



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Dietary Lifestyles

This handout is designed to provide you with guidelines for establishing healthy eating habits that will support your best health. Of course, if you have specific allergies, food sensitivities or other challenges please seek individualized assistance and use this plan only as a general guideline. Consider making an appointment for a food sensitivity test to determine problematic foods.

You may select different foods to plan your diet around, but choices that your friends or family make regarding food may not be the best choices for you as an individual. It is unwise to allow convenience, habit or desire to dictate your food choices rather than nutritional value and your individual needs.

Each of these programs can be of benefit for certain people, or may be appropriate for certain phases of life or health conditions; but no one program is appropriate for everyone at all times.

Specific dietary regimens may be used for a certain time period to achieve certain therapeutic benefits. Some examples include the Rotation Diet for allergies and food sensitivities, the Mono-Diet (use of only one type of food for a specific time period), Detoxification Plans, and Fasting. Such programs should be monitored by a knowledgeable health care provider.

See **Dr. Levy's General Dietary Guidelines** for more.

VEGETARIANISM

Meat-Restrictive

Vegetarians do not eat any animal meat, including poultry, fish, shellfish, and insects, though they may or may not include dairy, honey, or eggs in their diet. People often choose to eat vegetarian to reduce the risk of heart disease, or for cancer prevention, to lose excess weight, live longer, slow the aging process, avoid toxic food contaminants, and many other health-based reasons. In some communities or religions vegetarianism is either highly encouraged or required. Some people who are obese or suffer from a range of dietary ailments, including diabetes, may be encouraged by their doctors to avoid all animal products.

For more information see:

<https://www.vegsoc.org/>

How to Cook Everything Vegetarian | Mark Bittman

Going Vegetarian | Dana Meachen Rau

The New Vegetarian Cooking for Everyone | Deborah Madison

Vegetarian Cookbook for Beginners | Maya Perry

The Happy Herbivore Guide to Plant-Based Living | Lindsay S. Nixon

VEGAN

Meat-Restrictive

Many people who choose to call themselves Vegan would tell you that being Vegan is NOT a matter of what food you eat, but instead is a completely animal cruelty-free philosophy. Yes, this means eating a plant-only diet with no eggs, dairy products, honey, gelatin, certain sugars, soy cheese, processed red foods (often candies and confections are dyed with cochineal or carmine from insects), and some salads and dressing, or even toasted or coated peanuts. But “eating vegan” and being Vegan are different. Being a Vegan means also wearing no animal-products such as fur or wool, and having no such products in your home, car, or workplace, including carpets and drapes. A piano or old knife handle made of ivory would also be unacceptable in a Vegan lifestyle.

For more information see:

<https://www.vegan.com/>

<http://www.veganfoodandliving.com/food-ingredients-avoid-vegan-diet/>

Animal Liberation | Peter Singer

Mercy For Animals | Nathan Runkle

Vegan with a Vengeance | Isa Chandra Moskowitz

Dominion: The Power of Man, the Suffering of Animals | Matthew Scully

That's Why We Don't Eat Animals | Ruby Roth

FRUITARIAN

Meat-Restrictive

Fruitarianism consists entirely or mostly of fruits, nuts, and seeds, without animal products. There are many varieties of the diet, with some people whose diet consists of 75% or more fruit who consider themselves fruitarians. Some fruitarians will eat only what would fall naturally, harvested without killing or harming the plant. Food eaten may include pulses, such as beans, peas, or other legumes, raw fruits, dried fruits, nuts, honey and olive oil, and even chocolate. While certain health benefits have been reported, maintaining this diet over a long period can result in dangerous deficiencies, therefore adults must be careful not to follow a fruit-only diet for too long. A fruitarian diet is wholly unsuitable for children (including teens), and several children have died due to a fruit-only diet.

