

# My dietary philosophy...by Dave Erickson

My dietary philosophy has changed over the years from a focus on building muscle to a focus on maximizing disease protection and longevity. My desire is to eat the diet that is the most protective from diseases like cancer, Alzheimer's and heart disease and allows me to live in a healthy, functional body well into my 80s and 90s! It also must be SIMPLE...something easy to make a habit.

To maximize health, one should eat mainly the foods that promote health and eliminate or reduce those foods that promote disease.

## **Promote health:**

1. Fiber
2. Anti-oxidants
3. Phytochemicals
4. Good Fats
5. Whole foods

## **Promote disease:**

1. Cholesterol
2. Salt
3. Saturated Fats
4. Processed foods
5. GMO/Chemicals

If you make this your dietary focus the result will be:

1. A nutrient-protected body and allows for some pleasure eating without health or weight gain consequences.
2. Exceptional blood numbers that will make your doctor want to re-check!
3. Feel proud that you are protected from the diseases that destroy other people's lives.
4. Automatic steady weight loss to your body's healthiest weight.
5. Long-term and life-long weight loss maintenance

## Common Nutritional mistakes:

1. **Focus on Macronutrients.** Hi protein, low carb keto/paleo diets are popular because they can produce faster fat-loss. A focus on macro nutrient percentages however takes the focus off the important elements of healthy eating listed above. Radical macronutrient manipulation diets are never sustainable and compromises health for faster weight loss. Because these diets are not sustainable, they almost always

result in weight re-gain and a life of yo-yo dieting which decreases longevity and often increases body fat over the years. Furthermore, a focus on Macronutrients takes the focus off what is the most important factors in gaining maximum health and sustainable life-long weight loss—fiber and nutrient intake. Fiber, anti-oxidants and phytonutrients give the body the nutrients it needs to maximize health and shed excess fat. A focus on fiber and nutrients puts your body back in balance allowing for it to heal and become healthy again. A focus on macronutrient manipulation puts additional stress on the body and doesn't give it the nutrients it needs to heal and regain healthy fat storage.

2. ***Too much protein from animal-based foods.*** People eat high levels of protein because they believe it helps them to build muscle, decrease cravings and burn more fat. This leads to high levels of calories, dietary cholesterol and low levels of fiber, anti-oxidants and phytonutrients as they eat a lower percentage of plant foods and a high percentage of animal foods (meat, dairy, eggs).

For the average person, eating a plant-based whole foods diet with a moderate supplementation of a protein powder or small amounts of organic animal products provides plenty of protein and most importantly provides the other essential nutrients needed to maximize the blood chemistry needed for the body to transform into its healthiest form.

## What do I eat?

**Breakfast (9:30AM): Super Berry Shake.** Berries are super healthy because they are high in powerful health-protecting antioxidants and phytochemicals. I increase the health power with adding Kale (which you don't taste mixed into shake) and Amla powder which is a dried Indian gooseberry with mega-antioxidants. To give the shake more protein, I use either a pea protein powder or whey protein and add BCAAs (branch chain amino acids) because I am a large male bodybuilder. The BCAAs are not necessary unless you are also performing daily heavy strength training. The Cacao powder is another high anti-oxidant product with other positive health benefits.



1. 1 cup total of Blueberries, Strawberries, Raspberries, Black Berries
2. ½ large banana or one small
3. 1 cup of chopped kale or fresh kale leaves
4. 2 scoops of pea protein or 1 scoop of whey
5. 1 scoop of Amla powder (powerful anti-oxidant)
6. Vitamins: ¼ teaspoon of powder C, 500mcg B12, 50mg Zinc and 3000 iu of D3
7. Optional: 1 scoop of BCAA and 1 tablespoon of Cacao powder (mix in blender with water)



**[Keep in mind. I am 220 lb male with above average muscle mass. Adjust amounts for your size.]**

**Lunch (1PM): Super Salad.** This is not your common lettuce salad. It is a combination of super foods that is the foundation of my nutritional plan. The combination of super-foods works synergistically to make this salad mega-health promoting and disease protective. Because there are so many ingredients, most of the quantities are small to fit on a large dinner plate. The salad is so large, I can only eat ½ and wrap the remaining for tomorrow's lunch. You could also eat the other half for dinner.

