



Antimicrobial Low-ferment diet

PROTEIN

Serving size: 1 palm sized (including fingers) portion per meal unless otherwise specified. Choose organic where possible.

- **Fish** uncrumbed and preferably poached or steamed. A great way to steam fish is to place it in a Chinese bamboo steamer and steam on banana leaf/both available at the Asian shops. You can get all the implements cheaply at the Asian stores. You may want it grilled also which is fine.
- Curries make a great use of cheap fish cuts. Shell fish as long as no known allergy.
- **Chicken, Quail, Duck, Turkey**
- **Organic and free range egg**
- **Lean Meat** (In order of preference: kangaroo, veal, lamb, lean beef, goat, rabbit)

Aim for 1g of protein per kg of weight See protein chart overleaf.

You can crumb using almond meal batter which adds crunch

PROTEIN SOURCES TO AVOID

- Processed meat such as bacon, salami, ham & polony. A little nitrate free ham and bacon is usually fine
- Eggs from battery hens

DAIRY

- **Milk:** Rice & almond or cashew supermarket is fine: look for sugar free such as Pure Harvest. It's easy to make also. Almond milk for baking not coconut milk.

DAIRY TO AVOID (try to reduce these)

- Cow's milk products (milk, cheese, yoghurt, etc) These foods will up regulate inflammation in the gut but may be taken if you absolutely are not suffering with any auto immune issues, inflammation or raised IGE.

Other acceptable:

- **Almond meal** is a great alternative for baking.
- **Coffee:** max one cup a day.
- **Green and herbal tea:** as much as you like
- **Olive Oil extra virgin or sesame oil:** up to 3 tablespoons daily for cooking or dressing. Do not use coconut oil despite its low smoking temp it may raise cholesterol due to the amount of saturated fat. No coconut oil if cholesterol high
- **Herbs, spices and flavourings:** Sea salt, Black pepper, all herbs EXCEPT Chilli & Sauerkraut (these can come back in once symptoms are all alleviated but if you notice reactions then please stop.
- Olives, pickled onions and homemade sugar free sauces made with foods on the yes list are also fine.

Vegetables

- All vegetables except starchy corn, carrots, sweet potato, potato, pumpkin and peas in large amounts. Up to half a handful a day cooked should be fine but see how your body feels afterwards. Pref organic. See our shopping guide <http://natmed.com.au/resources/>

Vegetables & Fruits to avoid as increase dysbiosis & ferment

- Fruit, dried or ordinary. Fructose is candida's favourite energy supply. We know it sounds strange as we are taught that fruit is good for us however for now we need to stay off it until die off has been achieved

Snacks

- **Nuts:** Usually nuts are fine but must be soaked if you are having bloat. 8-10 per day of Each: Almonds, brazil nuts, cashews, Water chestnuts in can
- **Seeds:** Soaked chia seeds or tahini paste made from sesame seeds: pumpkin, sesame, sunflower seeds are all fine. To soak, cover in water or almond milk and leave in fridge overnight.
- **IF YOU HAVE DIVERTICULITIS YOU MUST STOP ALL SEEDS**

Snacks to avoid

- Chips, crisps, Doritos, popcorn and twisties etc. (alternative: kale chips or veggie sticks with dip)
- Crackers, crisp breads, rice cakes, rice crackers: (alternative: kale chips or veggie sticks with dip)

Avoid these others:

- **Alcohol and low carb Beer.** If you must have it, then vodka and soda without sugary lime but fresh lime
- **Vegetable Juice** as too high in sugar but speak to your practitioner as this may be fine for you
- **Cordial, Soft drinks or diet drinks.** Full of phosphorous that erodes your bones and sugar
- **Instant Coffee.** It is dehydrated with dry cleaning chemicals that increase cancer risk
- **Legumes** (mung bean, lentil, tofu, chick peas)
- **Sugar:** When looking for packet foods such as almond milk, look to the floor! All the high sugar is at eye level in shopping isles
- **Deep fried or crumbed foods:**
- Anything that ends in "ose", such as fructose, sucrose, dextrose, maltose. Syrup and in particular, high fructose corn syrup. Sugar. Read labels please and look for hidden sugar in all consumed products
- No Chilli, curry or hot spicy foods and no fermented foods such as pickles and sauerkraut.