For more information see:

<https://draxe.com/fruitarian-diet/>

The Fruitarian Diet | Hereward Carrington

Fruitarianism: The Path To Paradise | Anne Osborne

Fruitarianism Are The Future | Matthew D. Warner

Destination Eden: Fruitarianism Explained | Mango Wodzak

Fruitarian: How to Lose Weight, Feel Great & Improve Your Health With the Fruit Diet | Barb Stone

MACROBIOTIC

Meat-Restrictive

The macrobiotic diet is derived from Zen Buddhism and is based on the idea of balancing yin and yang. All processed foods are avoided in a Macrobiotic diet, and animal products are reduced. A Macrobiotic diet relies mostly on locally grown foods that are in season, especially whole grain cereals, pulses (legumes), vegetables, seaweed, fermented soy products, and fruit, combined into meals according to the ancient Chinese principle of balance known as yin and yang, and consumed in moderation. Foods with yang qualities are considered compact, dense, heavy, and hot, whereas those with yin qualities are considered expansive, light, cold, and diffuse. Nightshade vegetables, including tomatoes, peppers, potatoes, and eggplant; also spinach, beets and avocados are not recommended or are used sparingly in Macrobiotic cooking, as they are considered extremely yin.

For more information see:

<https://draxe.com/macrobiotic-diet/>

The Book of Macrobiotics: The Universal Way of Health, Happiness, and Peace | Michio Kushi

Changing Seasons Macrobiotic Cookbook | Aveline Kushi

The Complete Macrobiotic Diet | Denny Waxman

Macrobiotics for Dummies | Verne Varona

Modern-Day Macrobiotics | Simon Brown

STARCH DIET – Dr. John McDougall

Meat-Restrictive

The Starch Diet was developed in the early 1970s when Dr. McDougall was practicing medicine on a sugar plantation in Hawaii. He observed the health of families decline as they traded the starch-rich diets of their native Asian countries, based on rice and potatoes, for the new American choices heavy in animal products and vegetable oils. He began treating patients with diets free from meat, fish, eggs, dairy, and vegetable oils (olive, corn, safflower, flaxseed, canola), but were rich in common starches (corn, rice, oats, barley, potatoes, sweet potatoes, beans, peas, and lentils). Fresh fruit and non-starchy green, orange, and yellow vegetables were also included. Overall, the diet is about 80 percent complex carbohydrates, 12 percent protein, and 8 percent fat. Spices are also used, along with small amounts of salt and sugar.

For more information see:

<https://www.drmcDougall.com/>

The Starch Solution | John A. McDougall

The Healthiest Diet on the Planet | John A. & Mary McDougall

Dr. McDougall's Digestive Tune-Up | John A. McDougall

The McDougall Quick & Easy Cookbook | John A. McDougall

McDougall's Medicine—A Challenging Second Opinion | John A. McDougall

DETOXIFICATION DIET PLANS

Meat-Restrictive

While there are many different Detox Diets to choose from, most of them share a few things in common: ingredients deemed unnecessary for human life, such as flavor enhancers, food colorings, pesticides, and preservatives, are eliminated from intake, and toxins such as heavy metals, damaging environmental elements, and even air pollution are “flushed” out of the body. Detox Diets can involve consuming plenty of fruits and cruciferous vegetables, and staying well hydrated. Fermented foods are sometimes used to boost the body’s digestion and maintain healthy bowels. Detox Diets are often high in fiber as this causes

the body to use stored fats, releasing fat-stored toxins to be eliminated. These diets utilize the body's own natural mechanisms to rid itself of toxins. Supplementation is often encouraged to aid the process.

For more information see:

<https://www.eatright.org/health/weight-loss/fad-diets/whats-the-deal-with-detox-diets>

The New Detox | Elson Haas

10-Day Green Smoothie Cleanse | JJ Smith

The Blood Sugar Solution 10-Day Detox | Mark Hyman M.D.

