

The Anti-Inflammatory Macronutrient Equivalent Chart

How to use this chart:

The purpose of this chart and exercise is to assist you in optimizing your health, healing and performance through balancing the ratios of proteins, carbohydrates, fatty acids (lipids or fats/oils) and other key nutrients to favorably influence the important eicosanoid (hormonal) pathways.

By favorably influencing these critical hormone pathways you **will** experience noticeable improvements in the **way you feel, look and in any acute or chronic inflammatory symptoms you may have.**

Step 1:

Using the Lean Body Mass Calculator and the formula for "How to Calculate Your Daily Protein Requirements," calculate your specific daily requirement for quality proteins.

Step 2:

From Section I titled, "Quality Proteins" on the attached chart choose the types of proteins and quantities of each to meet your daily requirements. For example, if your daily requirement for protein is 60 grams, you may choose 6 oz. of salmon (~30g) and 4 oz. of chicken breast (~30g) to meet your requirement that day.

Step 3:

Using the **Carbohydrate Classification of Fruits and Vegetables**, choose a complex carbohydrate equivalent in Section II for each protein equivalent. Please note: One 30g portion of protein is the equivalent of one 40g portion of complex carbs. For example, match your 6 oz. of salmon with 3 cups of *steamed string beans and beets* (6% carbohydrate selections) and match your 4 oz. of chicken breast with 2 cups of leafy green salad (3% carbohydrate sections) and one cup of steamed *Brussel sprouts* (6% carbohydrate selections). Several areas to consider in making your carbohydrate selections are:

1. Choose combinations of proteins and carbs that minimize the potential for maldigestion, malabsorption and associated gastro-intestinal toxicity. (More on this at your appointments.)
2. Choose those carbohydrates that are richest in fiber and the highly beneficial alkaline minerals, i.e., the 3 + 6% carbohydrate selections and refer to the Acid-Alkaline Chart when balancing your pH food intake.
3. With few exceptions, such as those people who are losing too much weight or losing too fast, you are always better to choose from the lower starch, less concentrated carbohydrates (3% to 6%).
4. When eating fruits for your carbohydrate portions, always eat them 30 minutes or at least one hour after protein and vegetable selections. This will minimize the chance of the fruit sugars interfering with the complete digestion of the proteins, and allow fruits to digest vs. rot in the stomach waiting for proteins and vegetables to be digested. (Quite a common occurrence.) You see, Fruits require only 30 minutes to digest and move through the stomach, whereas proteins and vegetables require 4-6 hours, even longer for some people.

Step 4: Choose the lipid (fat/oil) equivalent from Section IV that best suits your protein-carbohydrate selections.

Step 5:

Water Intake is one-half your body weight in ounces. Ex: if you weigh 100 pounds, drink 50 ounces of purified (R.O. or Distilled) water daily. Drink water and beverages between or at least 30 minutes before solid foods to prevent any interference with digestion.

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Footnote (see I Quality Proteins)

*¹ - represent protein-fat combinations and are to be viewed as one protein and two fat unit equivalents. i.e., a serving of 2 whole eggs equals 1/2 unit of protein and one unit of fat. This is to say that the fat to protein ratio when eating whole eggs is higher than our proposed 'ideal' values. Another consideration here is the relatively high proportion of potentially pro-inflammatory arachidonic acid found in egg yolks. This factor is offset, however, by the higher omega-3 EFA content of eggs from chickens raised in grass-fed conditions, includes seed-based diets.

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I. Quality Proteins

Each of the below portions represents ~30 grams of **quality protein**.

Whole eggs* ¹	4 large
Lean meat (grass-fed is best)	4 oz.
Poultry (grass-fed, drug-free)	4 oz.
Wild game	4 oz.
Tuna (water packed; mercury-free)	4 oz.
Sardines (best in sardine oil)	4 oz.
Fresh cold-water fish (omega-3-rich) ·salmon, mackerel, trout, etc.	6 oz.
Our Veg-E Complete Pro™ Powder (Vanilla or Chocolate; 3 heaping tablespoons [T.] = 30 grams)	3 T.

