

FOUNDATION NUTRITION

Confused about what to feed yourself or your family? Here are the most important aspects of nutrition:

GENETICALLY MODIFIED FOODS

A Genetically Modified food (GMO) is a microorganism or plant or other organism whose genetic makeup has been modified in a laboratory using genetic engineering technology. This creates a combination of a plant, bacteria or animal and virus genes that do not occur in nature. The biggest threat of GM foods is that they can have extremely harmful effects on the human body. The results of most studies with GM foods show that they cause some toxic effects such as pancreatic, hepatic, reproductive and renal effects and may alter the biochemical, hematological and immunologic parameters. Common foods to avoid and pay particular attention that they have a NON-GMO sticker:

- Corn
- Soybean
- Potato
- Cotton
- Summer Squash
- Papaya
- Sugar Beets
- Canola
- Apple
- Alfalfa



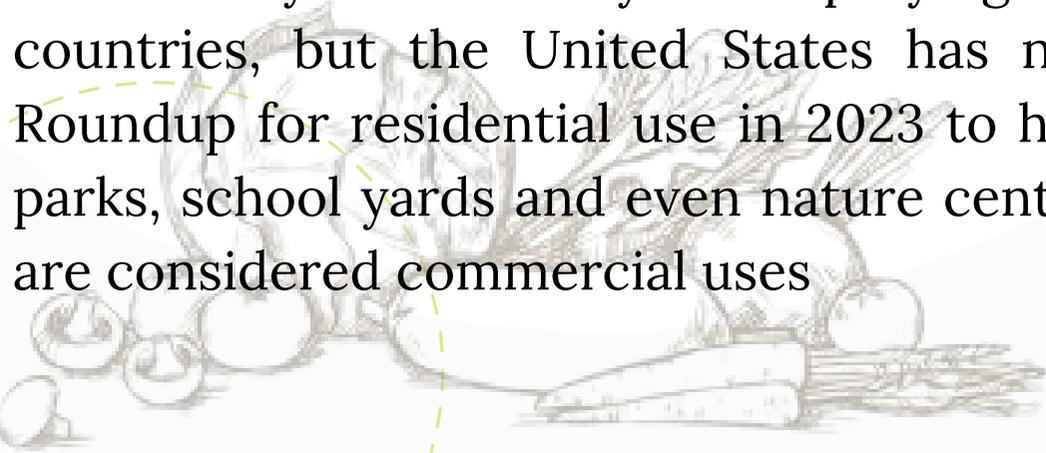
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Thankful for organizations like the non-GMO project that is tracking the rapid rise and entrance of GM food into our supply chain. Pay attention to your food and look for the NON-GMO sticker.

ORGANIC FOOD

The most devastating chemical to enter our world is glyphosate. You most likely know it as roundup. What you don't know is that more likely than not it is one of the reasons you are reading this book. Glyphosate has contributed to many cancer diagnoses in both the pediatric and adult world. In 1970 glyphosate was discovered to be an herbicide and in 1974 it was brought to the market for residential use as roundup. Even though in 1985 it was classified by the EPA as a class C carcinogen a deal was struck, and EPA changed its classification- it just took some money. By 2007 it was being used in most households, but this really booms by 2014. By 2017 a 30 plus year cover up of glyphosate's toxicity is found and in 2018 Monsanto loses the first cancer trial with 78 million dollars in damages. Now glyphosate is in most of our food. Even organic food is often next to a non-organic farm and gets accidentally affected by the spraying. Roundup is banned in more than 20 countries, but the United States has not banned it. The US will stop selling Roundup for residential use in 2023 to help prevent more lawsuits but your kids' parks, school yards and even nature centers will continue to use it because those are considered commercial uses



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. It will also continue to be in our food. What can you do? Every year the Environmental Working Group releases a list of fruit and vegetables with the highest amount of pesticide residue. This is called the dirty dozen and they also release a yearly “Clean 15” list which identifies fruit and vegetables found with the least amount of pesticide residue. Pay particular attention to these yearly lists and always buy (at the very minimum) everything on the Dirty Dozen list- organic. This is the 2021 Dirty Dozen but use the following link to stay up to date on this list: <https://www.ewg.org/foodnews/dirty-dozen.php>.

