

# What We SHOULD Eat

(“Make it the 88%”)

by Anna Coulter, inspired mostly by Dr Tel-Oren

## 1. Nutrient-dense leafy greens, **daily, unlimited amounts**

The more the better! Explore the many kinds.

**Try beet greens, parsley, cilantro, spinach, Swiss chard, endive, turnip greens, lamb's lettuce, watercress, kale, mustard greens, collards, dandelion greens, arugula, fresh herbs, salad mixes ... any green leaves.**

Add finely chopped onions, garlic and little mushrooms.

## 2. Cruciferous veggies, **daily, unlimited amounts**

They are crucial in today's environment, because they stimulate free radical and inflammation protection and help in preventing many illnesses like cancer.

They are best eaten raw or lightly steamed.

**They include broccoli, cauliflower, various cabbages, bok choy, brussels sprouts, radishes, kale, watercress, collard and mustard greens, arugula and others.**

## 3. Fruits, including berries, **daily**

A nice fruit salad eaten in the morning uplifts your energy level for many hours. You may add some nuts or seeds or sprouted oats, including a nut milk.

If you do not like fruit for breakfast, you can spread some fruit snacks throughout the day.

Avoid seedless fruits.

## 4. Nuts and seeds, **2 – 4 Tbs daily**

according to your body size and activity level. They have to be organic, raw, unroasted and unpeeled. If you like them to be ground, grind them fresh to avoid the oil getting rancid. Store all nuts and seeds at all times in the freezer or at least in the refrigerator.

**It is important to rotate nuts and seeds!!** They are complex and you can develop allergic reactions if you eat the same ones all the time.

**Great seeds: sunflower, pumpkin, flax, or sesame.**

**Great nuts: Brazil nuts, pecans, walnut, hazelnuts, almonds.**

## 5. Legumes, **often**

They provide special nutrients that aid in immune system activity and detoxification.

According to Dr. Fuhrman they help in losing weight because only 40% of calories are absorbed. They contain resistant starch and time released protein. They fill you up, and do not raise the blood sugar.

**For legumes you can use: lentils, peas, garbanzo beans, red beans and other beans.**

**6. A rainbow salad from roots and fruits, often**

The salad can be separate or part of the green salad. Choices are: **carrots, radishes, jicama, beets, avocado, onions, bellpepper, cucumber, tomatoes, plus small pieces of sweet fruits** with a simple dressing made from avocado, nuts or seeds. Use lots of colorful food.

**7. Edible flowers, frequently**

They contain extra nutrients from botanical sex-organs and small, invisible bugs. Make sure they have been grown organically. Some of these flowers are: **calendulas, nasturtiums, primroses, violets, geraniums, roses, chive flowers, arugula flowers, mint flowers, basil flowers, zucchini blossoms, dill flowers, clover, lavender, dandelion, chamomile, hollyhocks, hibiscus, tiger lilies and sunflowers.**

**8. Other wonderful vegetables, frequently**

They are **artichokes, asparagus, eggplants, zucchini, squash, etc.**

**9. Grains, about three times per week**

The grains are: **quinoa, buckwheat, millet, spelt, amaranth, oat grouts, a good organic brown or wild rice.** Minimal gluten (except a little bit from oats and spelt). They can be sprouted or cooked on low temperature. Rotate the various grains.

**10. Various macro algae, every week**

They have a lot of minerals. There are various seaweeds and sweet water algae like **kelp, sea palm, sea lettuce and dulse.**

**11. Fermented foods, sometimes**

Fermented food is not for everyone. People with histaminosis of the gut should stay away from fermented foods. According to Dr. Tel-Oren, bacteria from fermentation do not colonize in the intestine. **They are sauerkraut, pickles, kim chi, chickpea miso, rejuvelac, coconut kefir, kombucha, etc.**

**12. Natural dust, dirt, bugs, insects, when it happens**

You get them from your garden or from foraging. We do not want everything totally sterile. They add Vit B 12 and minerals to your diet.

**13. Water, enough, but not too excessive**

The amount varies according to the person and the activity level. A lot of fluid can come from fresh fruits. Do not drink and eat at the same time.

**14. Love, joy and light, always**

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