – a little light soy sauce is acceptable. Soy, or soya, in various forms is used for ‘padding’ in many bought food products.

Wheat – well, the bottom line on wheat is grim. All sources advise us that as a grain it is glycemic and insulinemic, therefore having the ability to impair the absorption of essential minerals, it has low nutritional value and can cause food intolerance. (An insulinemic diet depresses the immune system and allows cancers to grow and produces high cholesterol levels that can affect the heart.)

Grains have a high glycemic index (GI) and are bad for diabetes, as well as all ‘sugary’ foods. Grains, such as white rice, rye, barley and oats, have a similar effect to wheat and are best avoided.

Meat most forms of meat contain saturated fat, potentially affecting heart conditions, are not easily digested and have a large carbon footprint.

Dairy can be allergenic, insulinemic and contain saturated fat. Milk can contain bad allergens such as lactose and casein, not an easily digestible protein.

See also www.thebondeffect.com and www.thetrueyoudiet.com.

STAY CONNECTED: see our website for recipes and low-cost quick-fixes from around Europe and beyond. [The recipe section will continue to be updated \(www.foodhealth4life.com\)](http://www.foodhealth4life.com).

See now, below, the following charts **uniquely** listing the value of good foods.
Important: Note the comments at the very end of the Charts.

Main References:

‘Paleo in a Nutshell’ – Geoff Bond: www.thebondeffect.com

‘The True You Diet’ - Dr John Briffa: www.thetrueyoudiet.com

‘Paleo Harvest’ – Nicole Bond: www.paleo-harvest.com

The Vitamin and Mineral Counter (Consultant Ed. Dell Stanford).

The ‘RI’ quoted in the following charts generally refers to the Reference Intake of the UK Department of Health’s recommendations of 1991 for females - men are slightly higher in a few cases.

This is a guide. Always consult your doctor before undertaking any health program.

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5. NUTRIENTS AND BENEFITS CHARTS

MAIN VITAMINS & OTHER NUTRIENTS	Vitamin A	Vitamin C	Vitamin E	Vitamin D	Essential Fatty Acids (EFAs)- Omega 3 and Omega 6	Flavonoids
RI – reference intake per day	700 mcg (female) 900 mcg (male)	40-50 mg	3-4 mg	10 mcg	1% total energy intake	No RI
Benefits and/or Function of Vitamin	Vision, repair, growth, skin, hair. Resists infection. Powerful antioxidant	Skin, bones, teeth, blood vessels, immune system. Anti-oxidant	Rids free radicals, promotes healing and good blood cells	Bones & teeth. Virus protection. Absorbs calcium	Promotes healthy growth, skin, eyes, nerves and heart	Powerful anti-oxidants, rids free radicals
In general order of providing the most nutrient by content and weight However: * = glycemic ** = saturated fat	Carrot * Red pepper Spring greens Spinach Mixed frozen veg Watercress Eggs Hard cheese ** Tomatoes Mango * Parsley Broccoli Apricots, dried All other brightly-coloured fruit and vegetables	Peppers, red & green Blackcurrants Red chillies Spring greens Strawberries Curly kale Cabbage Kiwi* Nectarine Grapefruit Mango* Watercress Brussels sprouts Oranges* Broccoli Cauliflower Redcurrants Lime * Raspberries Green salad Tomatoes Spinach Flaxseed 7g/day	Canola (rapeseed oil) Hazelnuts Almonds Brazils Pine nuts Tomatoes Avocado Walnuts Eggs Broccoli Sesame seeds	Red salmon canned Herring Sardines Pilchards Trout Salmon-fresh Smoked mackerel Egg yolk	Not in weight order Omega 3: Canola oil (rapeseed) Anchovies Egg yolk Flaxseed oil Olive oil (Greek) Mackerel Hazelnuts Pecans Salmon Sardines Squid Veg green Walnuts Chia seed 15g/day Flaxseed 7g/day Omega 6: Canola oil Flaxseed oil Nuts Olive oil (Greek)	All low sugar fruit esp. Berries Broccoli Broad beans* Cabbage Cherries Garlic Green tea Lemon/Lime Onions Parsley Pecans Peppers Prunes * Radish Raspberry Other brightly-coloured fruit and vegetables Cocoa powder Wine, red* (13.5cl)

MAKE A WIDE SELECTION FROM THE ABOVE FOODS IN ANY ONE DAY.
NOTE THE RECOMMENDED LIMITED AMOUNTS ON CHIA AND FLAXSEED.
BRIGHTLY COLOURED VEGETABLES ARE GOOD FOR MOST NUTRIENTS.

