



## THE FOOD GUIDE

**DR KAREN SINGH**

let food be thy medicine.

*nourish to flourish.*

# ANTI INFLAMMATORY DIET

The best way to reduce inflammation is food not medicine. The modern diet triggers a chronic inflammatory response causing cancer, heart disease, diabetes, arthritis, depression and alzheimer's.  
I recommend an organic vegetarian diet.

## PANTRY STAPLES

Extra virgin olive oil  
Salt & kosher salt  
Black pepper  
Green tea  
Maple syrup  
Apple cider vinegar  
Toasted sesame oil  
Rice vinegar  
Honey  
Natural peanut butter

Panko bread crumbs  
Unsweetened cocoa powder  
Vanilla extract  
Quinoa  
Reduced-sodium soy sauce

## DRY GOODS

Old fashioned oats  
Tahini  
Black beans  
Chickpeas  
Quinoa  
Red wine  
Dijon mustard  
Dark chocolate bar

Mayonnaise  
Flax meal  
Walnuts  
Almonds  
Dried cherries  
Pumpkin seeds  
Sunflower seeds

## HERBS & SPICES

Toasted sesame seeds  
Curry powder  
Ground turmeric  
Crushed red pepper  
Ground cinnamon  
Ground allspice  
Ground coriander  
Ground cumin  
Paprika

# ANTI INFLAMMATORY DIET

Avoid or limit these foods as much as possible, refined carbohydrates, such as white bread and pastries, french fries and other fried foods, soda and other sugar-sweetened beverages, red meat (burgers, steaks) and processed meat (hot dogs, sausage), margarine, shortening and lard

## DAIRY

Reduced fat feta cheese  
Parmesan cheese  
Low-fat plain kefir  
Low-fat plain Greek yogurt  
Non fat plain yogurt

## REFRIGERATOR & FREEZER ITEMS

Hummus  
Unsweetened coconut milk  
Kimchi  
Frozen shelled edamame  
Frozen raspberries, blueberries or strawberries  
Cauliflower

## PRODUCE

Bananas	Cauliflower
Blueberries	Brocoli
Blackberries	Red cabbage
Raspberries	Scallions
Apples	Italian parsley
Lemons	Turmeric root
Plum tomatoes	Cilantro
Avocados	Chives
Garlic	Mint
Ginger root	Basil
Mixed salad greens	Fresh rosemary
Spinach	Red onion
Baby kale	Medium beet
Red-leaf lettuce	Whole baby beets
Packaged kale	Carrots
Romaine lettuce	Acorn squash
Sweet potato	Cucumbers

# CLEAN FIFTEEN

These fruits & veggies have the least amount of pesticide residues.

Wash these with warm water and 4 tablespoons of apple cider vinegar.



**AVOCADOS**



**SWEET CORN**



**PINEAPPLE**



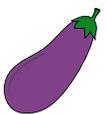
**ONIONS**



**PAPAYA**



**SWEET PEAS**



**EGGPLANTS**



**KIWI FRUIT**



**ASPARAGUS**



**CAULIFLOWER**



**CANTALOUPE**



**BROCCOLI**



**MUSHROOMS**



**CABBAGE**



**HONEYDEW**



**WATERMELON**

# DIRTY DOZEN

This list comprises of the most contaminated fruit & vegetables. I recommend buying organic produce which is grown without using most synthetic pesticides & fertilisers.

The increased use of these chemicals are linked to chronic diseases, cancer, birth defects, immunotoxicity, neurological issues, developmental delay and hormonal disruption.



**STRAWBERRY**



**SPINACH**



**NECTARINE**



**APPLE**



**GRAPES**



**PEACH**



**PEAR**



**CHERRY**



**TOMATO**



**CELERY**



**POTATO**



**CAPSICUM**

# IRON

## WHAT IT DOES

Iron carries oxygen in the body, aids in the production of red blood cells, supports immune function, cognitive development and temperature regulation and is essential for proper cell growth.

## WHY YOU NEED IT

Lack of iron can lead to reduced red blood cell production, which could lead to anemia, a condition where your red blood cell count is too low to send oxygen to your cells. This can lead to fatigue, shortness of breath and decreased immune function. Since blood loss during your period depletes your body's iron stores, it's particularly important for women with heavy periods to eat iron-rich foods or take supplements.

## WHERE TO FIND IT

Dark-green leafy vegetables, cereals, beans and whole grains. Eat these foods with food that contains vitamin C; like sweet potatoes or broccoli, to help your body absorb the iron.

