

EATING FOR HEALTH MODEL

By Dr. Ed Bauman

The *Eating for Health* model is a comprehensive approach to educating people on how to eat and enjoy a diverse, plant-based diet that provides a full range of nutrients. It relies on foods known to promote health and support recovery from illness and injury. It integrates the very best of both ancient and modern nutritional approaches to form a flexible system of wholeness, based on the Earth's generous support of life on our planet in the form of healthy foods, water, air, and kind hearts. *Eating for Health* is a way of being in right relationship with food and other beings. It's a path to creating harmony within ourselves, our families, our communities, and with the Earth.

I created the *Eating for Health* model 20 years ago as the basis for the [Nutrition Consultant](#) and [Natural Chef](#) Training Programs at Bauman College. I have used it in a wide variety of educational and clinical settings, and it has proven to be a useful tool for countless people as they move toward a more optimal nutrition program.

The principles of *Eating for Health* are based on the premise that our cellular health is determined by the foods we eat. Damaged foods damage our cells. Fresh, healthy foods send the right messages to our cells' DNA, encouraging healthy gene expression, as well as efficient growth and repair – a process we call healing. The tragedy of losing one's health can be traced, in large part, to a history of poor quality food, insufficient nutrients, and exposure to dietary and environmental toxins.

The healthiest diet comes from S.O.U.L. foods (Seasonal, Organic, Unprocessed, and Local) that are suited to a person's individual taste, temperament, needs, access to ingredients, and metabolic tendency. *Eating for Health* supports sustainable agriculture and non-GMO crops. One of the great strengths of the *Eating for Health* model is that it can be vegan or omnivorous, raw or cooked, and it can, and naturally will, evolve over time with changing circumstances.

Our nutrient needs are all different. Some of us digest meat better than we do beans. For others, it is the opposite. Despite our differences though, some dietary strategies make sense for everyone. A healthy, balanced individual will be able to comfortably digest and live well on a largely plant-based diet that contains animal foods in moderate portions as complements to a variety of fruits, vegetables, nuts, seeds, grains, and legumes.

For optimal health, disease prevention, and quick healing from illness or injury, it is best to eat about six servings a day of fresh or fermented vegetables and three servings a day of fresh or dried fruits or juice. We have our work cut out for us to get to this level. It means snacking on fruits, veggies, nuts, and seeds, rather than chips, cookies, candy, and crackers.

Another universal key to vibrant health is for the vast majority of foods we consume to be from whole and natural sources, rather than out of boxes or packages. This is where *Eating for Health* can help, by teaching you how to make delicious and life-enhancing food choices for optimal health.

At Bauman College, we place a high value on people going to their local markets to select their own foods, even getting to know their local growers and vendors, when possible. In this stress-filled world, where hurry and worry limit our opportunities for relationship and pleasure, it is an important step outside the box to learn where your food comes from.

