

Center for Integrative Medicine

Nutrition Naturally

Dr. Kathi Kemper's Tips

Do	Avoid
Drink pure, filtered water.	Carbonated or sweetened beverages
Eat at least 5 servings of fruits and veggies daily.	Fast food; junk food
Eat whole grains, seeds, nuts, and beans.	Processed foods and food or beverages containing high fructose corn syrup
Eat foods rich in protein, such as beans, nuts, fish, low fat dairy products and sustainably-raised meat.	Fried foods, foods with trans fats, and foods rich in saturated fats (whole milk, fatty meats)
Eat foods that contain omega three fatty acids, or olive oil.	Food dyes and preservatives, pesticides, artificial sweeteners, and other chemical additives
Eat locally grown foods; consider a garden; visit the farmer's market.	Food imported from developing countries
Eat organic foods rich in essential micronutrients.	Genetically modified foods

1. Eat breakfast! It's the most important meal of the day.
2. Carry healthy snacks like dried fruit or nuts and a re-usable bottle of water.
3. Avoid foods that trigger allergies or adverse reactions. The most common triggers are milk, soy, wheat, corn, nuts, peanuts, and shellfish.
4. When you use salt, make sure it's iodized. Most processed food does NOT contain iodine.
5. Supplements – Consider with your doctor. (See CIM Website [Dietary Supplements](#) for brand information.)
 - ◆ Multivitamin – See [Multi-Vitamins & Minerals](#) handout. My favorite for adults is WEIL™ Daily Multivitamin for Optimum Health.
 - ◆ Fish oil – See [Fish Oil](#) handout. My favorite adult brand (look for sales) is GNC Triple Strength or Nordic Natural.
6. Stress and some medications deplete B vitamins; consider taking a multivitamin or B complex.
7. Many people have low vitamin D. Consider taking 1000 – 3000 IU daily to restore healthy levels.
8. If iron is low, take SLOW IRON, found in most pharmacies. One pill a day, for one month.

Essential Nutrients and Food Sources

Nutrient	Food Sources
Essential fatty acids (EPA, DHA and linolenic acid)	Fish (salmon, sardines, and mackerel), fish oil Flax seeds, flax oil, walnut oil; Dark green leafy vegetables Animals that have eaten omega-3 rich diets such as eggs from chickens fed flax seed; grass fed beef
Amino acids such as tryptophan and tyrosine	Soy, tofu, beans, lentils Seeds: sesame, pumpkin, sunflower Nuts, peanuts, peanut butter Milk, cheese, eggs; Turkey, chicken, fish
Vitamins	Food Sources
Vitamin B1 (thiamine)	Beans, lentils; Nuts, seeds Whole grains; Meat, dairy Oranges; Yeast, brewer's yeast
Vitamin B3 (niacin)	Meat, fish, poultry, milk, eggs Green vegetables; Whole grains Yeast, brewer's yeast
Vitamin B6 (pyridoxine)	Beans, nuts, legumes, soy Eggs, meats, fish, poultry Whole grains, fortified breads and cereals
Vitamin B9 (folate)	Dark green leafy vegetables, asparagus Beans and legumes; Citrus fruits and juices Bran and whole grains, yeast; Poultry, pork, shellfish, liver
Vitamin B12	Fish, shellfish, meat, dairy products; Fortified foods
Vitamin C	All fruits and vegetables contain some vitamin C. Best sources include: green and red peppers, citrus fruits and juices, strawberries, tomatoes, broccoli, turnip greens and other leafy greens, sweet and white potatoes, and cantaloupe; papaya, mango, watermelon, brussels sprouts, cauliflower, cabbage, winter squash, raspberries, blueberries, cranberries, and pineapples.
Vitamin D	Fish, fish oils, oysters; Fortified foods such as orange juice, cow milk, soy milk and rice milk, and some cereals
Choline	Egg yolks, soy, lecithin
Minerals	Food Sources
Calcium	Milk, yogurt, buttermilk, cheese; Calcium-fortified orange juice Green leafy vegetables (broccoli, collards, kale, mustard greens, turnip greens, bok choy, Chinese cabbage) Canned salmon and sardines; shellfish Almonds, Brazil nuts; Dried beans
Chromium	Brewer's yeast; Beef, chicken, oysters; Eggs; Wheat germ Green peppers, spinach; Apples, bananas
Iodine	Iodized salt; Seafood
Iron	Meats such as liver, fish, poultry, egg yolks Peas and beans; Raisins; Whole grain bread
Magnesium	Fish such as halibut Nuts: almonds, cashews, peanuts; Beans: soybeans, black-eyed peas; Lentils Leafy green vegetables: spinach, avocado; Dairy: yogurt, milk Whole grains, wheat bran, wheat germ, oat bran, brown rice
Selenium	Brazil nuts; Shellfish, salmon, halibut Vegetables grown on soil containing selenium Whole grains, brown rice
Zinc	Beef, pork, and lamb; oysters; dark meat of poultry Peanuts, peanut butter, nuts and legumes (beans)