## RECOMMENDED DAILY INTAKE

Be sure to get 18 mg of iron daily. If you're pregnant, you'll want to up that to 27 mg and lower it to 9 mg when you're lactating.

## WHO NEEDS IT THE MOST

Most women actually get enough iron from food on a daily basis. I only recommend iron supplements for women who are anemic or pregnant. This is because the amount of iron your blood needs increases during pregnancy and you need the extra iron to supply oxygen to your growing baby. If you're anemic, the extra iron is also necessary to speed up the production of red blood cells.

# CALCIUM

## WHAT IT DOES

Calcium makes and keeps your bones and teeth strong and helps muscles function.

## WHY YOU NEED IT

Calcium is one of the best minerals for women, because your body needs it for optimal bone health. Women start losing bone density in their twenties. Calcium is your single best defense and you should start getting plenty of it now.

## WHERE TO FIND IT

Dairy products such as milk, cheese and yogurt. Plus, dark-green leafy vegetables such as broccoli and kale.

## RECOMMENDED DAILY INTAKE

1,000 mg a day.

## WHO NEEDS IT THE MOST

Getting too much calcium has actually been linked to heart disease, so we caution going over the recommended daily limit.

However, if you have osteoporosis, a disease that weakens the bones, caused by low calcium intake, hormones, or genes, then your doctor might recommend a calcium supplement. If you're pregnant and hence some of your calcium is going towards your developing baby, you may also benefit from a calcium supplement, but check in with your doctor first.

Lastly, menopausal women should also consider a calcium supplement, as bone mass naturally decreases with age after the body produces less estrogen.

# MAGNESIUM

## WHAT IT DOES

Magnesium maintains normal muscle and nerve function, keeps your heart rhythm steady, supports a healthy immune system, keeps bones strong, helps regulate blood sugar levels and promotes normal blood pressure.

## WHY YOU NEED IT

Magnesium is necessary for more than 300 biochemical reactions in the body and a deficiency could lead to chronic or excessive vomiting, diarrhea and migraines. If you suffer from Crohn's disease or another gastrointestinal disorder that makes it difficult for your body to absorb nutrients, you may be at risk for magnesium deficiency.

## WHERE TO FIND IT

Green vegetables like okra, some beans, nuts, seeds and unrefined whole grains.

## RECOMMENDED DAILY INTAKE

Opt for 310 mg a day if you're 19-30 years old (350 if you're in the age range and pregnant, 310 if you're lactating) and 320 mg a day if you're 31 or older (360 if you're in that age range and pregnant, 320 if you're lactating)

## WHO NEEDS IT THE MOST

Magnesium is a great stress-reliever. It activates your parasympathetic nervous system, regulating neurotransmitters that influence your mood in the brain. If you're incredibly stressed out, maybe consider adding a magnesium supplement to your diet.

# VITAMIN A

## WHAT IT DOES

Vitamin A ensures proper development and function of your eyes, skin, immune system and many other parts of your body.

## WHY YOU NEED IT

Vitamin A makes the list of best vitamins for women, since it plays a vital role in vision support. Research also suggests that vitamin A may prevent some types of cancer and improve immune function.

## WHERE TO FIND IT

Leafy green vegetables, orange and yellow vegetables (especially sweet potatoes and carrots), tomatoes, fruits, dairy products and fortified cereals. Vitamin A is also available in multivitamins and stand-alone supplements.

## RECOMMENDED DAILY INTAKE

You'll want 770 mcg if you're pregnant and 1,300 mcg if you're lactating. If you're neither, most people can get their Vitamin A from food, so it's not really necessary to supplement.

## WHO NEEDS IT THE MOST

If you have an immune disorder like lupus or rheumatoid arthritis or get sick easily, Vitamin A has been linked to a healthier immune system as it helps the production of white blood cells (your body's natural barriers against infection) and so you might want to consider supplementing.

# FOLATE

## WHAT IT DOES

Folate, a B vitamin, produces and maintains new cells and it's necessary for proper brain function.

## WHY YOU NEED IT

Folate is crucial for preventing anemia, since it produces new blood cells in your body. Not getting ample folate can also lead to serious problems, like an increased risk of cervical, colon, brain and lung cancer. And folate is especially important during pregnancy—in fact, 50 to 75 percent of serious birth defects may be prevented by getting enough folic acid just before and throughout the first month of pregnancy.

