

# The Dr. Brown Diet A Biochemically Correct Guide to Healthy Eating

A healthy body requires a healthy diet. So, here's the plan:

BREAKFAST <small>Animal Protein &amp; Vegetables</small>	SNACK	LUNCH <small>Animal Protein &amp; Vegetables</small>	SNACK	DINNER <small>Animal Protein &amp; Vegetables</small>	SNACK
<p>////////////////////</p> <p><b>ANIMAL PROTEIN:</b></p> <ul style="list-style-type: none"> <li>• A proper serving size is approximately the size of the palm of your hand.</li> <li>• Meat found in its most natural state from animals raised as humanely as possible (i.e. without hormones and antibiotics) is best.</li> </ul>		<p>////////// <b>INCLUDE</b> //////////</p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Fish (Wild caught)</li> <li>• Beef (Grassfed)</li> <li>• Lamb</li> <li>• Turkey</li> <li>• Bison</li> <li>• Venison</li> <li>• Eggs</li> </ul>		<p>////////// <b>AVOID</b> //////////</p> <ul style="list-style-type: none"> <li>• Pork (ham, bacon, pork sausage, pork chops, Canadian bacon, pork ribs, pepperoni, salami, hot dogs, etc.)</li> <li>• Shellfish (lobster, shrimp, crab, bay scallops, sea scallops, clams, mussels, oysters, etc.)</li> <li>• Bottom feeders (i.e. catfish or shark)</li> </ul>	
<p><b>VEGETABLES:</b></p> <ul style="list-style-type: none"> <li>• For optimal digestion, eat with meat.</li> </ul>		<ul style="list-style-type: none"> <li>• Fresh</li> <li>• Organic (when possible)</li> <li>• Frozen (as a second choice)</li> </ul>		<ul style="list-style-type: none"> <li>• Canned</li> </ul>	
<p><b>FRUITS:</b></p> <ul style="list-style-type: none"> <li>• For optimal digestion, eat away from meals as a snack.</li> <li>• For optimal nutrient and fiber content, eat fruit in its most natural state.</li> </ul>		<ul style="list-style-type: none"> <li>• Fresh</li> <li>• Organic (when possible)</li> <li>• Frozen (as a second choice)</li> </ul>		<ul style="list-style-type: none"> <li>• Canned</li> <li>• Dried</li> <li>• Juiced (bottled or homemade)</li> </ul>	
<p><b>WATER:</b></p> <ul style="list-style-type: none"> <li>• For optimal hydration and digestion, drink a total of 8- 8 oz glasses per day <i>between</i> meals.</li> </ul>		<ul style="list-style-type: none"> <li>• Spring Water</li> </ul>		<ul style="list-style-type: none"> <li>• Tap</li> <li>• Purified tap (i.e. Brita or Pur)</li> <li>• Reverse osmosis water</li> <li>• Distilled water</li> </ul>	
<p><b>STARCHES:</b></p> <ul style="list-style-type: none"> <li>• To maintain stable blood sugar levels, most starches found in the common western diet should be avoided.</li> <li>• To avoid that sluggish tired feeling, do not mix protein with starch.</li> </ul>		<ul style="list-style-type: none"> <li>• Paleo breads, muffins, etc. made with grain-free, gluten-free flours such as almond meal, flax meal, or coconut flour</li> <li>• Sweet potatoes on occasion</li> </ul>		<ul style="list-style-type: none"> <li>• Legumes (Beans are primarily starch with only a little bit of protein.)</li> <li>• Refined foods including most breads, rice, pasta, potatoes, pies, cakes, cookies, candy, ice cream, soda, doughnuts, brownies</li> <li>• Diet and sugar substitutes</li> </ul>	
<p><b>FATS:</b></p> <ul style="list-style-type: none"> <li>• Fats naturally pair well with protein (i.e. meats have both fat and protein).</li> <li>• Natural sources of fat are best since partially hydrogenated "trans fats" can lead to cell damage.</li> </ul>		<ul style="list-style-type: none"> <li>• Organic pasture butter</li> <li>• Nut oils</li> <li>• Nut butters</li> <li>• Olive oil</li> <li>• Coconut oil</li> <li>• Avocados</li> </ul>		<ul style="list-style-type: none"> <li>• Margarine, shortening, and vegetable oil spreads</li> <li>• Vegetable oils such as soybean, canola, corn, cottonseed, and safflower oils.</li> <li>• Whole nuts if intestinal irritation occurs</li> </ul>	

## THINGS TO CONSIDER:

Wheat (gluten), dairy (casein), corn, soy, and sugar are five foods that promote inflammation in the body and are best avoided.

Unless you are on a doctor-prescribed salt-restricted diet, raw sea salt is beneficial to the diet as it contains many of the minerals your body needs and is lower in sodium than table salt.

To maintain healthy blood sugar levels, it's best to eat healthy, unprocessed snacks every two hours between meals.

Organic coffee and tea are best. Drink only 1 - 2 cups before noon.

Dairy from goats and sheep is much more easily digested by the human body. Many who cannot tolerate cow dairy can actually tolerate goat or sheep dairy just fine, so many Dr. Brown approved meals will have the option of using dairy from these animals. Listen to your body and use sheep and goat products in the diet as tolerated while continuing to avoid all cow dairy.

