

Nutrition and Spinecare

Nutritional Tips

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- Eliminate foods that produce inflammatory responses, such as poor quality fats, “trans fats”, hydrogenated fats or saturated fats found in animal fat and dairy products.
- Increase the consumption of fish and poultry without skin.
- Consume sufficient vegetables, fruits and olive oil to help insure an adequate intake of anti-inflammatory nutrients.
- Consume carbohydrates in the form of complex carbohydrates (such as whole-grain and multi-grain foods). Complex carbohydrates should comprise about 40 to 50 percent of caloric intake.
- Reduce fat consumption to no more than 30 percent of total caloric intake and balance it with polyunsaturated and monounsaturated fats.
- Consume protein at a level of approximately 25 percent of the daily caloric intake. A balanced intake of carbohydrates, protein and fat helps to insure proper sugar (glucose) regulation.
- Avoid overly processed foods “pseudo foods” and high-calorie, low-nutritive value foods
- Decreasing the consumption of butter, fat and high dietary cholesterol sources.
- Decrease the consumption of simple sugar
- Decrease the consumption of salt
- Drink more water