- Strawberries: these are always on the list- please avoid any pick your own strawberries with your kids unless they are organic
- Pears
- Apples- these are always on the list- please avoid pick your own apples unless they are organic
- Nectarines/Peaches
- Tomatoes
- Cherries
- Grapes
- Spinach
- Celery
- Kale/Collard/Mustard Greens
- Bell and Hot peppers



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These would also be wonderful things to grow in your own garden to avoid any pesticide exposure.

The Clean 15 is a list of fruits and vegetables with the least amount of pesticide residue but it's still there. In fact, even organic fruits and vegetables have some version of pesticides so even when buying organic please wash all your produce.

Washing ALL Produce

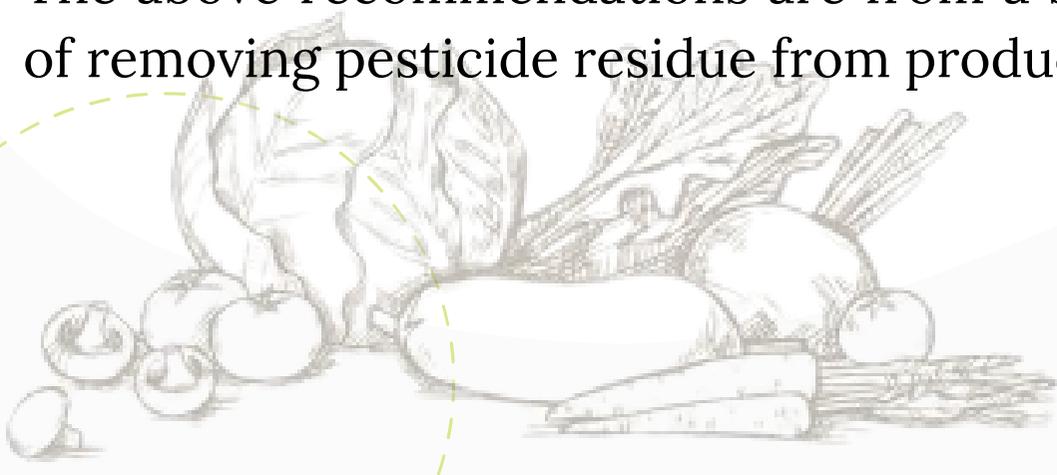
Fill any non-plastic container with filtered water to cover the produce

Add 1 teaspoon of baking soda to 2 cups of water OR

Add 1 tablespoon of apple cider vinegar to 2 cups of water

Allow to soak for 12-15 minutes and then scrub your produce

The above recommendations are from a study – that compared different methods of removing pesticide residue from produce.



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Traditional Dietary Guidelines

THE WHOLE ANIMAL INCLUDING MUSCLE MEAT, ORGANS, BONES, FAT, SHELLS + SKIN, ETC., ETHICALLY RAISED ON A BIOLOGICALLY APPROPRIATE DIET
UNPROCESSED (RAW) DAIRY, FULL FAT
TRADITIONAL ANIMAL FATS AND FRUIT FATS SOURCED ETHICALLY
PROPERLY PREPARED GRAINS, NUTS, LEGUMES, AND SEEDS: SPROUTED, SOAKED, SOUR-LEAVENED
ORGANIC, LOCAL, SEASONAL FRUITS + VEGGIES, PREPARED PROPERLY
NATURAL SWEETENERS AND FERMENTED FOODS

The following is how we should all be eating to optimize our health.