Green Smoothie Cleanse | Valerie Childs

The Detox Diet Paperback | Shonali Sabherwal

FASTING

Meat-Restrictive

As with Detox Diets, there are many different ways to Fast, but all fasts include abstaining from food or drink for a certain period of time. Fasting has been used from ancient times for health, mental clarity, spiritual discipline, and more. In recent times it has also been used to encourage weight-loss, but it is viewed as an unhealthy method of shrinking pounds, with many other diets much more effective and overall beneficial for this purpose. Fasting is usually the avoiding of certain foods, or all foods for a pre-determined time. This can include fasting during the daylight hours and eating a rounded meal at night, or avoiding a specific mealtime regularly, or even for days at a time. Fasting for longer periods may also produce benefits for some, but should be carefully monitored by a natural health care provider.

For more information see:

<https://draxe.com/benefits-fasting/>

The Complete Guide to Fasting | Jimmy Moore

Intermittent Fasting | Beatrice Anahata

Eating One Meal A Day | Eric Blackburn

Fasting and Eating for Health | Dr. Joel Fuhrman

The Miracle of Fasting | Paul and Patricia Bragg

PLANT-BASED DIET

Meat-Restrictive or Meat Permissive

Plant-Based Diets and vegan diets are not the same. Plant-Based Diets incorporate mostly plant products and plant proteins into your daily diet, but may or may not completely eliminate animal products. To illustrate this, as of 1999, it was estimated that "4 billion people live primarily on a plant-based diet", meaning that their diets consisted largely of plants, including vegetables, whole grains, nuts, seeds, legumes and fruits. This may seem like saying if you eat veggies you must have a plant-based diet, but when compared to the average Western diet of a large double-burger, fries, and a soda-pop with a "side-salad", the difference is clearly seen.

For more information see:

<https://nutritionstudies.org/whole-food-plant-based-diet-guide/>

The Omnivore's Dilemma | Michael Pollan

Flex Appeal: A Vegetarian Cookbook For Families With Meat-Eaters | Pat Crocker And Nettie Cronish

RAW FOODS

Meat-Permissive

Raw Foodism means eating mostly uncooked/unprocessed foods. A typical Raw Food diet may include fruits, vegetables, nuts, seeds, eggs, fish, meat, and dairy products. It may also sometimes include simply processed foods such as various types of sprouted seeds, cheese, and fermented foods such as yogurts, kefir, kombucha or sauerkraut. Foods that have been pasteurized, homogenized, or produced with the use of synthetic pesticides, chemical fertilizers, industrial solvents or chemical food additives are avoided. Raw Food diets are composed mostly of food that is uncooked or that is cooked at low temperatures below 40 °C (104 °F). Raw Foodists believe that foods cooked above this have lost their inherent enzymes and much of their nutritional value, making them less bioavailable. Raw animal foods may sometimes be eaten, such as uncooked/unprocessed muscle-meats, organ-meats, eggs, raw dairy, fermented meat/fish/shellfish/kefir, as well as vegetables/fruits/nuts/sprouts/honey, but in general grains, beans, and soy are only consumed raw after sprouting.

For more information see:

<https://draxe.com/raw-food-diet/>

Raw Food/Real World: 100 Recipes to Get the Glow | Matthew Kenney and Sarma Melngailis

Raw Fusion *and* Raw Fusion Recipes | LindaJoy Rose

The Raw Food Detox Diet | Natalia Rose

12 Steps to Raw Foods: How to End Your Dependency on Cooked Food | Victoria Boutenko

Ani's Raw Food Kitchen *and* Ani's Raw Food Desserts | Ani Phyto

PALEO

Meat-Permissive

The terms Paleolithic Diet, Paleo Diet, Caveman Diet, and Stone-Age Diet describe the eating solely of foods presumed to have been the only foods available to, or consumed by, humans before the modern era of food refining. While there are many ways the Paleo Diet is interpreted, it typically includes vegetables, fruits, nuts, roots, and meats including fish; but excludes foods such as dairy products, grains, sugar, legumes, oils, salt, alcohol or coffee. The idea is to focus on agriculturally provided foods, as opposed to just avoiding modern processed foods. Extra care must be taken to ensure that the foods eaten provide adequate nourishment, including vitamins and minerals. Calcium loss is frequently noted, and supplementation is encouraged.

