



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 2 – Part 3:

What Are Healthy Proteins, Fats and Carbs?

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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Healthy Proteins

- Meat and poultry
- Wild Seafood
- Eggs (add back in after 30-Day Elimination Diet)
- Seeds: Quinoa, chia and hemp
- Gluten-Free Grains: Buckwheat, amaranth (add back in after 30-Day Elimination Diet)
- Raw and Fermented Dairy*: Plain, full-fat yogurt and kefir (add back in after 30-Day Elimination Diet)

*NOTE: Dairy is not recommended for people with autoimmune issues.



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Soy is Not a Healthy Source of Protein

- Soybeans contain **enzyme inhibitors**, which block action of *trypsin* and other enzymes needed for protein digestion.
- These “anti-nutrients” are **not** completely **deactivated** during cooking contributing to gastric distress, reduced protein digestion, and chronic deficiencies with amino acid uptake.
- In animals, trypsin inhibitors show **enlargement** and **pathological conditions** in the pancreas including cancer.
- Trypsin inhibitors are **deactivated** during **fermentation** process.
- In tofu and bean curd, enzyme inhibitors are reduced but **not eliminated**.

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Soy is Not a Healthy Source of Protein

- Soybeans are **high** in *phytic acid* or *phytates*.
- These organic acids **block** the uptake of essential minerals like Ca, Mg, Fe, and Zn in the intestinal tract.
- People who consume soy products like tofu and bean curd as a substitute for animal proteins can develop severe **mineral deficiencies** because the absorption of minerals is blocked.
- Soybeans have **higher** phytate content than any other grain or legume studied.
- Soybeans are highly **resistance** to long, slow cooking.
- **Only** fermentation will significantly reduce the phytate content.
- So, **fermented** products like tempeh, miso, natto and soy sauce are more easily assimilated.

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Healthy Fats

- Animals fats: Lard/pork fat, tallow/beef fat, duck fat, schmaltz/chicken fat, lamb fat
- Full-fat, raw and fermented dairy: Plain, full-fat yogurt and kefir (add back in after 30-Day Elimination Diet)
- Oils: coconut, palm, olive, flax, sesame, walnut, macadamia, avocado
- Pastured butter and ghee
- Raw nuts and seeds (nuts - add back in after 30-Day Elimination Diet)
- Avocado (the exception)



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Healthy “Carbs”

Ideal:

- Fresh, low-glycemic fruits
- Fresh and fermented, low-glycemic vegetables
- **Some** beans and grains (after the 30-Day Elimination Diet)



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Unhealthy Carbs to Avoid

The 3 Big "Food Devils"

- **Alcohol:** beer, wine, cocktails
- **Sugars:** sugar cane, coconut sugar, date sugar, agave, maple syrup, Equal, NutraSweet, Splenda, Sweet One, Sweet'N Low, Truvia/bleached stevia
 - * See the Clean Eating Success Guide for a list of healthier sweeteners.
- **Starches:** processed grains, white potatoes, corn products



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Unhealthy Carbs Marketing to Be "Healthy"



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The Impact of Eating Alcohols, Sugars & Starches

- Alcohols, sugars and starches convert to **sugar (glucose)** in the body very quickly.
- They elevate blood sugar, insulin and the stress hormone cortisol, and they promote **inflammation** in the body.
- All of this sets the stage for **weight gain** and serious **inflammation-related health problems** like: leaky gut, diabetes, osteoporosis, high BP, high cholesterol, chronic aches and pains, and cancer, to name a few.

