

Human Dietary Guidelines, a Short Synopsis

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What is Paleo/Primal???

“Diets” come and go, like the seasons of the year... Every time you turn around, there’s ANOTHER article by some persona, espousing the latest dietary “fad”... unfortunately, most of these tend to be written by the latest author-wanna-be, looking for their spot on Amazon Books...

I have not written such a book because, there are ALREADY many good books written on this subject, by better men than I... I agreed to write THIS article to possibly reach a segment of the population which may be less inclined to buy a book, than read something presented herein...

So, let’s get to it.

The “reality” is, we, as species Homo Sapiens, are animals, and the only aspect of our “sustenance” to have changed in millenia is agricultural in nature... Mankind has “developed” numerous “edibles” that ten thousand years ago, either did not exist, or would have been unrecognizable as a “potential” food source.

We also, over the course of many centuries, have learned “animal husbandry”, and domesticated several breeds of animals for our own benefit, such as bovines (cows, goats and sheep), porcines (pigs), fowl (chickens, turkeys, etc.), and other animals like dogs and cats.

The animal we now know as “man” originally was a scavenger, not a farmer or chef... and as such, aspects such as “baking”, are relatively recent in our history as a species... we would have been much like any other scavenger animal, until the advent of weapons, and later, fire.

Grains and legumes hence, are not what we were “designed” to consume, and certain chemical compounds such as lectins and phytates (as just one example), which are chemically inappropriate for, and disruptive to human biology, were not a part of our daily routine... not to mention that “modern day” agriculture incorporates all manner of “manmade” chemical compounds like glyphosate (roundup), which are toxic to plants, and hence, to animals that would consume them, such as humans...

So, having reasonably established that “proper’ human sustenance did NOT include plants, and healthy human eating is based on “clean” meat and vegetables, and perhaps occasionally honey and salt, and NOT grains and legumes, what follows is a brief synopsis of PROPER human dietary intake...

Meat: Clean, fresh and “organic” if possible (Beef, Pork, Lamb, Goat, Turkey, Chicken, etc.)

Eggs: again, “organic” if possible (Chicken, Duck, Ostrich, etc.)

Fats: Unadulterated saturated fats, again “organic” if possible, like butter (not margarine), clean/real olive oil (most is not), lard, avocado, and coconut oil.

Vegetables: Best choices are organic, NON-legumes, such as:

- **Brassica:** Arugula, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Collards, Kale.
- **Roots:** Beets, Carrots, Onions, Parsnip, Radish, Turnip.
- **Tubers:** Cassava, Rutabaga, Malanga, Sweet Potatoes, Yams.
- **Legumes:** Legumes are all beans, peas, and peanuts.

Seafood: I no longer recommend fish, crustaceans, etc. due to health concerns over pollution, and environmental concerns of overfishing. Farmed seafood is the worst.

Fruit: The “problem” with fruit, as it were, is the concentration of sugars... almost all present-day varieties were developed with increased sugar content, limit your fruit intake to 2 or 3 whole fresh fruit (not canned or juiced), or a handful or two of grapes or berries a week. Pomegranates, lemons and limes are an exception... Bananas are high in minerals, but also sugar... plantains are high in starch.

Nuts: Most nuts can be eaten 2 or 3 times a week, within reason... it is important to know where they are sourced from. Peanuts are not actually nuts, but legumes, and are not allowed.

Grains: Only clean rice, and only one or two servings a week. Lundgrens is the ONLY brand in America which passed tests for residual arsenic. “Wild” rice is actually botanically a seed of a marsh grass and is allowed.

Seeds: Seeds are a “boundary” class, and as such, are up for debate... seeds of gourds, such as pumpkin, are fine, but seeds like sunflower, are not.

Miscellaneous: Surprise!!!! Pork skin (Chicharrons) are fine, as long as they are not fried in plant oils!!! NO potato chips unless they are sweet potatoes and limited to once a week.

Now, for those individuals who are not allergic to dairy (including butter), I recommend trying paleo/primal, which includes clean, full-fat dairy in the diet... Yoghurt, Cheese, Sour Cream, but not milk, unless clean and raw.

So, there you have it... the basics of a healthier lifestyle!!!! (don't forget to exercise!!!!).

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