FOODS TO CONSUME = FOUNDATION NUTRITION:

ORGANIC, LOCAL, SEASONAL PRODUCE

This is depended on your local region, and I live in the Midwest, so this is a breakdown of the Midwest:

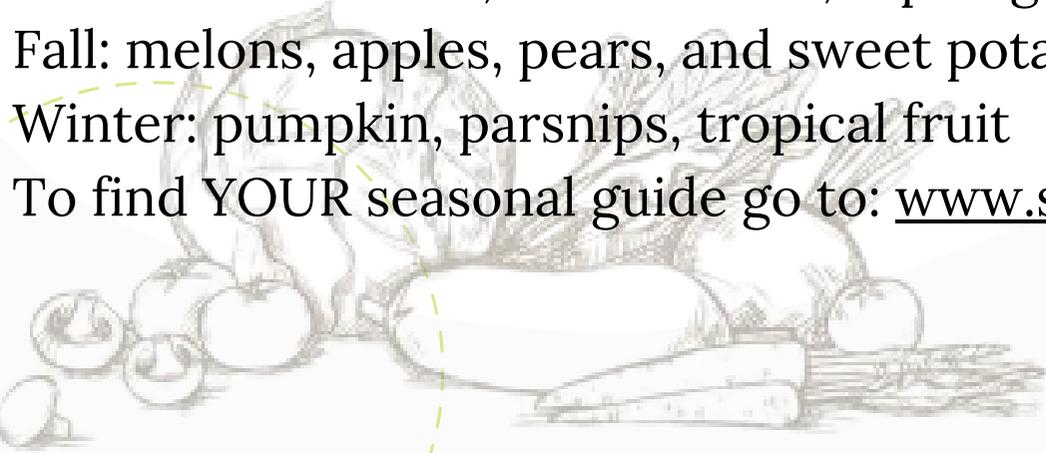
Spring: mushrooms, chives, lettuce, and local greens

Summer: tomatoes, strawberries, asparagus, peaches

Fall: melons, apples, pears, and sweet potatoes

Winter: pumpkin, parsnips, tropical fruit

To find YOUR seasonal guide go to: www.seasonalfoodguide.org



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Better: Local organic produce from farmers market or local grocery store

Best: organic from your own garden

Resources: downloadable guide.

www.Farmmatch.com, www.eatwild.com, localharvest.org

THE WHOLE ANIMAL – INCLUDING ORGAN MEATS

Organ meats are the most nutrient dense portion of the animal. Most families learn to sneak them into their food or if a child has an NG or G-tube through treatment they can be easily blended and incorporated.

Better: Grass fed meats from local grocer or market

Best: Pasture raised meats from a local farmer or grass finished from grocery store

Resources: downloadable guide

www.farmmatch.com

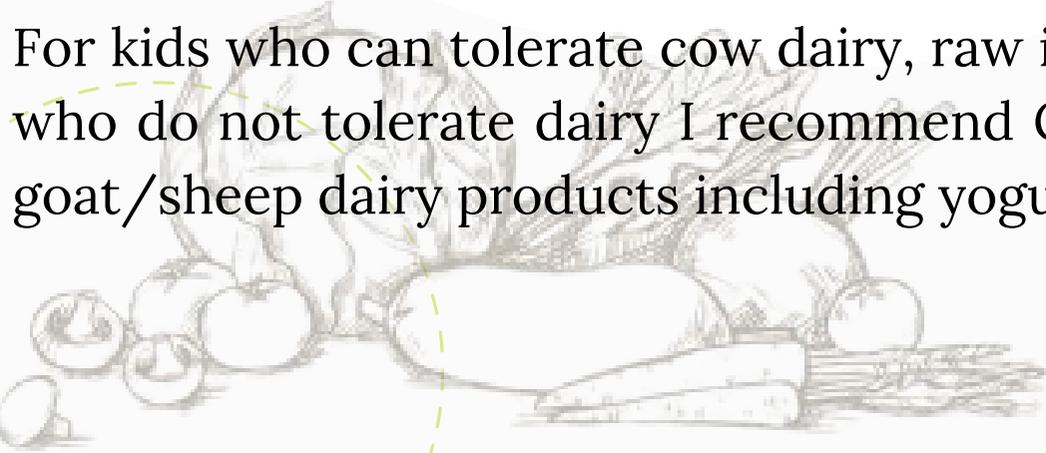
localharvest.org

eatwild.com

westonaprice.org

ORGANIC FULL FAT DAIRY – GOAT or SHEEP DAIRY

For kids who can tolerate cow dairy, raw is best. It can be tricky to source. For kids who do not tolerate dairy I recommend Goat or Sheep dairy as you can get many goat/sheep dairy products including yogurts and cheese.



