

Fiber and B vitamins and Protein are critical to understand for healing purposes and to prevent disease. B vitamins affect the metabolism or utilization of protein, fat and carbs for strength and balance in all eight systems of the body from nerves to digestion .

Holistic chefs work with how much volume of food is needed to be eaten to achieve the RDA for the five basic B vitamins, thiamine, riboflavin, niacin, folic acid, and B12. No one thinks clearly without adequate B vitamins. No one feels calm, cool and collected when they are deficient.

Attached are the Protein and Fiber Food Charts taught at the Holistic Cooking Academy. Please do magnify them for your purposes to your groups. It took four years of research to develop the precision found in my "Protein Fat and Carbs Portion Control Guidelines." I listened to dieticians, Dr. McCuaig, and Sam Graci of Greens Plus, a pesco-vegetarian before I could be satisfied with what is reasonable and true to the physiology of the body and lifestyle most people live in this Information Age..

How Much Protein do we Need?

Let us look at the amount of protein needed to repair 50,000 cells in adult bodies from 100 pounds (teenagers) to the 320 pounds (the largest of men.)

Amounts of protein needed vary according to body weight and activity. Most people have no clue what their body needs unless they humble themselves in personal training programs, or come to a cooking class at the Holistic Cooking Academy of Canada.

Protein needs are scientifically determined by the physiology of the weight of body dust after water is removed during cremation. Water is 55-70% of body weight at the time of death, often caused by dehydration. 70% is ideal for adults. In the dust that we are, 30% of original body weight left after cremation has a composition of 50% protein. Even bone cannot form without protein.

Dieticians and Naturopathic doctors therefore agree that 15% of body weight is the protein level needed in the diet of a sedentary person who is healthy, young, with no stress or health issues such as obesity. That is, when sitting and thinking, not moving about. The sedentary lifestyle is lived by an estimated 80% of the population.

One leaves the sedentary lifestyle after four hours of light activity, such as walking about.

In light activity or weight loss programs, 20% of total Calories is recommended. My Portion Control Guidelines outlines 20% of total Calories to be protein.

More active lifestyles - that is, four to eight hours of sweating - as experienced by construction crews, chefs, gardeners, mothers chasing young children, farmers, couriers, movers, chiropractors and athletes, need the same number of grams of protein as body weight.

Protein maintains energy and strength in all cells. It sustains healthy hormone levels. It creates metabolic enzymes inside the body to handle body repairs of aging or broken tissues created by activity.

Stress increases the need for protein and B vitamins. Humans need a little stress. Without daily challenges overcome none of us feel emotionally healthy or that we are spiritually growing. We need adequate protein and B vitamins to live well, to be pro-active, to advance our lives.

B vitamins are essential for metabolism of protein, fat and carbohydrates. More than the RDA is needed during stress or in fighting disease.

When fatigued during stress, even after emotional therapy, or to prevent obesity, diabetes, hypoglycemia, and heart disease, autoimmune disorders, Dr. Michael Eades, MD, of Colorado, who taught me what is adequate

protein, and confirmed to me by dieticians, naturopathic doctors, 50% of body weight is the amount of protein needed to cope with the good life that offers chosen stress to grow emotionally, mentally and spiritually.

In weight loss, everyone needs to learn how the body burns fat? We refer to the Krebs Cycle, that explains this in scientific circles, taught to us by Dr. Larry Cuaig, Ph.D nutrition who was Canada's Food Coordinator and Food Safety and Recalls Co-Director for 18 years. The Krebs Cycle says that whe diet has more fat calories than carb calories, then fat is burned for energy. When carb calories exceed fat calories in the meal, then carbohydrates are burned energy. The Ministry of Supply and Services reported in 1996 that 50% of Canadians loose their weight by reducing carbohydrates, and lay people know that by removing bread and sugar from their diet. Fat or carbohydrates provide Calories for mobility. Protein provides structure for function, and hair and skin growth, etc. Whatever is highest determines which one the body uses. Hence, "eat fat to loose fat" works in nourishing traditional diets globally. Butter and cream, for example, in French cuisine, is famous for the French phenomena of gorgeous skinny bodies.

The Holistic Cooking Academy of Canada is unique from Weight Watchers and TOPS that also educate the public on volume of carbs needed to sustain adequate balanced energy per meal. We have the Portion Control Guideline that says the exact number of carbs for each body weight from 100 pounds to 320 pounds. As there are more carb foods than protein or fat foods, it is a lifetime of study and vigilance to handle the temptations. Everyone needs help to just stay on tract, to remember their limits, and especially to serve it to their families and guests. We want holistic chefs to ask the public, May I help you sustain your ideal weight?

I offer this article on protein to both Meet UP as well as Lexi Yoga to prepare the market for this exceptional course on herbs with adequate protein from animal sources and vegetarian recipes the combination that helps most to maintain a youthful appearance while getting older.

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"Building Immunity One Meal at a Time."

