

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Simple vs. Complex Carbohydrates

This is a quick list to help demonstrate the classification of commonly consumed carbohydrates. For additional information on how various foods affect blood sugar levels look at the Glycemic Index website: <http://www.glycemicindex.com/>

Simple Carbohydrates	Complex Carbohydrates
Alcohol & Soda	Vegetables
Sweets & Candy	Fruits
Bread	Whole Grains
Pasta	Nuts
Cereal	Seeds
Crackers & Chips	Bran
Tortillas	Legumes
White Rice	-Lentils
Corn	-Peas
Potatoes	-Beans
Refried Beans	
Fruit Juice	

Common Foods and Suggested Substitutes:

Reduce or Eliminate:	Replace or substitute with:
Red Meat	Fish, white meat, poultry, tofu
Hamburger, Hot dogs, luncheon meats, smoked or cured meat	Vegetable-based alternative
High fat dairy products	Low-fat or nonfat dairy
Ice cream, cookies, etc	Fruit
Fried foods, fatty snacks	Vegetables, fresh salad
Coffee, soft drinks	Herbal tea, green tea, fresh fruit and vegetable juices
Butter, lard, other saturated fats, margarine, shortening and other sources of trans fatty acids or partially hydrogenated oils.	Oils to cook with: Olive oil, grape seed oil, sesame seed oil, rice bran oil, coconut oil. Oils to use raw: flax seed oil, borage seed oil, pumpkin seed oil, avocado oil, and macadamia nut oil. Nut and seed butters: Almond butter, cashew butter, tahini, etc.

Healthy Oils List	
<p>Cooking Oils: Olive Oil Grape Seed Oil Sesame Seed Oil Rice Bran Oil Coconut Oil</p> <p>Note: When cooking with oil, if the oil smokes, discard the oil and start over. When oil smokes it means that the oil has been damaged, consuming the oil or foods cooked in the oil will introduce additional free radicals into the body. Free radicals can damage the cells in the body.</p>	<p>Oils to use Raw: Flax Seed Oil Pumpkin Seed Oil Avocado Oil Borage Seed Oil Macadamia Nut Oil Olive Oil Grape Seed Oil Sesame Oil</p> <p>For example, steam your vegetables then add the oil afterwards.</p>

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Recipes by Dr. Sandy	
<p>Dr. Sandy's Royal Breakfast Cereal</p> <ul style="list-style-type: none">- 1 cup Rolled Oats- ½ cup of rolled rye or ½ cup of rolled barley- ¼ cup Rice Bran- ½ cup Oat Bran- ¼ cup Flax Meal or freshly ground flax seed*- ¼ cup Hemp seed or Sesame seed- 1/3 cup of your favorite raw nuts- 2-3 tbsp. cinnamon <p>To maintain freshness, store the cereal in the refrigerator in an airtight container.</p> <p>At breakfast put ¼ to ½ cup of cereal in bowl depending on the size of your body. If you like, add one or more of the following: ½ cup of berries, ½ cup of pineapple, ½ an apple, ½ a nectarine, 1 tangerine, protein powder, spices (nutmeg, allspice, clove, cocoa, peppermint, orange or almond extract). Add ½ cup of skim milk, almond milk or water. Mix well. Eat cold or warm; do not cook. Makes 8 servings</p> <p>*Grind flax seeds by using a coffee grinder.</p>	<p>Veggie Hash</p> <ul style="list-style-type: none">- Cruciferous: broccoli, green and red cabbage, cauliflower- Root Vegetable Suggestions: Carrot, Yam, Beet, Parsnip, Radish, Jicama- Squashes to use: Zucchini, Summer Squash, Chayote, Crook Neck Squash, Winter Squash (acorn, butternut, turban, etc.)- Bulb/Stem Veggies to use: Asparagus, Celery, Fennel and Kohlrabi- Pepper: bell peppers (all colors) <p>Cut vegetables into ¼ to ½ inch cubes. Any dense vegetable you have in your refrigerator will work. Grate, slice, or dice the vegetables. Place all the veggies together in a bowl and keep refrigerated. When ready to eat place serving in a fresh bowl and add your favorite dip or sauce.</p> <p>Sauce Suggestions: hummus, lime/lemon juice, guacamole, a healthy low fat salad dressing, sun-dried tomato pesto, basil pesto, or pinjur (roasted red peppers, roasted eggplant, and roasted garlic.) Get creative and make it Delicious!!!</p>
<p>Dr. Sandy's Golden Salmon Delight</p> <ul style="list-style-type: none">- 1 lb. wild salmon- 3 tbsp Dijon mustard- 3 tbsp omega 3 mayo <p>Mix the Dijon mustard and mayo together, coat the salmon with mustard sauce. Bake in the oven at 350 until the salmon flakes easily with a fork.</p>	<p>Healthy Oil Dressing</p> <ul style="list-style-type: none">- 1 oz macadamia nut oil (optional)- 3 oz olive oil or grape seed oil (increase to 4 oz if macadamia nut oil is omitted)- 4 oz organic flaxseed oil- 2 tbsp lemon juice- 2 tsp balsamic vinegar- 2 garlic cloves, finely minced- 1 tbsp Italian herbs- Iodized sea salt or dulse (to taste)- black pepper (to taste) <p>Place all ingredients into a blender and blend for 2 to 3 minutes. Store in the fridge.</p>