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Better: organic full fat from local grocery store or goat/sheep dairy

Best: raw, full fat organic dairy.

Resources: downloadable guide

Realmilk.com

HIGH QUALITY FATS

Properly sourced healthy fats from animals or fruit oils include butter, ghee, tallow, duck fat, lard, coconut oil, extra virgin olive oil and avocado oil.

Better: Organic versions in glass bottles from local grocery store

Best: Local farm animal fats

Resources: downloadable guide

Azure Standard

Thrive Market

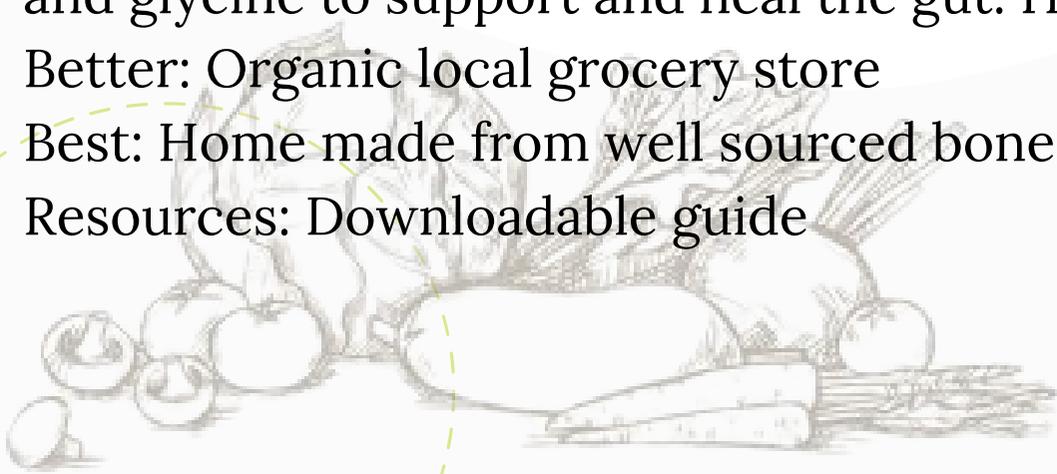
BROTHS AND STOCKS

From quality sourced animals, bone broths can be incredibly healing, and I highly recommend the incorporation into a child's diet. Broth is full of minerals, collagen and glycine to support and heal the gut. Homemade is best.

Better: Organic local grocery store

Best: Home made from well sourced bones, skin, meat or animal carcasses

Resources: Downloadable guide



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QUALITY SALT

Mineral rich unrefined salt mined from the sea

Best: Himalayan pink salt, REAL salt

NATURAL SWEETENERS

Local honey, maple syrup, coconut sugar, dates and date sugar, blackstrap molasses, monk fruit, organic stevia

SOAKED, SPROUTED, ORGANIC GRAINS, LEGUMES, NUTS AND SEEDS

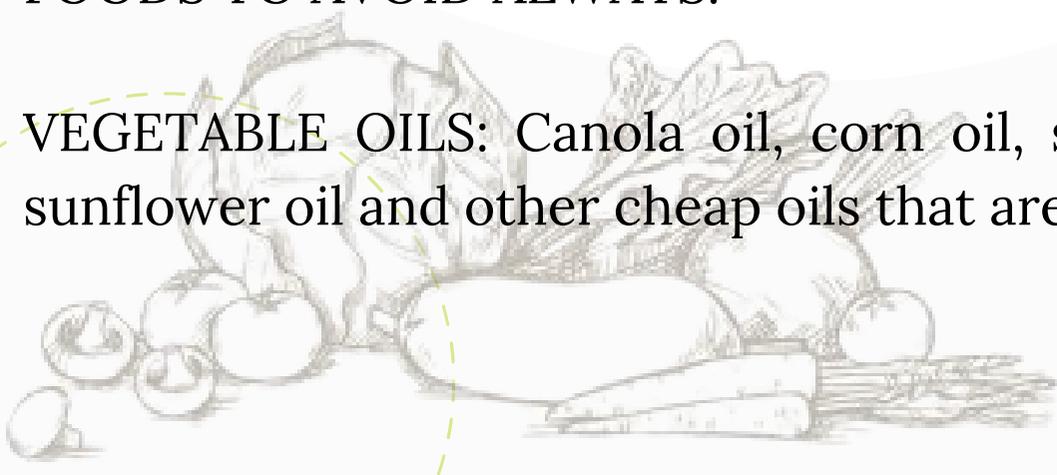
Genuine sourdough bread, soaked and washed rice, soaked pancake, soaked glyphosate free oatmeal, organic gluten free soaked and sprouted grains and grain free alternatives like organic almond flour, cassava flour and coconut flour.