For more information see:

<https://thepaleodiet.com>

Practical Paleo | Diane Sanfilippo

The Paleo Kids Cookbook | Jennifer Robins

Paleo Soups & Stews | Simone Miller

Eat Drink Paleo | Irena Macri

Sheet Pan Paleo | Pamela Ellgen

RAVE DIET – Mike Anderson

Meat-Restrictive

The RAVE Diet is an easy to remember anagram. R stands for no refined foods, A stands for no animal foods, V stands for no vegetable oil, and E stands for no exceptions. It is, at its core, a plant-based, whole foods diet based exclusively on whole fruits, vegetables, grains, nuts and seeds. It is endorsed by doctors from The Cleveland Clinic Foundation. The RAVE Diet is currently being used in wellness clinics not only in the US, but throughout the world. Nutritional schools have incorporated the book and DVD into their curriculum, and the products are being used in many wellness programs.

For more information see:

<https://www.ravediet.com/>

The RAVE Diet & Lifestyle | Mike Anderson

Healing Cancer From Inside Out Book (The Rave Diet for cancer) | Mike Anderson

The China Study | T. Colin Campbell, Ph.D.

The Food Revolution | John Robbins

Healing With Whole Foods | Paul Pitchford

LECTIN REDUCED DIET – Dr. Stephen Gundry

Meat-Permissive

In contrast to the Starch Diet, the Lectin Reduced Diet seeks to avoid most grains, beans, nuts, seeds, potatoes, and dairy. Certain lectins are proinflammatory, and may increase blood viscosity, interfere with gene expression and disrupt endocrine function. However, lectins are found in ALL foods, and not all lectins are bad. The key to the Lectin Reduced Diet is to be aware of what lectins you eat and where they come from, as well as how they are processed. “Safe Lectins” are eaten without restriction, including asparagus, garlic, celery, mushrooms, onions, root vegetables (such as sweet potatoes, yucca, and taro), leafy greens, cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), avocados, olives, and pasture-raised meats. Pressure cooking is also highly encouraged.

For more information see:

<http://gundrymd.com/>

The Plant Paradox | Dr. Steven R Gundry M.D.

The Plant Paradox Cookbook | Dr. Steven R Gundry M.D.

The Lectin Avoidance Cookbook | Pamela Ellgen

The Unofficial Plant Paradox Cookbook | Chef Cross

The Essential Handbook to Lectin | Evelyn Carmichael

KETOGENIC DIET – Dr. Bruce Fife

Meat-Permissive

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that forces the body to burn fats rather than carbohydrates. It works by changing the “fuel source” that the body uses to stay energized — namely, from burning glucose (or sugar) for energy to dietary fat and, critically, your own body fat after the stage of “ketosis” is reached. Foods high in easily digestible carbohydrates (sugar, bread, pasta, etc.) are limited or replaced with foods containing a higher percentage of fats and moderate protein (meat, poultry, fish, shellfish, eggs, cheese, nuts, and seeds) and other foods low in carbohydrates (most salad vegetables such as spinach, kale, chard and collards), although other vegetables and fruits (especially berries) are often allowed. Low-carbohydrate diets restrict carbohydrate intake to 20 to 60 grams per day, typically less than 20% of caloric intake.

