



Get UnRefined | A SIMPLIFIED APPROACH TO HEALTHIER EATING

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Bread

Fiber & Nutrient Rich

100% Whole Wheat
Sprouted Whole Wheat or Spelt
Whole Grain: Barley , Spelt, Kamut,
Rye and Buckwheat
Kasha (cooked Buckwheat)

Nominal Fiber & Nutrients

Cracked Wheat, Multi Grain
Bran, Whole Wheat
Anything with enriched
ingredients follow the grain list
Sourdough / Callah
Bakery Items
White Anything

Sprouted grains are a great option offering even a higher nutritive content

Rice and Pasta

Fiber & Nutrient Rich

Brown Rice / Brown Rice Pasta
Quinoa / Quinoa Pastas
Wild Rice (w/ no added white)
Durum Wheat

Nominal Fiber & Nutrients

White Rice, Sushi Rice

Miscellaneous Grains

Fiber & Nutrient Rich

Kamut
Millet
Whole Grain Oatmeal
(rolled, steel cut, Irish)
Popcorn (popped in unrefined oil)

Watch Additives, processed!

Semolina
Couscous (usually refined)
Quick Cooking Oats
Microwave Popcorn

Avoid the word quick cooking and watch ingredients for additives

Get the Benefit Without the Bind

Phytates and lectins can be broken down through soaking, sprouting and fermenting making the nutrients in these foods more available to the body minus some of the digestive/functional inhibitors. As for gluten, sprouting reduces the gluten concentration, but does not eliminate it from gluten containing grains.

Sprouting

The process of sprouting involves soaking and rinsing the seed, nut, or grain with warm water until it sprouts. This process increases vitamin content and breaks down the phytates and lectin. Sprouting also releases a multitude of enzymes adding yet another nutritional benefit. If you are going to eat grains, find sprouted options. Sprouted bread is readily available in most stores, and many now carry sprouted nuts and seeds.

Note: Nuts and seeds also have phytates and lectins and should be soaked or sprouted before you eat them.

Soaking

Can't find sprouted nuts or don't want to pay the uplifted cost? Soak them and dry them yourself. It has a similar effect and is super easy. They taste amazing, won't bind your minerals and often eliminate nut related symptoms like scratchy throat and runny nose after consumption. Maybe you aren't reacting to the nut. Maybe you are reacting to the binding properties within the nut.

Soaking Instructions: Soak nuts in warm sea salt water for at least 24hrs. This breaks down the phytates and lectins. Spread on a baking sheet and dry overnight in low temperature oven (170-180 degrees). By morning they will be dry and amazing tasting.

Note: Dairy also contains lectin. Fermenting breaks down the binding nature of dairy and adds digestive enzymes like lactase.

Dairy



Go organic on all dairy products to avoid the hormones, preservatives, antibiotics and refined sugars that litter this “health food”. Ingredients labels become extremely important in this category to avoid getting caught in the marketing hype. Natural and organic products

may still contain lots of sugar and preservatives your body doesn’t need and may react adversely to. Maybe it’s not the dairy...maybe it’s the additive your body doesn’t like....hmmm.

What to Buy

Skip the Fat Free

Fat Free equates to sugar enhanced to add back flavor. (Does skim milk look appetizing?) Dairy offers vitamins and nutrients that are fat based and require fat to assimilate into your body. Don’t get too caught up in fat free or you will miss much of dairy’s benefit and up your sugar intake. Your body can process natural fat. It cannot process much sugar; it rapidly stores as fat.

Organic and Local

Seek clean organic whole milk dairy and read the label for additives. It is common practice to subject dairy cows to hormones and antibiotics. Recombinant Bovine Growth Hormone (rBGH)is injected into cows to increase milk production. This is a genetically engineered version of the BST/bGH hormone that bovine generate when they lactate. It remains active in dairy products and can have negative side effects on both humans and the injected animals. If the product does not specifically indicate the absence of hormones and antibiotics, they are likely present, even if the label reads organic or natural.

Local sources are a great way to know exactly what you are getting and optimize the nutrients as it is fresh! Many communities have co-ops offering local cow and goat dairy. *See the resources section at GetUnRefined.com for details.*



Digestive Aids

Aloe
Bitters
Cinnamon
Fermented Dairy & Veggies
Ginger
Kombucha
Marshmallow (mullein)
Soaked Whole Grains
Soaked/Sprouted Nuts
Vinegar



Common Allergens Digestive Inhibitors

Artificial Colors/Flavors/Sweeteners
Carbonated Beverages
Corn
Dairy
Eggs (often egg whites)
Soy
Sodas / Soft Drinks
Wheat & Gluten Grains



Metabolism Boosters

Fiber
Fruit
Vegetables
Protein
WATER
Whole Grain
Healthy Fats - Omegas
Green Tea



Metabolism Inhibitors

Alcohol
Artificial Sweeteners
Caffeine
Dehydration
Mineral Deficiencies
Refined Grains
Refined Oils
Transfats
Hydrogenated Oils