Vitamins contd./

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MAIN VITAMINS & OTHER NUTRIENTS	Vit B1 <i>Thiamin</i>	Vit B2 <i>Ribo- flavin</i>	Vit B3 <i>Niacin</i>	Vit B5 <i>Pantothen ic acid</i>	Vit B6 <i>Pyridoxine</i>	Vit B12 <i>Cobalamin</i>	Folate	Biotin
RI – reference intake per day	0.8mg	1.1 mg	13 mg	3-7 mg	1.2 mg	1.5 mcg	200 mcg	10-200 mcg
Benefits and/or Function of Vitamin	Energy, heart, nerves	Energy, skin, hair, nails, eyes, good vision	Energy, skin, blood sugar control, nerves, brain	Cholesterol & fatty acid synthesis. Helps form anti- bodies	Red/white blood cells, immune system, anti-bodies, skin lesions, nerves	Red blood cells growth, energy, muscle strength, memory	Growth, red blood cell re- product- ion for babies. Works with B12	Cell growth, glucose use, hair, nails, fat metabol- ism
In general order of providing the most nutrient by content and weight	Quorn Tahini** Pine nuts Pistachios Cashews Peas* Sesame seeds	Almonds Goat's cheese** Egg yolk Smoked mackerel Duck Pilchards Sardines Brie ** Stilton** Mush- rooms Kale Spinach	Nuts, mixed Smoked mackerel Salmon Anchovies Rainbow trout Chicken Almonds Cashews Eggs Sesame seeds	Broad beans* Egg yolk Salmon (steamed) Avocado Rainbow trout Chicken Duck Pecans Walnuts Hazelnuts Egg whole Cashews Mushrooms Sesame seeds Dried fruit *	Salmon (steamed) Walnuts Hazelnuts Chicken breast Smoked mackerel Tahini** Haddock Halibut Garlic Avocado Bananas* Sesame seeds Flaxseed 7g/day	Mussels Smoked mackerel Sardines Anchovies Scallops Salmon (fresh) Salmon (smoked) Egg yolk Feta (Greek) cheese** Egg whole	Broccoli Egg yolk Brussels sprouts Swiss chard Tahini** Hazelnuts Cashews Walnuts Spinach Spring greens Lettuce Sesame seeds Oranges*	Nuts, mixed Almonds Plaice Egg yolk Eggs whole Walnuts Salmon Cashews Brazil Pilchards
However: * = glycemic ** = saturated fat								

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MAIN MINERALS	Calcium	Magnesium	Phosphorous	Potassium	Sulphur
RI – reference intake per day	700 mg	270 mg	550 mg	3,500 mg	No RI
Benefits and/or Function of mineral	Bones, teeth, enzyme regulation, insulin, muscles	Bones, nerves & muscle functioning, cramps, hormones	Bone structure & strength, energy production	Muscles &, nerves functioning, fluid balance	Glossy hair, skin, nails, cell protection DETOX
In general order of providing the most nutrient by content and weight However: * = glycemic ** = saturated fat	Sardines Salmon, pink, canned Hard cheese** Brie** Tahini** Sesame seeds Almonds Figs, fresh Mackerel Spinach Watercress Curly kale Hazelnuts Walnuts Eggs Broccoli Okra Pecans Oranges* Parsley Chia seed15g/day	Brazils Cashews Almonds Pine nuts Cocoa powder Tahini** Walnuts Hazelnuts Sesame seeds Shrimps Swiss chard Figs & Apricots, dried Spinach Mustard wholegrain Chia seed15g/day Flaxseed 7g/day	Sardines Brazils Gruyere** Tahini** Cashews Almonds Pine nuts Chia seed15g/day Egg yolk Emmenthal cheese** Greek feta cheese** Sesame seeds Walnuts Chia seed15g/day	Apricots, dried* Raisins * Avocado Brazils Bananas* Almonds Hazelnuts Pine nuts Walnuts Carrot* Oranges* Apples* Spinach Garlic Parsley Coriander Chia seed15g/day	Cod Brazils Nuts, mixed Turkey Duck Chicken Hard cheese** Salmon Eggs Almonds Walnuts Peaches* Brussels sprouts Cabbage, red Mustard powder

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Minerals contd/

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<u>MAIN MINERALS</u>	Zinc	Copper	Manganese	Chromium	Iron	Selenium
RI – reference intake per day	7 mg	1.2 mg	1.4 mg	25 mcg	8.7 mg. (Females 18-50 yrs 14.8mg)	60 mcg
Benefits and/or Function of mineral	Immunity, nails, skin hair, tissue growth and repair	Heart muscle and tissue, immune system, red blood cells, hair and skin	Anti-oxidant, bones, brain. Carbohydrate & fat metabolism	Helps to maintain blood sugar levels – for normal function of insulin	Transports oxygen to cells, muscles & rids carbon dioxide	Anti-oxidant, thyroid hormones, protects heart
In general order of providing the most nutrient by content and weight However: * = glycemic ** = saturated fat	Crab Cashews Brazil Quorn Pumpkin seeds Pine nuts Pecans Emmenthal cheese ** Egg yolk Anchovies Pumpkin seeds Sesame seeds Chia seed 15g/day Flaxseed 7g/day	Cashews Crab Brazil Shrimps Lobster Squid Tahini** Cocoa powder Pumpkin seeds Walnuts Pine nuts Pecans Almonds Pistachios Quorn Mushrooms Tomatoes Peaches* Sesame seeds	Pine nuts Seaweed, nori, dried Hazelnuts Pecans Walnuts Honey Quorn Mushrooms Almonds Cashews Blackberries Spinach Watercress Sesame seeds	Egg yolk Spinach Black pepper Spinach Apple <u>peel</u> Wine, red*	Mussels Tahini** Cocoa Pumpkin seeds Clams Cashews Egg yolk Pine nuts Blackcurrants Dried apricots * Sardines Raisins Almonds Walnuts Curly kale Watercress Spinach Chia seed 15g/day Flaxseed 7g/day	Brazil Mixed nuts & raisins Lobster Squid Mullet, red Scallops Mussels Sardines Cod Herring Scallops Mackerel Shrimps Salmon, grilled Egg yolk Crab Houmous

Bought supplements can be toxic in Iron, Zinc and Selenium when consumed with our natural food – take medical advice.

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