

WHOLE FOOD NUTRITION GUIDE

	HERBIVORE	CARNIVORE	OMNIVORE	HERBIVORE	OMNIVORE	HERBIVORE	OMNIVORE	DEFICIENCY SYMPTOMS
Facial Muscles	Well-developed	Reduced to allow wide mouth gape	Reduced	well-developed	A Retinol Carotene (500-1000mcg)	MEAT, EGGS, FISH, GREEN LEAFY VEGETABLES, CARROTS, YELLOW & ORANGE FRUITS & VEGETABLES	GROWTH & REPAIR OF BODY TISSUES (RESIST INFECTION), BONE & TOOTH FORMATION, VISION, PURPLE PRODUCTION (NECESSARY FOR NIGHT VISION)	NIGHT BLINDNESS, DRYING OF THE EYES, DRY ROUGH SKIN, IMPAIRED BONE GROWTH
Jaw Type	Expanded angle	Angle not expanded	Angle not expanded	Expanded angle		PEAS, BEANS, WHOLE GRAIN CEREALS, PEANUTS & LEGUMES	CARBOHYDRATE METABOLISM, APPETITE MAINTENANCE, NERVE FUNCTION, GROWTH & MUSCLE TONE	MENTAL CONFUSION, MUSCLE WEARINESS, EDEMA, FATIGUE, LOSS OF APPETITE
Jaw Joint Location	Above the plane of the molars	On same plane as molar teeth	On same plane as molar teeth	Above the plane of the molars	B-1 Thiamin (1.0-1.5mg)	EGG, WHITE, GREENS, FISH, WHEAT, CORN AND MEAT	NECESSARY FOR FAT CELL RESPIRATION, CARBOHYDRATE METABOLISM, FORMATION OF ANTIBODIES & RED BLOOD CELLS	SENSITIVITY OF EYES TO LIGHT, CRACKS IN CORNERS OF MOUTH, DERMATITIS AROUND NOSE & LIPS
Jaw Motion	No shear, good side-to-side, front-to-back	Shearing, minimal side-to-side	Shearing, minimal side-to-side	No shear, good side-to-side, front-to-back		Dairy products, eggs	CARBOHYDRATE, FAT & PROTEIN METABOLISM, MAINTAINS HEALTHY NERVOUS SYSTEM, BLOOD CELL FORMATION	FERRUCIOUS ANEMIA, HANDWEAR & THICKING IN FINGERS & TOES
Major Jaw Muscles	Masseter and pterygoids	Temporalis	Temporalis	Masseter and pterygoids	B-2 Riboflavin (1.2-1.7mg)	EGG, YOLK, ORGAIN, DARK GREEN VEGETABLES	CARBOHYDRATE, FAT & PROTEIN METABOLISM, FORMATION OF FATTY ACIDS, HELPS UTILIZE B VITAMINS	NOT SEEN UNDER NORMAL CIRCUMSTANCES, PALE, DRY, SCALY SKIN, DERMATITIS
Mouth Opening vs Head Size	Small	Large	Large	Small		YEAST, BEANS, KIDNEY ORANGE JUICE, GREEN LEAFY VEGETABLES	RED BLOOD CELL FORMATION, PROTEIN METABOLISM, GROWTH & CELL DIVISION	ANEMIA, DERMATITIS, SMOOTH TONGUE, POOR GROWTH
Teeth (Incisors)	Broad, flattened and spade shaped	Short and pointed	Short and pointed	Broad, flattened and spade shaped	B-12 Cobalamin (2.0mg)	POULTRY, FISH, NUTS, WHOLE GRAINS & ENRICHED GRAINS, DRIED BEANS	FAT, CARBOHYDRATE, PROTEIN METABOLISM, HEALTH OF SKIN, FORTUNE & DIGESTIVE SYSTEM, BLOOD CIRCULATION	GENERAL FATIGUE, LOSS OF APPETITE, SKIN DISORDERS, DIGESTIVE DISORDERS, WEYFALITY
