



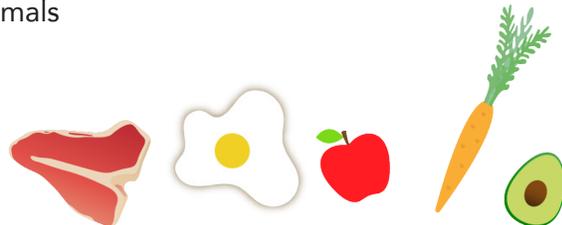
Brain Food

How to improve your mood, energy and concentration with diet

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Key Points

- **Eat real foods:** minimally processed plants and animals
- Avoid seed oils
- Avoid refined carbohydrates
- Don't be afraid to eat healthy fats
- Don't worry about dietary cholesterol
- Consider removing grains and beans
- Consider removing dairy
- "All-natural" doesn't necessarily mean healthy
- Find out if you have insulin resistance: if so, eat a low-carb diet
- Redefine junk food: wrong carbs (refined), wrong fats (trans fats and seed oils), artificial ingredients
- Any diet beats the Western Diet: any change you make will help
- Practice making healthier choices: are you a one-step-at-a-time person or an all-or-nothing person?
- Be a role model for your friends, family, and coworkers: your health improvements will inspire them!
- Be human not perfect!



What to Eat

PROTEIN

Animal proteins are preferred.

Dairy may be problematic but if you eat dairy, choose unsweetened, full-fat, all-natural.

How much protein do you need?

body weight divided by 2 = approx. protein grams per day

Tips for affording meat:

- Cheapest cuts are often the healthiest cuts!
- The fattier the better
- Dark meat more nutritious than white meat
- Whole chickens cheaper than butcher cuts
- Whole fish cheaper and fresher than filets
- Canned fish (tuna, salmon, sardines)

Stock the freezer with inexpensive cuts of meat/fish and thaw the night before.

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Cheaper cuts:

- Chicken thighs, wings, legs
- Beef: brisket, skirt steak, chuck steak, blade steak, flank steak, stew beef
- Pork butt
- Liver: chicken, beef
- High-fat ground beef
- Ground chicken/ground turkey

Include in stir-fry, salads, crockpot, curries, stews (without flour).

CHOLESTEROL

Don't worry about it! Dietary cholesterol is innocent. Take care of the carbs and your cholesterol problems will take care of themselves.

FAT

Best fats for cooking are animal fats that are solid at room temperature:

- Lard
- Bacon fat
- Butter or ghee (if you can do dairy)

Best fats for salads and sauces come from "fruit vegetables" and nuts:

- Olive oil
- Avocado oil
- Palm FRUIT oil (NOT palm KERNEL oil)
- Coconut oil

Butter and heavy cream are great if you can tolerate dairy.

Fats to limit:

Seed oils ("Vegetable oils"): canola, soybean, sunflower, corn, safflower, cottonseed, flaxseed, palm kernel, etc.

- Bottled salad dressings (seed oils)
- Margarine (seed oils)
- Mayonnaise (seed oils)
- Low-cholesterol/low-fat spreads

Fats to avoid:

Trans fats

Omega 3 Supplement:

fish oil best source

Prevention: 250-500mg of **EPA** per day

Treatment: 1000 mg of **EPA** per day

VEGETABLES

Most vegetables are filling, low in carbohydrate, and add variety and flavor to your menu.

Easy vegetables:

- Frozen vegetables
- Root vegetables (can be microwaved or baked ahead)
- Cucumbers, carrots, celery
- Avocado
- Tomatoes

CARBOHYDRATES

Eating too much of the wrong types of carbohydrates for your metabolism:

- causes brain damage
- puts your brain and body on a hormonal roller coaster
- makes you gain weight
- increases your appetite
- eventually destroys your ability to process even healthy carbohydrates

SO: Kick the (bad) carbs to the curb!

Whole carbs = "good" vs. Refined carbs = "bad"

Whole sources:

Get your carbs from whole fruits and vegetables instead of from sugar, grains, cereals, and beans. The healthiest carbs are FRUITS and ROOTS.

Whole or frozen fruits—not juice or smoothies or bars or strips.

And if you're insulin resistant or diabetic, avoid ALL carbs as much as you possibly can (less than 50 grams is recommended).

Refined Carbohydrates:

All sugars and syrups

Bread

Pasta

Muffins

Cereals

Jam

Flour

Most snack bars are loaded with sugar: Granola, Power bars, Kind bars, etc.

Fruit juice (juice boxes are not healthy)

Dried fruit

Beware: Low-fat almost always means high-sugar!!!

SNACK FOODS

Eating a whole foods diet with lots of healthy fats and protein will leave you more satisfied after meals and naturally decrease the desire for snacking.

Remember, carbohydrates (sugar) are addictive and cause cravings. If you find that you are still craving sweets or snacks throughout the day, eat more fat and protein and decrease your carbohydrate intake. Low-carbohydrate diets reduce cravings by lowering sugar intake.