## WHERE TO FIND IT

Leafy green vegetables, avocados, beans and peanuts. The synthetic form of folate (folic acid) is found in supplements and often added to enriched cereals, breads, pastas and rice.

## RECOMMENDED DAILY INTAKE

The daily recommended amount is 400 micrograms, but this need increases to 600 micrograms for pregnant women and 500 micrograms for those lactating.

## WHO NEEDS IT THE MOST

Folic acid is essential for a healthy pregnancy and women should supplement when pregnant. If you're currently trying to become pregnant, it's also recommended you take a folic acid supplement.

# BIOTIN

## WHAT IT DOES

Biotin aids in the formation of fatty acids and blood sugar, which are used for energy production in the body. Plus, it helps metabolize amino acids and carbohydrates.

## WHY YOU NEED IT

While a lack of biotin is rare, getting sufficient amounts staves off signs of deficiency including hair loss, brittle nails and a scaly, red facial rash. Biotin supplements are also sometimes prescribed by doctors for other reasons too, like easing multiple sclerosis symptoms, reducing diabetes-related nerve damage, or aiding growth and development during pregnancy.

## WHERE TO FIND IT

Cauliflower, sweet potato, almonds, avocado, seeds, milk, grains and raspberries.

## RECOMMENDED DAILY INTAKE

Women 19 and older should have 30 mcg of biotin daily. If you're lactating, up that to 35 mcg daily.

## WHO NEEDS IT THE MOST

Biotin should only be taken as a supplement if advised by your doctor, since lack of biotin can be pretty rare if you're eating a balanced diet.

# B VITAMINS

## WHAT IT DOES

Vitamins like B6 and B12 help the body convert food into fuel for energy. They also contribute to healthy skin, hair and eyes. Plus, they maintain proper nervous system functioning, metabolism, muscle tone and a sharp mind.

## WHY YOU NEED IT

The deficiency of certain B vitamins can cause a host of awful symptoms. It can cause anemia, tiredness, loss of appetite, abdominal pain, depression, numbness and tingling in the arms and legs, muscle cramps, respiratory infections, hair loss, eczema, poor development in children and birth defects.

## WHERE TO FIND IT

Dairy products, leafy green vegetables, legumes, many cereals and some breads.

## RECOMMENDED DAILY INTAKE

You should get 1.3 mg of B6 if you're 50 or younger, 1.5 mg if you're 51 or older, 1.9 mg if you're pregnant and 2 mg if you're lactating. You should be getting 2.4 mcg of B12 and if you're pregnant, 2.6 mcg. If you're lactating, get 2.8 mcg.

## WHO NEEDS IT THE MOST

B vitamins have a host of benefits from energy to hormone balance, so it is highly recommended to women. It is suggested to take a separate strain of it, as opposed to getting in the limited quantities found in multivitamins. Also, both alcohol and the pill deplete your body of B vitamins, so between those two, [that can lead to] a deficiency. Since B vitamins help clear excessive estrogen from your liver and pre-period can help prevent PMS symptoms. When taking it as a supplement, it is recommended to take a B-complex (versus taking just B-12 or B-6) and look for one that says "methylated," which means it's been treated so that your body can get a proper dose from the tablet.

# VITAMIN C

## WHAT IT DOES

Facilitates normal growth and development and repairs bodily tissues, bones and teeth. It functions as an antioxidant to block some of the damage caused by free radicals.

## WHY YOU NEED IT

Vitamin C's healing and antioxidant powers make it essential. Signs of vitamin deficiency include dry and splitting hair, gingivitis, or inflammation of the gums, rough, dry, scaly skin, easy bruising, nosebleeds and a decreased ability to fight infection.

Despite its rep as a cold fighter, C has never been proven to prevent or cure the sniffles, but the antioxidant is believed to boost your immune system. This is attributed to vitamin C's ability to reduce stress, which in turn, boosts immune system. It is also often used as an ingredient in skincare products since vitamin C can help your body produce collagen—an important protein used to make skin, cartilage, tendons, ligaments and blood vessels.

## WHERE TO FIND IT

All fruits and vegetables, particularly citrus fruits, red pepper and broccoli.

## RECOMMENDED DAILY INTAKE

Women over 19 need 75 mg vitamin C daily. Pregnant women should get 85 mg and those lactating should get 120 mg.

## WHO NEEDS IT THE MOST

It's important to note that vitamin C can't be stored in the body, so you actually do need to take it every day, whether that's through food or supplements. If you have a weak immune system or are permanently stressed out, it may be worth supplementing.