1. Handful Leafy greens (baby spinach is best)
2. Broccoli chopped

3. ½ Carrot grated
4. ¼ Beet chopped
5. Cauliflower grated
6. Brussel Sprouts grated
7. Cherry tomatoes
8. ½ cup Mushrooms (cooked)
9. ¼ Apple chopped
10. No-salt Green Peas
11. No-salt Black Beans (1/2 can)
12. 1-2 Green onion (chopped)
13. 2 large cloves Garlic (chopped)
14. Sunflower seeds
15. Sliced almonds
16. Chopped walnuts
17. Ground flax
18. Chia seeds
19. Raisins
20. Apple cider vinegar (splash)
21. Ground pepper
22. Turmeric powder
23. Shaved Ginger root

\*As much of this is organic as possible.



By grating and chopping you:

1. Chemically activate what are called isothiocyanates—compounds with an array of powerful immune boosting and anti-cancer activity.
2. Increase digestion and absorption—especially important to chew very well if you suspect you have leaky gut. You make your chewing more effective by better mixing enzyme-containing saliva with more cellular structure.
3. Mix the flavors making certain individual flavors less noticeable and the total flavor AWESOME. This makes it easy to add foods you previously didn't like.



You can watch a video of me making my salad here:

<https://www.youtube.com/watch?v=UOIGHHZGh6o&t=551s>

**Dinner (8pm):** Dinner varies from a snack-type smaller meal that I eat while watching TV or sit-down in kitchen. Varies between:

1. Roasted veggies. Chopped Brussel sprouts, Cauliflower, Broccoli, sweet potatoes, mushrooms, onions, peppers.
2. Baked veggies. Sweet potatoes or spaghetti squash with marinara and veggie meat crumbles.
3. Organic salsa in a jar with black beans eaten with scoops corn chips. Or make my own with caned diced tomatoes, chopped green onion, chopped garlic and black beans (heavy on the beans)
4. Air popped popcorn sprayed with olive oil and non-fortified nutritional yeast
5. Raw nuts blend
6. Gluten-free pretzels with hummus

**Going out to eat.** I eat out 1-4 times per month. I always eat lunch at home. The only exceptions are vacations. Restaurants are meat focused and use large amounts of oil and salt to make their foods pleasurable and addictive. Even salads at restaurants are unhealthy—with oils, meats and cheese. There really is no truly “healthy” way to eat out regularly without a great deal of effort. Eating out is best considered a part of your life that you balance with your goals. Eating healthy most of the time protects you when you do eat unhealthy foods. I typically eat fish or a veggie burger and French fries when eating out.

**Meal timing.** There are many health benefits to allowing your body to go without food for several hours and thus move into a fasting metabolism. I do this by eating only three times a day and having at least 12-14 hours between my last meal of the day and my first the next day. When you eat a high-fiber, plant-based whole food diet, you are full and satisfied and going several hours between meals becomes easy.

# Learn more about Nutrition.

The two nutritional experts who I trust the most and can help you learn the truth are Dr. Joel Fuhrman “Eat to Live” and “Super Immunity” and Dr. Micheal Greger “How Not to Die”.

If you want to increase your knowledge on nutrition all you need to do is go to Dr. Greger’s website and watch his short videos on every subject from Amala to the benefits of Nuts.

[www.nutritionalfacts.org](http://www.nutritionalfacts.org)

Dr. Fuhrman: [www.drfuhrman.com](http://www.drfuhrman.com)

Buy their books on [www.Amazon.com](http://www.Amazon.com)