Fiber is Essential to Fight Obesity, Cholesterol, and to Prevent Cancer

Most of us don't get enough fiber. Back in the forties, Dr. Denis Burkitt, a surgeon in East Africa, noticed that developing nations tend to eat 60 grams of fiber a day, and Western nations tend to eat 20 grams a day. According to the National Institutes of Health, today Americans eat less fiber - five to 20 grams a day. Dieticians recommend 25 - 30 grams of fiber per day, or six to ten grams per meal. Dr. Michael Colgan, Director of the Colgan Institute, in San Diego, California, since 1979 recommends 40 - 50 grams of mixed fiber a day, or 13 - 16 grams per meal, in his book The New Nutrition - Medicine for the Millennium, 1995, Apple Publishing, for effective control of body fat.

Soluble-fiber dissolves easily in water and makes a soft gel in the intestine. Insoluble fiber speeds up food passage through the intestinal tract. Fiber removes toxins from the body, keeps insulin and blood glucose stable, promotes use of food for energy rather than fat storage, prevents constipation, obesity, hemorrhoids, diabetes, heart attacks and strokes, appendicitis, diverticulitis, and impotence by keeping blood vessels unclogged. It protects the colon from cancer, and lowers bad cholesterol.

Look and you will quickly see that a fiber supplement such as psyllium is needed twice a day.

GET 10 GRAMS OF MIXED FIBER PER MEAL

VEGETABLES

- 3 tbsp. psyllium seeds
- 1/2 cup lentils
- 1/2 cup green or yellow split peas
- 1 3/4 cup artichoke hearts
- 1 1/4 cups chickpea flour
- 2 cups green or yellow beans
- 3 cups black beans
- 3 1/3 cup cooked spinach
- 4 cups cooked carrots

FRUIT

- 1 cup elderberries
- 2 guava
- 3 cups raspberries / 5 cups blueberries
- 2 1/2 avocados
- 4 fresh pears with the skin
- 4 papaya
- 4 peaches with the skin
- 10 dried figs/10 dried pears
- 6 oranges
- 9 apples with the skin

WHOLE GRAINS, BRANS, NUTS, and SEEDS

- 1 tsp. xanthum gum, or guar gum flour
- 1 rye crisp
- 7 tbsp. teff flour
- 1/2 cup organic whole grain spelt flour
- 14 tbsp. almonds
- 1 cup flaxseed
- 1 3/4 cup amaranth
- 4 1/2 cups oatmeal

***Lacto-Vegetarian Protein Grams & Vegetarian Protein Grams,
 Found In Half-Cup Servings***

Nutrition Almanac, 1996, Gayla and John Kirshmann, 4th edition and
Food Values of Portions Commonly Used, 1989, Pennington, Bowes, and Church, 15th edition.

Lactose-free whey protein isolate powder (3oz.)	80.0 g.	
Soy protein powder (must be fermented to be absorbed 100%)	78.0 g.	
Pumpkin seeds	56.0 g.	Commonly eaten is 3 oz. = 21 g.
Pinenuts	54.4 g.	
Peanuts dry roasted	52.8 g.	
Sunflower seeds	50.0 g.	
Nutritional Yeast (3 oz.)	48.0 g.	
Pistachios, shelled	46.4 g.	
Sprouted barley grass, powdered	45.6 g.	Commonly eaten is 1 tbsp. = 5.7 g.
Sesame seeds	37.0 g.	Commonly eaten is 1 tbsp. = 4.7 g.
Almonds	37.0 g.	Commonly eaten is 11 = 5 g.
Cashews	35.2 g.	
Brazil nuts/ walnuts	32.8 g.	
Hemp hearts	30.6 g.	
Hazelnuts	29.6 g.	
Tempeh 8 oz.	24.0 g.	Commonly eaten is 4 oz. = 12 g.
4 large eggs	24.0 g.	
Refried beans	23.5 g.	
Lentils, organic	23.0 g.	(<u>El Molino Cookbook</u> , 1952)
Pinto beans cooked	22.0 g.	
Split peas cooked	21.0 g.	
Sesame tahini	20.8 g.	
Flaxseed, organic	20.0 g.	
Macadamia nuts	19.2 g.	
Great Northern beans	18.5 g.	
Pecans	17.6 g.	
Hickory nuts	16.8 g.	
Spelt flour organic, Arrowhead Mills	16.0 g.	(Sci-tek labs 1400-0407 = 20 g.) – varies to soil
Quinoa	14.0 g.	
Rice bran	12.5 g.	
Rye cracked	12.1 g.	
Teff/ unbleached spelt flour	12.0 g.	
Tamari sauce	12.0 g.	
Chickpeas	10.4 g.	
Kamut flour	9.7 g.	
Pot barley	9.6 g.	(Pearl barley is 1.8 g.)
Lentils, non-organic cooked	9.0 g.	
Millet, organic	9.0 g.	
Rye flour, dark	9.0 g.	
Oat bran	8.5 g.	
Sprouted wheat grass	8.0 g.	
Brown rice, organic	7.5 g.	(Non-organic is 2.3 g.)
Potato flour	7.1 g.	
Yogurt plain whole milk	5.9 g.	
Buckwheat flour	5.8 g.	
Cornmeal	5.6 g.	
Amaranth /lentil sprouts	5.0 g.	(<u>American Health and Nutrition</u> , p. 326.)
Millet non-organic	4.4 g.	

Peas frozen	4.0 g.
Wild rice	3.3 g.
Oatmeal	3.0 g.