

surprising to know that high fiber diets reduce the prevalence of these conditions.

Juice has little to no fiber, whereas apples contain two to four grams. Raspberries, by comparison, have about eight grams per cup. Women require twenty to twenty-five grams of fiber a day, and men need thirty to forty grams per day, but today, adults only ingest about fifteen grams of fiber per day. And unfortunately, children consume even less than in past decades while consuming more salt, sugar, and fat.

You may not have to give up your health or convenience, though. Bring back barley, chickpeas, edamame beans, and chia seeds. Use pressure cookers and/or slow cookers for convenience. Add vegetables, black beans, salsa, and avocado to rice bowls, baked potatoes, or quinoa. Try wrap bread spread with hummus, loaded with vegetables and sprouts, and snacks such as roasted chickpeas or high fiber crackers with bruschetta. At restaurants, try the compromises below for more fiber and proper calories, fat, sugar, and salt.

Eating Out Compromises:

Coffee 2 sugar 2 cream: ~200 cals **or** Milk = 20-30 cals

Egg Muffin with Sausage ~450 cals **or** without Sausage = 300 cals

Large Burger, Large Fries/Soda ~1700 cals **or** Small Burger/Fries/Soda,

Fruit ~800 cals

Dinner

10 oz Steak + Caesar Salad + Baked Potato + Butter/Sour Cream ~ >1000 cals.

5 oz Steak + Vegetables + 1 Small Plain Baked Potato + 5oz Wine =

~500 cal

4 oz Steak + Vegetables + Baked Potato/Butter/Sour Cream + Sparkling Water = 500 cal

Totals: ~2500 cal, 2500 milligrams Sodium, 10 g Fiber, minimal vitamins/minerals

or

Total: ~1650 cal; 1500 milligrams Sodium, 17-20 g Fiber, higher vitamins

DOMINO DIET MOMENTS

Busy Thoughts ⇒ Fight-Flight ⇒ Malabsorption ⇒ Risk of Deficiency ⇒ Disease

Calm Thoughts ⇒ R&R ⇒ Better Absorption ⇒ Nourished ⇒ Healthy Harmony

REFLECTIONS

1. Are you at risk of being overnourished with some foods and undernourished with others? Where do you tend to fall short? Fiber? Omegas?