For more information see:

<https://draxe.com/hub/keto-diet/>

The Coconut Ketogenic Diet | Bruce Fife ND

The Coconut Oil Miracle | Bruce Fife ND

Dr. Fife's Keto Cookery | Bruce Fife ND

Ketone Therapy: The Ketogenic Cleanse and Anti-Aging Diet | Bruce Fife ND

The Complete Ketogenic Diet for Beginners | Amy Ramos

ROTATION DIET – Dr. Martin Katahn

Meat-Permissive

Eating the same foods continuously can set you up for new food intolerances and raises your risk of developing nutrient deficiencies from lack of dietary variety. What’s a person to do? You might consider a Rotation Diet. The Rotation Diet consists of three four-day periods (12 days total). For your first four days, you intake only 600 calories per day on a very specific meal plan. For the next four days you consume 900 calories (again on a very specific meal plan), and 1200 calories for the last four days. After these four days, you restart your rotation diet with meal one. You can continue this pattern as long as you desire. Some who follow the Rotation Diet even make variations to the meal plans but strictly follow the calorie limit. Others simply follow the schedule without counting calories. Still others eat a different type of food or meal each day for four days, but this is not how the author intended.

As following this diet the way the author intended requires a very detailed plan, please see:

<https://www.smartfitnessexpert.com/rotation-diet-101.html>

The Rotation Diet | Martin Katahn Ph.D.

The Rotation Diet Cookbook | Terri Katahn & Martin Katahn Ph.D.

MONOTROPHIC or MONO DIET

Meat-Permissive

One of the top 10 most Googled diets of 2016, the mono diet has nothing to do with the “kissing disease.” Instead, it involves eating just one food or food group at a time. The best approach to this diet is eating Mono Meals, or eating one food, macronutrient or food group at each meal. For example: it could mean only protein at breakfast, fruit for lunch and then vegetables for dinner, etc. What items are included and when is best discussed between the participant and their health care provider, though many doctors are cautious about this approach. The rationale behind a Mono Diet is to place rigid structure around your eating habits. If you follow the Mono Diet by eating only one food group per meal, it is possible to eat an overall balanced diet and get all your macro and micronutrients, however, it has to be very well-planned.

For more information see:

<http://www.erinvolentine.com/articles/everything-you-need-to-know-about-mono-diets>

The Detox Mono Diet | Christopher Vasey N.D.

GLUTEN-FREE

Meat-Permissive

Gluten sensitivity causes health problems in many, especially children, even those who may not think they are intolerant, leading to problems including celiac disease, gluten ataxia, dermatitis herpetiformis (DH), and general wheat allergies. A Gluten-Free diet may also improve symptoms in diseases like Irritable Bowel Syndrome (IBS), rheumatoid arthritis, multiple sclerosis or HIV enteropathy, and even autism, among others. A gluten-free diet should be mainly based on naturally gluten-free foods with a good balance of micro and macro nutrients: meat, fish, eggs, milk and dairy products, legumes, nuts, fruits, vegetables, potatoes, and rice. When choosing wheat alternatives be sure they are enriched or fortified with vitamins and minerals, as many gluten-free people struggle with receiving adequate supplements. Quinoa, amaranth, buckwheat, and some seeds and cereals are healthy alternatives and have high biological and nutritional value.

For more information see:

<https://celiac.org/>

Danielle Walker's Against All Grain | Danielle Walker

Gluten-Free Artisan Bread in Five Minutes a Day | Jeff Hertzberg M.D., Zoë François

The How Can It Be Gluten Free Cookbook | America's Test Kitchen

Living Gluten-Free For Dummies | Danna Korn

Gluten Free: The Definitive Resource Guide | Shelley Case and Wanda Drury

GRAIN-FREE

Meat-Permissive

Taking a step beyond Gluten-Free eating, those on a grain-free diet are usually seeking to resolve specific health problems. Many who go Gluten-Free find that the starchy gluten alternatives do nothing positive for them. Going Grain-Free means eliminating any gluten-free grains, such as rice, corn, oats and barley, though the not-technically-grain products of quinoa, amaranth and buckwheat are allowed in small quantities. The grain-free diet does not restrict meat or fish products, eggs, legumes/beans, seeds, nuts,

sugar, or dairy; while complex carbohydrates like potatoes, sweet potatoes, carrots and pumpkins are encouraged in moderation.