These web sites are great resources: Not all recipes will be congruent with your plan, however there are a multitude of great ideas on these sites from chia seed pancakes to paleo bread.

- <http://paleogrubs.com/>
- <http://www.taste.com.au/search-recipes/?q=low+carb>
- <http://autoimmune-paleo.com/>
- <http://www.nood.net.au/recipes/>

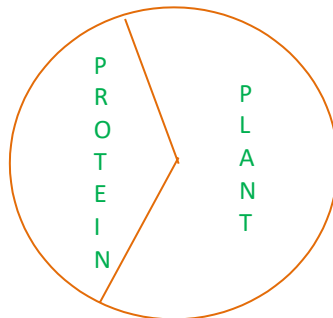
A typical meal plan for a 70kg person:

- **Breakfast:** scramble eggs with three whole eggs and 4 egg whites and spinach. = 18g protein
- **Lunch:** Chicken (100g) and salad = 20 g protein
- **Dinner:** Poached fish (150g per serve) and vegetables =30g protein

Total for day = 70 g protein Plants are alkaline so this diet is mostly alkaline despite being high in protein. Protein builds muscle, protecting bone density and delivering important amino acids such as Tyrosine for thyroid health. Muscle is 5x more metabolically active than fat. You are a human battery. Muscle produces energy and is the single biggest life changing factor in reducing ageing.

Your plate: 1/3 PROTEIN - 2/3 PLANT

Planning Tip: 1. choose your protein: 1g protein per 1kg of body weight



Colourful plants on your plate = ^ nutrition: It's a Mediterranean thing!

Where to shop, more on dairy & gluten & how to detox your life:

<http://natmed.com.au/resources/>

For more recipes like grain free pancakes and bread go here

<http://natmed.com.au/category/recipes/>



The following is a list of foods that make up quality protein

You ideally need 1g of protein per 1kg weight a day:

Remember that 50g of beans for example is not 50g of protein. See below for levels of protein in different foods.

Protein source	10 gms	20 gms
	Roughly half a palm	Roughly a whole palm
Protein powder/ protein shake	1 scoop	2 scoops
Eggs (free range)	2 medium	4 medium
Beef steak	45 gms	90 gms
Lamb	45 gms	90 gms
Pork/Ham	45 gms	90 gms
Bacon	3 slices	6 slices
Minced beef	65 gms	130 gms
Chicken breast	45 gms	90 gms
Chicken thigh/leg	1 leg = 15 gms	2 legs = 30 gms
Fish tinned Tuna/salmon	45 gms	90 gms
Scallops	90 gms	180 gms
Prawns (flesh)	50 gms	100 gms
Fish fillets	50 gms	100 gms
Tofu	50 gms	100gms
Tempeh	50 gms	100 gms
Cheese, Hard or Cheddar	45 gms	90 gms
Cheese, Cottage	40 gms	80 gms
Cheese, feta	60 gms	120 gms
Cheese<Ricotta	95 gms	190 gms
Yoghurt Natural, low fat	1 cup 150 gms	2 cups
Milk, Low fat	300 mls	600 mls
Almonds	50 gms	100 gms
Brazil Nuts	70 gms	140 gms 1 cup
Cashews	60 gms	120 gms
Walnuts	70 gms	140 gms
Peanut butter	2 tbsp	4 tbsp
Flax seeds	50 gms 1/3 cup	100 gms 2/3
Sunflower seeds	40 gms	80 gms
Hummus	1 cup	2 cups
Chickpeas	2/3 cup 100 gms	200 gms
Red kidney beans	2/3 cup 100 gms	200 gms
Lentils cooked	½ cup	1 cup

More vegetarian sources: <http://natmed.com.au/vegetarian-protein-more-than-just-meat/>

More great dietary resources: <http://natmed.com.au/resources/>

Great Articles to support you: <http://natmed.com.au/blog/>