AVOIDS:

Egg whites by themselves (i.e., without the yolk) causes Biotin deficiency. Biotin is required for pain.
Dairy – human digestive systems cannot metabolize cow's milk and in time, develop cysts, tumors or other growths.

II. Complex Carbohydrates

Each of the below portions represents 40 grams of quality Carbohydrates, unless otherwise noted. Regarding Percentages, refer to the document titled, **Carbohydrate Classifications of Fruits & Vegetables.**"

Higher 15-20% Carbohydrates 1 cup

Higher Starch*¹ (more concentrated) Vegetables
15-25% Carbohydrate - respectively: 1 to 2 cups cooked

High water content, low sugar fruit:
6% Carbs = approx. 2 cups and 3% Carbs = approx. 3 cups

High water, high fiber, low starch vegetables (cooked):
6 % Carb = approx. 2-3 cups; 3% Carb = approx. 4+ cups.

SEEDS:

(1 cup cooked is equal to the number of grams in parenthesis)

Amaranth (Carbs 46g; Pro 9.3g; Fats/Oils 5.2g)

Buckwheat (Carbs 33.5g; Pro 5.68g; Fats/Oils 1.04g)

Millet (Carbs 41.2g; Pro 6.11g; Fats/Oils 1.7g)

Quinoa (Carbs 39.5g; Pro 8.2g; Fats/Oils 3.6g)

Teff (Carbs 50g; Pro 10g; Fats/Oils 2g)

Wild Rice (Carbs 35g; Pro 6.54g; Fats/Oils .56g)

AVOIDS: Legumes and Grains—leach nutrients (vitamins, minerals, proteins, carbohydrates & fats/oils) out of the body.

III. Better Beverages

Pure Water (R.O. or Distilled): ½ body weight in ounces.

Herbal Teas: vary the type and limit to 4 cups daily unless otherwise recommended by Dr. Smith.

Freshly Juiced Vegetable and/or Fruits: These fall under "Carbohydrates" for quantity references, just be aware that once juiced, the carbohydrates in fruits and vegetables are absorbed much more rapidly (due to the absence of their fibers) and tend to raise insulin, trigger fat formation, and possibly even inflammatory eicosanoid production.

Non-Dairy Milks or Beverages: These are best prepared by you to avoid the added refined and greatly simplified carbs which tend to trigger rises in insulin.

Healthy Milks are homemade Almond, Cashew or other nut milks. Store brands have preservatives, even organics. Ask Dr. Smith for an easy fast way to make nut milks.

AVOIDS: (Ask Dr. Smith for healthier alternatives to the below)

Coffee (Regular or Decaffeinated) — contains rancid oils, pesticide residues and substances that interfere with D-6-D and favorable eicosanoid production. For more information, read Dr. Smith's article on Coffee.

Black, White and Green Teas. Black and White teas have caffeine, also. Green Teas have fluoride.

Sodas of any kind. Ex: Diet Pop has no protein, no carbs, and no fat, but is highly synthetic and toxic. All sodas are high in phosphorus which in time causes a mineral imbalance that leads to bone diseases.

IV. Leading Lipids: Oils/Fats

Each of the below portions of fat or oil represent - 13 grams of lipid

For dressings and sauces (not to be cooked) 1 Tbsp
·our EFA Liquid Blend Oil (has Omega 3, 6, 9)

Occasionally...flax, pumpkin and walnut oils, olive, etc.

For cooking, again our EFA Liquid Blend Oil 1 Tbsp
Sesame Oil also stands up under heat.

Seeds*¹ 2 Tbsp

·flax, pumpkin (omega-3-rich) most desirable

·sesame, sunflower (omega-6-rich)

(Other Seeds are listed under Carbohydrates)

Nuts: 2 Tbsp

·walnuts and hazelnuts (omega-3-rich)

·almonds (monounsaturates)

Avocado 2 Tbsp

Eggless Mayonnaise 2 Tbsp

Butter (organic, unsalted) — sparingly 1 Tbspd

When you eat a one portion of fish, eliminate one fat/oil portion above.
To ensure you have a balanced ratio of Omega 3, 6, and 9, use our EFA Liquid Blend Oil. Does not require refrigeration like all other oils.