For more information see:

<https://draxe.com/grain-free-diet/>

Grain Brain | David Perlmutter, Kristin Loberg

Wheat Belly | William Davis MD

30 Days Grain-Free | Cara Comini

The Grain-Free Family Table | Carrie Vitt

Eat Beautiful: Grain-free, Sugar-free and Loving It | Megan Stevens

MEDITERRANEAN DIET

Meat-Permissive

The Mediterranean Diet is inspired by the eating habits of Greece, Southern Italy, and Spain in the 1940s and 1950s. The main components of the Mediterranean Diet include high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, high amounts of fish, moderate consumption of dairy products (mostly as cheese and yogurt), moderate amounts of wine, and low consumption of non-fish meat products. The foods eaten in the Mediterranean Diet are only part of the reason for health benefits gained by these Mediterranean cultures. A more physically active lifestyle, lower body mass index, quitting smoking, and moderate alcohol consumption (again, mostly wine) are also very important.

For more information see:

<http://mediterradiet.org/>

The Mediterranean Diet for Beginners | Rockridge Press

The Complete Mediterranean Cookbook | America's Test Kitchen

The Mediterranean Table | Sonoma Press

Mediterranean Diet for Every Day | Telamon Press

The Mediterranean Diet Plan | Susan Zogheib

SEMI-VEGETARIANISM

Meat-Permissive

No, vegetarians do not eat meat. A Flexitarian or a Semi-Vegetarian is not a vegetarian. Instead, it is someone who has opted for a diet consisting of LESS meat, with more vegetables, fruit, and whole grain. In 2003, the American Dialect Society voted Flexitarian as the year's most useful word, and it was listed in Merriam-Webster's Collegiate Dictionary in 2012, along with other versions of the word, including Reducetarianism and Lessetarianism. In a ranking by U.S. News & World Report in 2017 evaluating 39 popular diets, the Semi-Vegetarian diet came in third place, ahead of both the vegan and vegetarian diets. Some specific Semi-Vegetarian diets include:

POLLOTARIAN: someone who eats chicken or other poultry, but not seafood or meat from mammals.

PESCETARIAN: someone who eats fish and/or other seafood, but not poultry or meat from mammals.

POLLO-PESCETARIAN: someone who eats both poultry and seafood, though no meat from mammals.

For more information see:

<https://www.wikihow.com/Become-a-Semi-Vegetarian>

The Transition Diet | David Yager
A Semi-Vegetarian's Cookbook Success Guide | Peter Zugaj
The Pescetarian Plan | Janis Jibrin
The Reducetarian Solution: Reducing the Amount of Meat in Your Diet | Brian Kateman
The Flexitarian Diet: The Mostly Vegetarian Way | Dawn Jackson Blatner

DASH DIET

Meat-Permissive

The DASH Diet was developed to lower blood pressure without medication in research sponsored by the US National Institutes of Health. Since then, numerous studies have shown that the DASH diet reduces the risk of many diseases, including some kinds of cancer, stroke, heart disease, heart failure, kidney stones, and diabetes. All this makes it the #1 ranking diet by US News & World Report. The DASH Diet is rich in fruits, vegetables, and low-fat or non-fat dairy. It is a healthy way of eating, designed to be flexible enough to meet the lifestyle and food preferences of most people. It can be considered to be an Americanized version of the Mediterranean diet, and to be easier to follow, since it has more specific guidelines.