Teeth (Canines)	Dull and short or long (for defense) or none	Long, sharp and curved	Long, sharp and curved	Short and blunted		WHOLE GRAINS, LEGUMES	CONVERTS NUTRIENTS INTO ENERGY, TONGUE & DIGESTIVE SYSTEM, FATS, VITAMIN UTILIZATION	NOT SEEN UNDER NORMAL CIRCUMSTANCES, CRAMPS, THICKING NAILS & FEET, SEVERE ABDOMINAL
Teeth (Molars)	Flattened with cusps vs complex surface	Sharp, jagged and blade shaped	Sharp, blades and/or flattened	Flattened with nodular cusps	Biotin	MEAT HAS A 3 TO 20 TIMES HIGHER CARBON FOOTPRINT		
Chewing	Extensive chewing necessary	None, swallows food whole	Swallows food whole and/or simple crushing	Extensive chewing necessary		ABUNDANT IN MOST FRESH FRUITS, ESPICIOUSLY AND VEGETABLES	HELPS HEAL WOUNDS, STRENGTHENS BLOOD VESSELS, RESISTANCE TO INFECTION, COLLAGEN MAINTENANCE	WOUNDS, SLOW HEALING WOUNDS, ACHING JOINTS, ANEMIA, MUSCLES
Saliva	Carbohydrate digesting enzymes	No digestive enzymes	No digestive enzymes	Carbohydrate digesting enzymes	Folic Acid (180-200mcg)	FORMED IN SKIN WHEN EXPOSED TO SUNLIGHT, FOUND IN DAIRY PRODUCTS	CALCIUM & PHOSPHORUS METABOLISM (BONE & TEETH FORMATION)	POOR BONE GROWTH, RICKETS, OSTEOMALACIA, MUSCLE TWITCHING
Stomach Type	Simple or multiple chambers	Simple	Simple	Simple		VEGETABLE, OILS, BUTTER, EGGS, NUTS, WHOLE GRAIN CEREALS, WHEATGLUTEN	MAINTAINS CELL MEMBRANES, PROTECTS VITAMIN A & ESSENTIAL FATTY ACIDS FROM OXIDATION, RED BLOOD CELL FORMATION	NOT SEEN IN HUMANS, EXCEPT AFTER PROLONGED ABSTINENCE OF FAT ABSORPTION
Stomach Acidity	pH 4 to 5 with food in stomach	Less than or equal to pH 1 with food in stomach	Less than or equal to pH 1 with food in stomach	pH 4 to 5 with food in stomach	Niacin (13-19mg)			
Stomach Capacity	Less than 30% of total volume of digestive tract	60% to 70% of total volume of digestive tract	60% to 70% of total volume of digestive tract	21% to 27% of total volume of digestive tract				
Length of Small Intestine	10 to more than 12 times body length	3 to 5 times body length	4 to 6 times body length	10 to 11 times body length	Pantothenic Acid			
Colon	Long, complex, may be sacculated	Simple, short and smooth	Simple, short and smooth	Long, sacculated				
Liver	Cannot detoxify vitamin A	Can detoxify vitamin A	Can detoxify vitamin A	Cannot detoxify vitamin A	C			
Kidney	Moderately concentrated urine	Extremely concentrated urine	Extremely concentrated urine	Moderately concentrated urine				
Nails	Flattened nails or blunt hooves	Sharp claws	Sharp claws	Flattened nails	D			
					E			
					Vitamin			
							Not staying well-hydrated can lead to fatigue and illness	