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The Evolution of Our Nutritional Needs

- To understand the best foods to eat to nourish our bodies and why we have the problems we do with food today it helps to study what our **ancestors ate**.
- We adapted to eating a **Paleolithic (“Paleo”)** hunter-gatherer diet for more than a hundred thousand years before agriculture was born.
 - Our hunter-gatherer ancestors ate **wild foods** like bitter greens, fruits, meat and organ meats from game.
 - There were some **wild grains**, but they were not like our modern day “staples”—corn, rice and wheat; processed sugars were not available.
 - When deciding what is healthy to eat, remember our metabolisms and physiologies are the **same** as the Paleolithic hunter-gatherers.
 - Agriculture has only been around to **10,000 years**.
- It’s not impossible to go back to the basics of eating real, whole foods to achieve optimal health; in fact, it’s **really easy** and simple.

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The Basics of a “Paleo” Diet

Foods to Eat

- Low-glycemic fruits and vegetables
- Low-mercury, wild fish
- Grass-fed meats and poultry
- Raw nuts and seeds
- Fats and oils (pasture butter, coconut oil, olive oil, lard)

Foods to Avoid or Limit

- Grains (barley, wheat, rice, corn, rye, cereals, pasta, oats)
- Legumes (beans, peanuts)
- White potatoes
- Sweeteners
- Processed dairy products
- Soy
- Hydrogenated fats
- Processed/packaged foods

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Why We Need Animal Foods

- **Protein**—Adequate amounts of complete proteins are found in animal foods; proteins form the solid matter of our muscles, tissues, organs, nerves, cells, glands, bones, skin, nails and hair; proteins help build and repair all of our bodily tissues and fluids; protein breaks down into the amino acids that are the precursors to your feel-good neurotransmitters, serotonin and dopamine.
- **Vitamin A**—True vitamin A (retinol) is found in animal foods like cod liver oil, grass-fed butter, fish and shellfish and organ meats (liver); vitamin A is essential for proper digestion of protein, building strong bones and teeth, having healthy vision, maintaining a healthy immune system and cells.

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Why We Need Animal Foods

Vitamin D

- The best source of vitamin D is sunlight.
- The best food sources of vitamin D are animal foods like cod liver oil, sardines, wild salmon, mackerel, tuna, raw milk, caviar, and eggs.
- It's needed for the absorption of calcium and phosphorus, which are both essential for strong bones and teeth.
- It helps support the immune system, maintain a healthy weight and brain function and reduces the risk of heart disease and arthritis.



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Why We Need Animal Fats & Proteins

- **Cholesterol**—Cholesterol is found *only* in animal foods; the body makes cholesterol—when it's not getting enough you need to eat more to lower cholesterol levels; it's a precursor to stress, sex, growth and repair, and sleep hormones; many nutrients are absorbed better in the presence of animal foods such as the minerals calcium, iron, magnesium, zinc, copper.
- **B12**—Usable vitamin B12 is available *only* in animal products; Vitamin B 12 helps maintain the health of your nerves and brain and is responsible for the creation of red blood cells; adequate B12 helps: boost energy, reduce depression, decrease sugar cravings, lower cholesterol and blood pressure, protect against cancer, reduced neurological and brain degeneration; vegans and vegetarians are at risk for B12 deficiency.

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Problems with Vegetarian & Vegan Diets

- Following a vegetarian or vegan diet may lead to protein, vitamin and mineral **deficiencies**:
- Improper acid/alkaline balance in the blood and tissues may result because there's a lack of the protein and minerals needed for proper pH regulation.

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Replacing protein sources like meat, poultry and fish with beans and grains can lead to nutrient deficiencies.

- Grains and legumes can be combined to create complete proteins, but they contain carbohydrate and sugar, which converts to **sugar** and..
- Eating too many foods that convert to sugar **elevates** blood sugar and insulin levels, which contributes to **inflammation** in the body.
- Grains and legumes contain sticky proteins called **lectins**, which are hard for many people to digest and contribute to **inflammation** in the digestive tract.
- Eating too many grains and legumes can also lead to **weight gain**.

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It's important to get clear about your **real reasons** for not eating animal proteins and be aware of the health **risks** of eliminating them completely from your diet for a long period of time.

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Next Up...

**Module 2 – Part 4:
Why Buy Organic Whenever Possible?**

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