For more information see:

<http://dashdiet.org/>

The Complete DASH Diet for Beginners | Jennifer Koslo
The Everyday DASH Diet Cookbook | Marla Heller
DASH Done Slow: The DASH Diet Slow Cooker Cookbook | Karen Frazier
DASH Diet Cookbook: Collection of 150 Best DASH Recipes | Jennifer Evans
DASH Diet: The Complete Guide | Henry Thompson

GAPS DIET

Meat-Permissive

The Gut and Psychology Syndrome Diet, also known as the GAPS Diet, is a therapeutic diet commonly used in the treatment of inflammatory bowel disease, leaky gut syndrome, autism, ADHD, depression, anxiety and autoimmune disease. On the GAPS diet, refined carbohydrates, starchy vegetables and grains are nixed, while easily-digestible non-starchy vegetables, meat, fish and heart-healthy fats take center stage. The GAPS Diet meal plan is introduced in six stages, with the GAPS diet stage 1 being the most restrictive. As the diet progresses, more and more foods are added back onto the GAPS diet food list. All patients handle nutritional/supplemental protocols differently and are strongly encouraged while on the GAPS Diet to take appropriate supplements and ample probiotic foods, along with essential fatty acids and digestive enzymes. As this diet plan comes in several stages, please see the websites for details.

For more information see:

<http://www.gapsdiet.com/> and <https://draxe.com/gaps-diet-plan-protocol/>

Gut and Psychology Syndrome | Natasha Campbell-McBride
Heal Your Gut, Change Your Life: Step by Step Guide to the GAPS Diet | Andre Parker
GAPS Guide: Simple Steps to Heal Bowels, Body, and Brain | Baden Lashkov
GAPS Diet: Heal Intestinal Issues And Prevent Autoimmune Diseases | Sherry S. Williams
The Heal Your Gut Using the GAPS Diet Cookbook | Hilary Boynton

KOSHER

Meat-Permissive

While few really know what Kosher is other than that it is somehow affiliated with Judaism, the word literally means "fit" or "appropriate." Kosher eating has increased more than 2,000 percent in the last 70 years, and that's just in America! There are over 70,000 "certified Kosher" products in grocery stores, up from 3,000 in 1970, according to the Kosher Advisory Service. Indeed, only about 15% of the 11.6 million Americans who purchase certified Kosher products do so for religious reasons, according to Forbes. With its roots in the Hebrew Bible, only certain kinds of animals are considered "fit". For land animals, any creature that both chews its cud and has split hooves is Kosher. For sea creatures, any fish that has both fins and scales is acceptable, and only those birds who are not scavengers or birds of prey.

For more information see:

<http://www.ok.org/> and www.koshercertification.org/

Kosher Nation: Why More and More of America's Food Answers to a Higher Authority | Sue Fishkoff
Bubbe and Me in the Kitchen: A Kosher Cookbook of Modern Twists | Miri Rotkowitz
Real Life Kosher Cooking | Miriam Pascal
Joy of Kosher: Fast, Fresh Family Recipes | Jamie Geller
Kosher for the Clueless but Curious: A Fun, Fact-Filled, and Spiritual Guide | Shimon Apisdor

Standard American Diet

Avoid at all costs!

The National Cancer Institute found that 3 out of 4 Americans don't eat a single piece of fruit in a given day, and nearly 9 out of 10 don't reach the minimum recommended daily intake of vegetables. 96 % of Americans don't reach the minimum for greens or beans, 98% don't reach the minimum for orange vegetables, and 99% don't reach the minimum for whole grains. 63% of America's calories come from refined and processed foods (e.g. soft drinks, packaged snacks like potato chips, packaged desserts, etc.). 25% of America's calories come from animal-based foods, while only 12% of America's calories come from plant-based foods. Unfortunately, half of the plant-based calories (6%) come from french fries. That means only 6% of America's calories are coming from health-promoting fruits, vegetables, whole grains, nuts, and seeds. There's a good reason we abbreviate Standard American Diet to S.A.D.

For more information see:

<https://draxe.com/charts-american-diet/>

The New American Diet: How secret "obesogens" are making us fat | Stephen Perrine
Standard American Diet: How The Standard American Diet Is Killing Us | Burnley Sconnel
Fast Food Nation: The Dark Side of the All-American Meal | Eric Schlosser
Pandora's Lunchbox: How Processed Food Took Over the American Meal | Melanie Warner
FOOD, Inc. (film) | Robert Kenner