Whole Food Nutrition Book

Gabby Roles



Whole Food Nutrition Book:

Whole Food Nutrition Vic Shayne, Ph.D., Vic Shayne, 2000-12 Dr Vic Shayne's new book is based on years of research to prove that vitamins fail to act as nutrients unless still contained in nature's original whole foods. For the millions of us who see the importance of taking supplements, this book offers secrets that vitamin companies would rather not be published. Nature's wondrous healing and life-sustaining power resides within whole foods, not vitamins alone. With every disease and symptom is associated a nutritional deficiency, and we need much more than isolated vitamins to make us well. In this age of refined, altered, and chemicalized diets and exposure to environmental toxins, our cells demand whole food supplementation for real nutrients that vitamin pills alone cannot begin to offer us. Vitamins need synergists to function. The difference between illness and health is often just a few nutrients away. The more we know, the more control we have over our own health.

Healing with Whole Foods, Third Edition Paul Pitchford, 2003-02-28. With more than 500,000 copies sold, this treasure trove of nutritional wisdom is an indispensable resource for anyone seeking to nurture their body through natural means. Uncover the power of food as nature's ultimate medicine and unlock the healing potentials that rest within your own kitchen. Embark on a transformative wellness journey with Paul Pitchford's bestselling *Healing with Whole Foods*. This comprehensive handbook goes beyond the simple integration of traditional Chinese Medicine and modern nutritional science; it's a beacon of wisdom and insights for individuals committed to healthful living and holistic practitioners alike. Discover what makes *Healing with Whole Foods* a timeless bestseller. **Holistic Foundations**: The book grounds you in the principles of Qi vitality and Yin Yang balance, illuminating the path of holistic healing and nutrition. **Bridging Ancient and Modern**: With masterful proficiency, Pitchford interlaces the wisdom of traditional Chinese medicine with contemporary nutritional science. **Explore categories** such as Oils and Fats, Sweeteners, Green Food Products, and Vitamins and Supplements. **Therapeutic Guide**: Delve into a dedicated section devoted to dietary treatments for prevalent health issues. Whether it's blood sugar imbalances or degenerative disorders, uncover practical, actionable guidance deeply rooted in the power of natural healing. **Informed Eating**: The book enlightens you on the deeper nuances of your diet, touching upon elements like food presentation and dietary practices and their significant impact on wellness. **Delicious Healing Recipes**: Immerse yourself in Part V with vegetarian recipes that unite robust flavor with therapeutic benefits. **A Lifelong Companion**: Pitchford's in-depth, reader-friendly approach makes the book a lifetime go-to guide for reliable nutritional insights. Readers return time and again to delve deeper into its vast knowledge base. **Transformational Journey**: Embarking on the journey with *Healing with Whole Foods* is a commitment to enhanced physical, mental, and emotional health. It inspires you to personalize your dietary plan in tune with your unique needs. Ultimately, *Healing with Whole Foods* is more than just a book; it's an invitation to a healthier way of living. It beautifully illustrates how traditional wisdom and modern science can come together to inform our nutritional choices. This comprehensive guide invites you to embark on a journey of wellness, empowerment, and self-discovery, all