Better: Non-GMO and Organic

Best: Non-GMO, organic and sprouted. Grain flours not within miles of non-grain farms.

FOODS TO AVOID ALWAYS:

VEGETABLE OILS: Canola oil, corn oil, soybean oil, grapeseed oil, safflower oil, sunflower oil and other cheap oils that are highly processed



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REFINED SWEETNERS: High fructose corn syrup, Granulated sugar, brown sugar, powdered sugar, juice concentrates, artificial sweeteners like aspartame, sucralose, saccharine

GENETICALLY MODIFIED CORN AND SOY ADDITIVES: High fructose corn syrup, Soy lecithin, soybean oil, protein isolate, corn oil, corn starch, cornmeal, modified corn starch

PROCESSED, PACKAGED FOODS:

Premade meals, packaged chips or pretzels, frozen snacks, protein bars, conventional breads, cookies, cakes and more.

CONVENTIONALLY GROWN WHEAT PRODUCTS

Nonorganic cookies, pretzels, flours, cakes, breads, pastry doughs, baking mixes and so much more that contains glyphosate.

VEGAN FAKE FOODS

Plant based milk, cheese, meat, eggs and anything made chemically to taste like the real thing.



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INDUSTRIAL, ULTRA PASTEURIZED LOW-FAT DAIRY

The pasteurization destroys the important enzymes necessary to support our bodies in being able to digest the milk or other dairy product. In addition, there is always harmful additives and vegetable oils. We want the fat in the milk where the vitamins are and calcium is naturally.

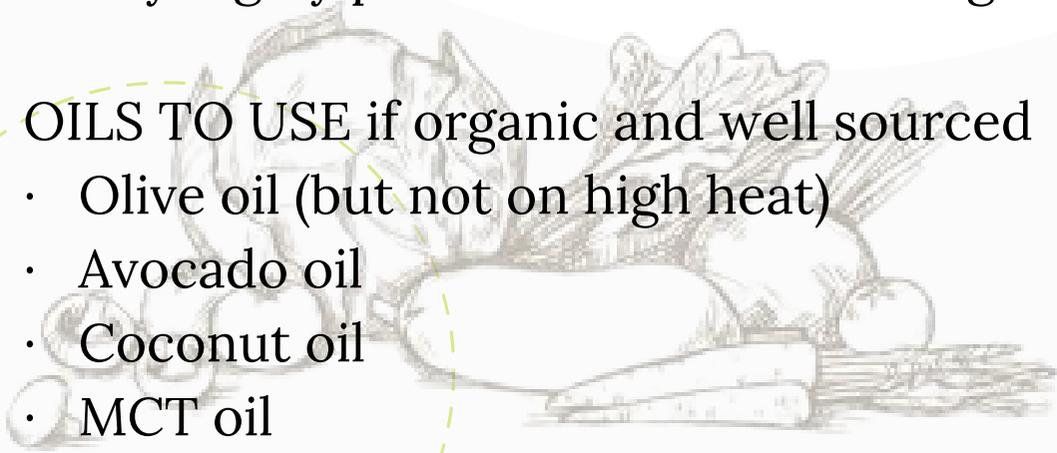
BAD FATS: Are the vegetable oils that are not only recommended by the USDA Dietary Guidelines but incredibly hard to avoid even in our “organic” section of the grocery store.