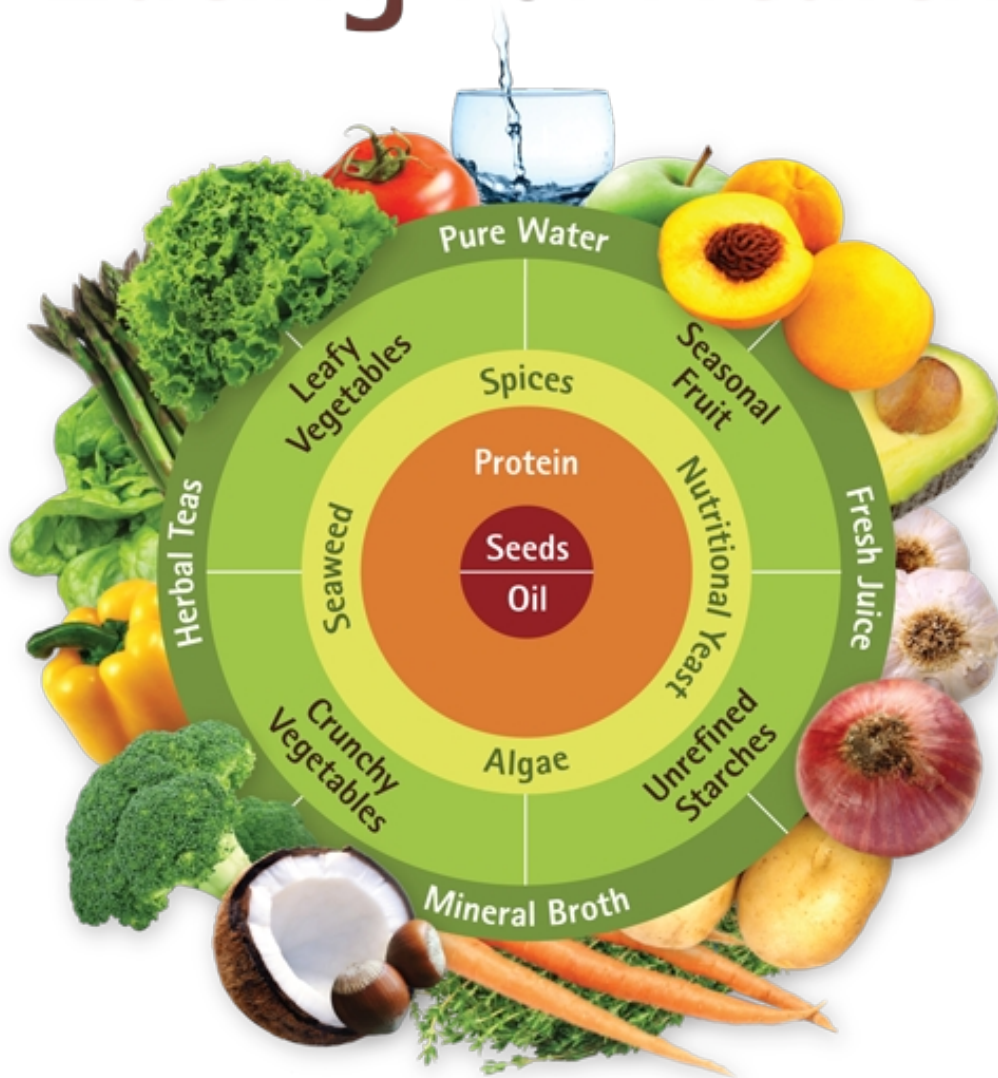
In teaching and sharing the *Eating for Health* model, we encourage friends and families to cook together, and to collaborate in planning meals that include foods each individual can help prepare and then enjoy eating. We embrace diversity of food choices and personal diet systems.

10 EATING FOR HEALTH TIPS

1. Increase intake of local, seasonal, fresh, organic foods.
2. Drink plenty of purified water each day.
3. Minimize caffeine intake to 50mg or less (1 cup black tea, 3 cups green tea, or 1/2 cup coffee or espresso).
4. Eat protein by 10am and 1-3 more times during the day to help curb sugar cravings.
5. Decrease intake of refined and artificial sugars, white flour products, unnatural fats, added hormones, preservatives, colors, and antibiotics.
6. Diversify sources of proteins, fats, and carbohydrates.
7. Eat more monounsaturated fat (olives, avocados, almonds) than saturated fat (animal, dairy, coconuts) or polyunsaturated oils (soy, corn, sunflower).
8. Decrease consumption of gluten-containing grains (wheat, rye, barley) to prevent digestive disturbance and inflammation.
9. Eat 3 portions of vegetables in a meal to 1 serving of protein and 1 serving of fat for pH balance.
10. Enjoy your food and let others eat in peace.

The *Eating for Health* model provides a palette from which we can select the most health supportive foods. Eating from the inside out will provide a building diet for times when we need to build up our nutrient reserves. Eating from the outside in will set the scene for cleansing the body of impurities and toxins. The goal of the *Eating for Health* model is to provide a diverse selection of whole foods to sustain health and promote recovery from illness and injury.

Eating for Health



Eating for Health Serving Chart

Food Group	Seeds/Oils	Protein	Leafy Vegetables	Crunchy Vegetables	Unrefined Starches	Seasonal Fruit	Booster Foods
Daily Servings	2-3	2-4	2-3	2-3	2-4	2-4	2-4
Serving Size	1 Tbs oil 2 Tbs seeds	3 oz animal 6 oz vegetable	1 cup	½ cup	½ cup whole grain, 1 medium root vegetable	½ cup or 1 medium piece	1 tsp to 1 Tbs
Examples	flax, sunflower, sesame, almonds	poultry, fish, eggs, milk, beans	salad mix, spinach, kale	broccoli, string beans, onions, celery	grains, bread, yams, winter squash, corn, millet, rice	berries, apple, grape, citrus	nutritional yeast, algae, spices, seaweed