facilitated by the power of whole foods **Whole Foods Diet Cookbook** Ivy Larson,2011-05-16 THE WHOLE FOODS DIET COOKBOOK 200 Recipes for Optimal Health FOR PEOPLE WHO ARE TIRED of counting calories carbs fats and points this book makes nutrition count instead Whole foods are nutrient rich foods those foods that offer a complete balance in nutritional value while in their natural unrefined unprocessed state They are high in antioxidants phytochemicals and essential fats and oils and low in saturated fats and sugar Whole Foods Diet Cookbook includes chapters to educate the reader and plenty of delicious menus for every occasion It provides a three prong culinary approach to healthy living weight loss and disease and illness prevention **The Whole Foods Plant Based Diet** Gabby Roles,2013-08-10 Does a whole foods plant based diet intrigue and scare you at the same time Do you wonder just what people on these diets eat Have you avoided this type of diet because you thought there was no way you could live on vegetables alone The good news that The Whole Foods Plant Based Diet A Beginner s Guide to a Whole Foods Plant Based Diet will help to put all of your fears behind you This nutrition book for beginners helps you to realize that this is not a diet it is a way to change your life for the better Whether you are just curious about this diet or your doctor has recommended that you start to watch what you eat take a look at what you can gain from this book Gain a thorough understanding of whole foods and which foods qualify Learn how to shop for and cook whole foods Understand how the right plant based foods can help you fight chronic illness Learn how to fight the signs of aging Understand how to achieve overall wellnessDownload The Whole Foods Plant Based Diet A Beginner s Guide to a Whole Foods Plant Based Diet and see just how much you can change the way you eat This is not a steadfast diet that must be strictly followed It is a gentle guide to ease you into healthy eating and turning your mediocre health into great health that promotes a long healthy life **The Whole Food Bible** Christopher Kilham,1996-10 Beginning with a critical overview of the denaturation of the soil and the big agricultural and chemical companies involved in its destruction this guide shows the reader how to eat the healthiest diet possible **Krause's Food & the Nutrition Care Process, MEA edition E-Book** L. Kathleen Mahan,Janice L Raymond,2016-12-08 Krause s Food the Nutrition Care Process MEA edition E Book Whole Foods Companion Dianne Onstad,2004 Each entry includes nutritional value general information buying tips culinary uses and when appropriate health benefits lore and legend by products and descriptions of the more popular varieties In the face of staggering confusion and conflicting claims about the nutritional value of different foods and herbs this book is a detailed and invaluable guide to natural foods It is a perfect companion to cookbooks and should be required reading for chefs everywhere No mere collection of dry nutritional information Whole Foods Companion also explains the origins and naming of different foods and relays some of the legends and traditions with which they have been associated Foods & Nutrition Encyclopedia, 2nd Edition Marion Eugene Ensminger,Audrey H. Ensminger,1993-11-09 Foods and Nutrition Encyclopedia 2nd Edition is the updated expanded version of what has been described as a monumental classic work This new edition contains more than 2 400 pages 1 692 illustrations 96 of which are full color photographs 2 800

entries topics and 462 tables including a table of 2 500 food compositions A comprehensive index enables you to find information quickly and easily **A Whole Foods Primer (Easyread Super Large 20pt Edition) , Whole Foods Diet Cookbook** Ivy Larson,Andrew Larson,2009-06-01 FOR PEOPLE WHO ARE TIRED of counting calories carbs fats and points this book makes nutrition count instead Whole foods are nutrient rich foods These foods offer a complete balance in nutritional value while in their natural unrefined unprocessed state They are high in antioxidants phytochemicals and essential fats and oils and low in saturated fats and sugar Whole Foods Diet Cookbook includes chapters to educate the reader and offers plenty of delicious menus for every occasion It provides a three prong culinary approach to healthy living weight loss disease and illness prevention *A Whole Foods Primer (Volume 1 of 2) (Easyread Super Large 24pt Edition) , The Whole Foods Diet* John Mackey,Alona Pulde,Matthew Lederman,2017-04-11 The definitive guide to the optimum diet for health and wellness from the founder of Whole Foods Market and the doctors of Forks Over Knives THE WHOLE FOODS DIET simplifies the huge body of science research and advice that is available today and reveals the undeniable consensus a whole foods plant based diet is the optimum diet for health and longevity Standing on the shoulders of the Whole Foods Market brand and featuring an accessible 28 day program delicious recipes inspirational success stories and a guilt free approach to plant based eating THE WHOLE FOODS DIET is a life affirming invitation to become a Whole Foodie someone who loves to eat loves to live and loves to nourish themselves with nature s bounty If Whole Foods Market is shorthand for a food revolution The New Yorker then THE WHOLE FOODS DIET will give that revolution its bible the unequivocal truth about what to eat for a long healthy disease free life **The American Dietetic Association's Complete Food and Nutrition Guide** The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world