# VITAMIN D

## WHAT IT DOES

Promotes bone growth, cell growth, neuromuscular and immune function. It also helps reduce inflammation.

## WHY YOU NEED IT

Without sufficient vitamin D, bones can become thin, brittle, or misshapen, leading to osteomalacia, or a softening of the bones, which can weaken muscles, too. Vitamin D deficiency has also been shown to play a role in the development of type 1 and type 2 diabetes. The good news: Evidence suggests that vitamin D may provide some protection against colorectal and possibly other cancers.

## WHERE TO FIND IT

Dairy products. Many people also meet at least some of their vitamin D needs through exposure to sunlight—so if you live somewhere where sunny days are rare, you may want to consider eating extra vitamin D-rich foods, or trying a supplement.

## RECOMMENDED DAILY INTAKE

You should be getting 15 mcg vitamin D on a daily basis.

## WHO NEEDS IT THE MOST

Vitamin D an essential supplement, especially for people who live in cold, dark places where the sun sets early in the winter. Most people are vitamin D deficient. It's therefore recommended for all, but especially those in darker climates, those who don't have regular foods fortified with vitamin D, women over 50 due to decreasing bone health and women who are pregnant or breastfeeding. A liquid form of vitamin D for max absorption is recommended, since vitamin D requires a healthy fat to be absorbed into the body and liquid forms include one.

# OMEGA-3

## WHAT IT DOES

Omega-3 assists in proper brain operation (like memory and performance) and behavioral function, helps reduce high blood pressure and calms inflammation.

## WHY YOU NEED IT

Research shows that since omega-3 fatty acids reduce inflammation, they may help lower risk of chronic diseases such as heart disease, cancer, arthritis and other joint problems. What's more, studies have found that those who ate more omega-3 fatty acids were less likely to have macular degeneration (a condition that steals your central vision).

## WHERE TO FIND IT

Plants and nut oils. (Fish oil capsules are also an option if you're not a fan of eating seafood but take less than three grams a day since fish oil can thin your blood.)

## RECOMMENDED DAILY INTAKE

Aim for 1.1 g of omega-3s daily. Pregnant women should get 1.4 g and lactating women should get 1.3 g.

## WHO NEEDS IT THE MOST

I recommend an omega-3 supplement. Those who are vegan or vegetarian can also take algae omega-3 supplements. They've also been recommended by the AHA for people who suffer from heart disease.

# PROBIOTICS

## WHAT IT DOES

Aids in digestion, helps promote gut health, fights off disease-causing bacteria, can reduce diarrhea caused by certain infections and irritable bowel syndrome.

## WHY YOU NEED IT

Since the mid-1990s, clinical studies have established that probiotic therapy can help treat a number of ills, including diarrhea, vaginal yeast and urinary tract infections, irritable bowel syndrome and certain intestinal infections.

## WHERE TO FIND IT

Yogurt is a classic example. But there are plenty of other probiotic foods like kombucha, kefir, miso, sauerkraut, pickles and fermented cheese.

## RECOMMENDED DAILY INTAKE

There's no recommended dose of probiotics, but adding probiotic-filled foods into your diet may help reap these natural benefits.

## WHO NEEDS IT THE MOST

Most people don't eat fermented foods on a daily basis. They're especially beneficial if you suffer from digestive issues such as IBS, diarrhea, or IBD. Certain strains of probiotics can also help with certain bacterial issues, such as lactose intolerance and yeast infections.

Everyone should start off at a minimum of 5 billion CVUs (colony forming units). All brands will have different types of bacteria forming the strains, so those don't matter nearly as much as the number.

# FIBER

## WHAT IT DOES

Fiber promotes a healthy digestive system, lowers the risk of heart disease by reducing LDL cholesterol levels, helps you feel full and promotes weight loss.

## WHY YOU NEED IT

Most women fall short on consuming enough. Adequate fiber intake (25 grams a day for women) can control blood sugar levels by slowing down the rate of sugar absorption. This process can help ward off type 2 diabetes.

## WHERE TO FIND IT

Plant-based foods like fruits, vegetables, nuts, beans, grains and legumes contain hearty doses of fiber. Keep in mind that fiber-enriched supplements like Benefiber and Metamucil, which contain bowel-stimulating ingredients like wheat dextrin and psyllium husk respectively, do not contain other essential nutrients, so it's best to consume it via whole foods.

## RECOMMENDED DAILY INTAKE

You should eat around 30 g of fiber per day—but if your intake is significantly less than that now, increase your daily intake by 5 g until you get there.