OILS TO AVOID / VEGETABLE OILS

- Canola oil
- Grapeseed oil
- Safflower oil
- Corn oil
- Soybean oil
- Any highly processed oil made with genetically modified organisms

OILS TO USE if organic and well sourced

- Olive oil (but not on high heat)
- Avocado oil
- Coconut oil
- MCT oil



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EXAMPLE OF FOUNDATION NUTRITION

Breakfast

Organic soy free chicken or duck eggs with organic turkey sausage

Organic, soaked spelt pancakes with whipped cream and seasonal berries

Full fat organic yogurt with extra protein powder and frozen mango slice into a shake + 1 tsp MCT oil

Lunch

Homemade tomato soup on broth with parmesan cheese crackers

Organic sprouted tortilla with cheese into quesadilla and guacamole

100% organic millet noodles with farm cheddar cheese into homemade mac n cheese with sauerkraut on side

Dinner

Grass fed steak with steamed broccoli topped with butter, side of sprouted organic black rice

Bone broth with buckwheat ramen, organic chicken pieces and green onion, cooked carrot and broccoli

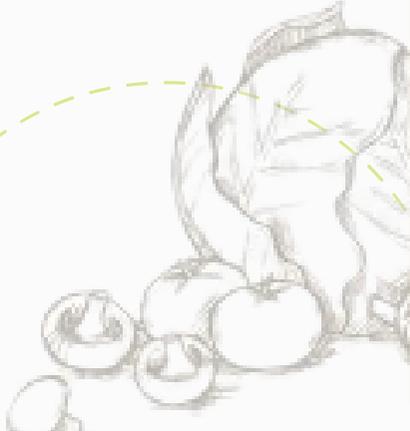
Sprouted tortillas with grass fed ground beef and cabbage tacos, homemade guacamole on side

Snack

Celery with homemade almond butter

Organic carrots, cucumbers and peppers with homemade ranch

Organic olives – green or black



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MACRONUTRIENTS

Now that we have an understanding of what a nutrient dense real food diet looks like let's break down macronutrients. All foods contain a combination of these three macronutrients: Carbohydrates, Protein and Fat.

PROTEIN:

There are twenty amino acids and nine of them are essential. There are sources of protein that contain a combination of all of them and these are referred to as complete protein and others contain only a few of them and these are incomplete proteins. Complete proteins come from animal fats like eggs, dairy, fish and meat. Plant proteins like beans, legumes, nuts and seeds are incomplete proteins.

CARBOHYDRATES

What most people do not realize is that carbohydrates are like long chains of sugar linked together. So, when you eat a carbohydrate, it gets broken down into a sugar to be digested and leads to a sugar spike. If you consume a carbohydrate with a good quality fiber or protein, then your blood sugar will not rise as high. This is an important concept for a metabolic therapy called a ketogenic diet.

FAT

Fat can come from both animal and plant food and contains fat soluble vitamins (A,D,E,K). We need good fats for complete nutrition, and it becomes a staple of the later discussed ketogenic diet.

An incredible recourse to learn more about FOUNDATION NUTRITION-
homegrowneducation.org

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Product Recommendations

Foundation:

Baby and Toddler Food: Serenity Kids

Pasta, Crackers, Flour: Jovial

Tortillas, Chips, Tacos: Siete Foods

Sauces and Marinades: Primal Kitchen

Snacks: Lesser Evil

Snacks, Chocolate: Hu Kitchen

Mixes and Snacks: Simple Mills

Mixes and Snacks: purely elizabeth

Snacks: Hu Kitchen

A2 Ghee, Meat, Vegetable Powder: Dr. Cowan's

Fruit and Vegetable Powder: Your Super

Ice Cream: Mammoth Creameries

FAVORITE:

Bread/tortillas/Grain Products: Organic Bread Of Heaven

Site: <https://www.ovenfreshdelivery.com/?ref=s5Wf1CmbGUvpdA>

Pasta: Big Green Millet or Buckwheat Pasta

Site: Amazon or <https://biggreenorganic.com>

Recipes: <https://www.raisinggenerationnourished.com>

For more support on nutrition book a consultation with our Terrain Experts Heidi RN or Jeanne.



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