Named one of Ladies Home Journal's Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone's kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine **Whole Food Facts** Evelyn Roehl,1996-06 What each food is where it comes from how to store it how to cook with it comprehensive nutritional breakdowns for each food *Naked Nutrition: Whole Foods Revealed* Amy Choate,Annie Miller,2023-02-02 Naked Nutrition is a guide to why we should eat real food why it matters and how we can change our lives to live with health and energy This book is about more than just recipes It is an easy to follow guide for a lifestyle of healthy eating and living The book provides a pantry staple list step by step cooking instructions valuable nutritional information and photos of completed dishes Readers will discover a delicious nutritious transition to a lifestyle of health that can be easy Food is central to our lives We store it serve it at every function and share time honored recipes Naked Nutrition bridges these traditions with healthy eating that will enable readers to fulfill their missions in life [The New Whole Foods Encyclopedia](#) Rebecca Theurer Wood,1999 This one of a kind encyclopedia of natural whole foods shows how to eat right and feel better 100 line drawings **Krause's Food & the Nutrition Care Process, Iranian edition E-Book** L. Kathleen Mahan,Janice L Raymond,2016-11-03 Krause's Food the Nutrition Care Process Iranian edition **Refined to Real Food** Allison Anneser,Sara Thyr,2005 We all find ourselves frequently giving into the convenience of processed foods in spite of the negative health effects Many families today have become disconnected from real food and the nourishment it provides but the prospect of shifting to whole foods is overwhelming especially when children are involved Allison Anneser lives with her family in NH **Textbook of Natural Medicine - E-Book** Joseph E. Pizzorno,Michael T. Murray,2012-09-06 Covering preventive non invasive and natural treatments Textbook of Natural Medicine 4th Edition offers more than just alternative medicine It promotes an integrated practice that can utilize natural medicine traditional Western medicine or a combination of both in a comprehensive scientific treatment plan Based on a combination of philosophy and clinical studies Textbook of Natural Medicine helps you provide health care that identifies and controls the underlying causes of disease is supportive of the body's own healing processes and is considerate of each patient's unique biochemistry Internationally known authors Joseph Pizzorno and Michael Murray include detailed pharmacologic information on herbs and supplements plus evidence based coverage of diseases and conditions to help you make accurate diagnoses and provide effective therapy Comprehensive unique coverage makes this book the gold standard in natural medicine A scientific presentation includes the science behind concepts and treatments and discusses Western medical treatments and how they can work with natural medicine in a comprehensive treatment plan if natural medicine is not effective this book recommends the Western treatment Coverage of pharmacology of natural medicines includes the uses and potential dangers of nearly 80 herbal medicines special nutrients and other natural agents addressing topics such as general information chemical composition history pharmacology clinical applications dosage and

toxicology In depth evidence based coverage of 73 diseases and conditions includes key diagnostic criteria pathophysiology of diseases and therapeutic rationales Coverage of potential interactions between drugs herbs and supplements ensures the safest possible use for each of 79 herbs and supplements Diagnostic procedures include practical easy to follow descriptions of evidence based techniques plus discussions of clinical application of diet analysis food allergy testing immune function assessment fatty acid profiling hair mineral analysis and other diagnostic approaches Common therapeutic modalities are described and reviewed including botanical medicine nutritional therapy therapeutic fasting exercise therapy hydrotherapy counseling acupuncture homeopathy and soft tissue manipulation Coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions functional toxicology sports nutrition stress management and breathing pattern disorders Coverage of the philosophy of natural medicine includes its history and background with discussions of toxicity detoxification and scientific documentation of the healing actions of nature and natural substances Internationally known authors Joseph Pizzorno and Michael Murray and more than 90 expert contributors provide material that is up to date accurate and informed More than 10 000 research literature citations show that the content is based on science rather than opinions or anecdotes 13 useful appendices offer quick lookup of frequently used charts handouts and information

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