## WHO NEEDS IT THE MOST

Everyone needs fiber, but fiber supplements aren't necessarily the best way to go as they can contain ingredients that can mess with your digestion, making you feel bloated, or even giving you diarrhea. Consult your doctor if you think you need one, but most foods contain fiber, so you should be good to go.

# PREBIOTICS

## WHAT IT DOES

Prebiotics can reduce allergy risk by stabilizing your immune response to gut bacteria, improve your immune system in the same vein and increase calcium absorption.

## WHY YOU NEED IT

Unlike probiotics, which add good bacteria to your gut, prebiotics nourish and fuel the existing bacteria in your digestive tract. Research from the journal *Nutrients* found that the risk of colorectal cancer is lower in those who consume more inulin and oligofructose, two powerful prebiotics that can be found in foods like under-ripe bananas, leeks, garlic and avocados. They also experienced fewer upper respiratory infections, atopic dermatitis (known as eczema) and cases of wheezing.

## WHERE TO FIND IT

There are a number of prebiotic foods, like walnuts, dark chocolate, lentils, leeks and apples. Plus beta-glucans are found in many grains like oats and barley.

## RECOMMENDED DAILY INTAKE

There's no specific recommended daily intake of prebiotics.

## WHO NEEDS IT THE MOST

Similar to probiotics, people with digestive issues like lactose intolerance or gut issues should be taking prebiotics. It is recommended to take them along with probiotics, particularly before a meal you know may cause digestive issues. It's essential to take them regularly to build up healthy bacteria in the gut.

# MELATONIN

## WHAT IT DOES

Helps regulate other hormones; maintains the body's circadian rhythm, an internal 24-hour clock that plays a critical role in when we fall asleep and wake up; helps control the timing and release of female reproductive hormones (determining when a woman starts to menstruate, the frequency and duration of menstrual cycles and when a woman stops menstruating, i.e. starts menopause).

## WHY YOU NEED IT

Melatonin is considered one of the best hormones for women as it plays a large role in regulating your sleep schedule. When it gets dark at night, a nerve pathway in your eye sends a signal to the brain to tell the pineal gland to start secreting melatonin, which makes you sleepy. Low levels of melatonin—along with screwing up Zzzs—can also increase your risk for breast cancer.

## WHERE TO FIND IT

Tablets, capsules, creams and lozenges. Even better, though, is to eat nutrients like magnesium (spinach) which increase the body's own production of melatonin. Relying on supplemental melatonin can impact the body from producing it naturally.

## RECOMMENDED DAILY INTAKE

There is currently no recommended dose for melatonin supplements, but the best approach is to begin with a very low dose—about 200 mcg.

## WHO NEEDS IT THE MOST

If you find it hard to sleep, a melatonin supplement may be just the thing to help. However, try to reduce the dependency on supplements slowly and try to use it only in emergencies (such as jet lag or stressful situations), as you want to get your body to produce melatonin at the right time on its own as much as possible.

# ZINC

## WHAT IT DOES

Defends against toxins and foreign substances by preventing inflammation in the body and develops T-cells, which are part of the immune system and help fight off viruses. Zinc helps with blood clotting, taste perception and keeps your blood sugar stable.

## WHY YOU NEED IT

Because zinc is essential for developing T-cells, it plays a major role in keeping your immune system running smoothly—including fighting off virus-infected and cancerous cells. Since it interacts with blood platelets to help with blood clotting, zinc is crucial for helping cuts and scrapes heal properly. It also plays a role in maintaining healthy digestion and metabolism.

That said, zinc is a trace mineral, meaning you only need a small amount to avoid zinc deficiency.

## WHERE TO FIND IT

Zinc-rich foods include legumes, nuts and seeds. Just keep in mind, since you need so little zinc, it's easy to overdose and see negative effects. So talk to your doctor before trying a supplement.

## RECOMMENDED DAILY INTAKE

Women 19 years and older need eight milligrams of zinc daily, a pregnant woman needs 11 milligrams and a breastfeeding woman needs 12 milligrams.

## WHO NEEDS IT THE MOST

It might be more difficult to get zinc via diet if you're vegetarian, vegan or over 60 years old. Older people, even if consuming zinc-containing foods don't absorb it as well. One should also note that the use of contraceptives can decrease zinc in the body, so if you're on the pill, you may want to consider supplementing as well.



## HEY THERE!

I am honoured to guide you through this journey  
to raise happier, healthier & holier families.

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