

The Kingdom of New Kidron

as a

FORMAL DOCUMENT



New Kidronite Dietary Guidelines: Handout

Thank you for your interest in the New Kidronite Dietary Guidelines! This handout will cover only some of the most basic recommendations of the NKDG and forms a “cheat sheet” or shopping guide for interested persons; please visit http://jbt.name/library/nutrition/new_kidronite_dietary_guidelines_handout.pdf.html for more information.

Remember...

- Eat full, satisfying, *nutrient-dense*, and diverse meals
 - Aim for a 3/2/1 ratio of fat/carbohydrate/protein calories
 - Eat food cooked and preserved in a variety of different ways

Staples

- **3+** servings of Seafood (with **3** servings of oyster)
- **2+** servings of Fats and Oils
- **4+** servings of Starches
- **2–4** servings of Mushrooms, Beans and Legumes, Leafy Greens, and Fruits
- Vegetables to taste

JBT's Top Picks

- **Meats:** Grass-fed Ground Beef
- **Dairy:** Egg; Shredded Cheese; Kefir
- **Seafood:** Oyster; Wild Alaskan Salmon; Tuna
- **Fats and Oils:** Virgin Coconut Oil; Butter
- **Starches:** Sourdough Bread; Potato; White Rice
- **Mushrooms:** Crimini; Shiitake; Enoki
- **Beans and Legumes:** Black Bean
- **Leafy Greens:** Collard; Chard; Dandelion
- **Vegetables:** Yellow Bell Pepper; Green Onion; Butternut Squash
- **Fruits:** Black Currant; Guava; Acerola Cherry

Top 5 Things to Avoid

- **ALL** Puffed, Extruded, and/or otherwise High-temperature-processed Foods
- **ALL** Protein, Soy, Egg, and/or Milk Powders
- **ALL** Overheated and/or Rancid Fats, Trans Fats, and other Polyunsaturated Fats
- Super-sweet and/or Toxic Drinks, Foods, and **ALL** Artificial Sweeteners
- Whole Grains