Healthy snacks:

- Hard-boiled eggs
- Plantain or vegetable chips
- Olives
- Veggies with Guacamole
- Fresh fruit
- Canned fish
- Cheese*
- Nuts*

*if tolerated

BEVERAGES

- Water
- Seltzer
- Flavored water/seltzer (no sugars or artificial sweeteners—should be less than 10 calories per bottle/can)
- Unsweetened iced tea
- Unsweetened iced coffee

Flavor water with a splash of fruit juice—but just a splash!

Caffeine:

Easy on the caffeine if you have anxiety, panic attacks, or insomnia

Alcohol:

Easy on the alcohol no matter who you are, but especially if you have depression, mood swings, insomnia, low motivation, low energy, or poor concentration.

Special Considerations

What if you're a vegetarian?

Count protein grams and include eggs in your diet as often as possible. Dairy is a good second choice if you can tolerate it.

What if you're a vegan?

As a vegan you're limited to grains, beans, nuts and seeds as your protein sources. Nuts and seeds may be healthier than grains and beans, peas, soy, but we're really not sure. These foods come with some baggage (digestive, immune, high-carb, gluten/soy/corn sensitivities) but you simply have to eat them for protein.

Medications:

If you are taking medications, be aware that dietary changes will affect hormones, blood sugar, etc. As a result, dosages may need to be adjusted. Make dietary adjustments under medical supervision.

Anorexia:

Anorexia is a serious medical condition that requires specialized and individualized care. The dietary information included here is not recommended for people with anorexia.

Other Health Conditions:

If you are pregnant or breastfeeding, make dietary changes under the guidance of a medical practitioner to ensure you are getting adequate nutrition.

Some health conditions interfere with the body's natural ability to process fat. If you have any of these conditions, seek professional guidance:

- Abdominal Surgery
- Pancreatic Insufficiency
- Gallbladder Disease

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Diagnosis:Diet Resources

Selected Reading and Resources from Dr. Ede's website (www.diagnosisdiet.com)

Foods: links to in-depth articles about different food groups, macronutrients, and cholesterol, explaining what they do in our body, how much we need, and causes for concern: www.diagnosisdiet.com/food

Refined Carbohydrates list: <http://www.diagnosisdiet.com/refined-carbohydrate-list/>

Mental Health:

Attention! Is Your Diet Causing ADHD? <http://www.diagnosisdiet.com/adhd-and-diet-part-i/>

Sugar and ADHD <http://www.diagnosisdiet.com/sugar-and-adhd/>

Food Sensitivities and ADHD <http://www.diagnosisdiet.com/food-sensitivities-and-adhd/>

Bipolar Disorder and Diet Part I: Omega-3 Fatty Acids <http://www.diagnosisdiet.com/bipolar-disorder-and-omega-3-fatty-acids/>

Bipolar Disorder and Diet Part II: Low Carbohydrate Diets <http://www.diagnosisdiet.com/bipolar-disorder-and-low-carb-diets/>

Insulin Resistance and Low-Carbohydrate Diets

How to Diagnose, Prevent and Treat Insulin Resistance <http://www.diagnosisdiet.com/how-to-diagnose-prevent-and-treat-insulin-resistance/>

20 Tips for Staying Low-Carb Healthy during the Holidays <http://www.diagnosisdiet.com/20-low-carb-tips/>

Exposing the Science behind Nutrition News:

WHO Says Meat Causes Cancer? <http://www.diagnosisdiet.com/meat-and-cancer/>

The Grinch, The WHO, Red Meat and Cancer: A Holiday Poem <http://www.diagnosisdiet.com/red-meat-and-cancer-a-holiday-poem/>

New Dietary Guidelines Hazardous to Your Health? <http://www.diagnosisdiet.com/2015-dietary-guidelines-critique/>

Do High-Fat Diets Cause Depression? <http://www.diagnosisdiet.com/high-fat-diets-and-depression/>

Does Carnitine from Red Meat Cause Heart Disease? <http://www.diagnosisdiet.com/red-meat-and-heart-disease/>

Additional Resources

Books:

Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet by Nina Teicholz (2014)

The Vegetarian Myth: Food, Justice, and Sustainability by Lierre Keith (2009)

Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health by Gary Taubes (2008)

The Obesity Code: Unlocking the Secrets of Weight Loss Jason Fung (2016)

Read my review of the book here: <http://www.diagnosisdiet.com/obesity-code/>

Death by Food Pyramid: How Shoddy Science, Sketchy Politics and Shady Special Interests Have Ruined Our Health by Denise Minger (2014)

The New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great by Eric Westman, Stephen Phinney, and Jeff Volek

The Rosedale Diet by Ron Rosedale and Carol Colman

Websites:

www.DietDoctor.com Low-carb educational videos, recipes, and success stories

www.DitchTheCarbs.com Recipes, tips, and resources for practicing a low-carb diet

www.PaleoLeap.com Whole foods paleo resources and recipe blog with downloadable cookbooks

www.MarksDailyApple.com Low-carb/paleo blog, user discussion forum

www.Whole30.com Recipes, tips, resources, and user forums for practicing a whole foods diet