

## **Real World Nutrition**

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- We all know how we *should* eat, and yet it isn't always easy.
  - This handout is designed to help you make small, actionable steps to help you eat *real food* in the *real world*.
1. **General principles**
  2. **What to Eat for Breakfast**
  3. **Where to Order Take-Out**
  4. **Snacking**
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## **General Principles**

### **Eat Real Food**

- ***Eat real food. Avoid processed food. Try to cook your own food.***
- Is it real food? To check, ask yourself: did it grow in the ground or was it a healthy animal?
- The most important foods to avoid are:
  - o Sugar, high fructose corn syrup and artificial sweeteners
  - o Trans fat
  - o Industrial seed oils (e.g., canola oil, corn oil, soybean oil, safflower oil)
  - o Flour
  - o Processed soy
- Shift away from thinking of food as calories and toward food as your opportunity for nutrition
- Aim for the following balance at every meal: half veggies, a quarter protein and a quarter starch
- If you struggle with overeating, avoid the drug-like foods (gluten, dairy, sugar, flavor additives (MSG))

### **What to eat:**

- All vegetables
  - Starchy tubers (sweet potatoes, taro, yucca, plantain)
  - Grass-fed meat and organ meats (eat every part of the animal)
  - Free-range eggs and poultry (eat the yolk)
  - Wild fish (small fish (e.g., sardines, anchovies, salmon) are better than large fish (e.g., tuna, swordfish))
  - Fermented foods (sauerkraut, beet kvass, kimchi, miso)
  - Plenty of natural fats (grass-fed butter and ghee, coconut oil, MCT oil, olive oil, avocados)
  - Bone broth
  - Nuts and seeds
  - Dark chocolate
  - Fruit (aim for less sweet fruits like berries and grapefruit)
  - Sprouted rice and legumes (if you choose to eat grains and legumes)
- Note: if you're avoiding dairy, you can continue to consume grass-fed butter and ghee

## **What to Eat for Breakfast**

- Breakfast is notoriously challenging. My typical patient's breakfast ranges from "nothing" to "coffee with skim milk and splenda."
- Many of our modern day ills (stress, anxiety, difficulty with attention and focus, insomnia, fatigue) are exquisitely influenced by blood sugar. Eating a breakfast rich in protein and fat and low in sugar and refined carbs can set you up for stable blood sugar for the rest of the day.
- Breakfast recommendations:

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- Eggs – if you have time, cook them fresh. If you don't, make a batch of hard-boiled eggs over the weekend, leave them in the shell, and put 1-2 eggs in a baggie to take with you to work
- Organic pre-cooked sausages – widely available, and it takes less than a minute to heat it up in the microwave
- Oatmeal – if you tolerate grains, oatmeal is a great choice. You can make it more blood sugar stabilizing by adding fat and protein in the form of nuts, ground flax seed, coconut oil, shelled hemp seeds or cream (if you tolerate dairy)
- Nuts – if you really don't have time to sit down and eat food, at the very least, carry a baggie of nuts that you can snack on early in the day
- “Bulletproof Coffee” – if you drink tea or coffee in the morning, consider stirring or blending some grass-fed butter or ghee and something called MCT oil (medium chain triglyceride oil, a form of refined coconut oil) into the beverage. This will provide you with a good bolus of healthy fats first thing in the morning.

## Where to Order Take-Out

- In a perfect world, we'd be cooking all our own food. But realistically, we are often ordering take-out and delivery.
- There are better and worse restaurants, and better and worse options on any given menu.
- On the last page is a list of some NYC restaurants that offer real food. No guarantees that everything on the menu is real food, but at least it's a start.
- Menu tricks and tips:
  - Order simple foods, such as a piece of fish or meat with veggies and potatoes
  - If nothing on the main menu appeals to you, consider ordering a variety of sides
  - If nothing on the menu seems like real food, ask if the kitchen can make a piece of meat or fish with veggies, or if you're vegetarian, ask if they're willing to make you rice and beans
  - Assume that everything at a restaurant is cooked in industrially-processed vegetable oil (which is inflammatory)
  - Assume that many things at a restaurant have the following flavor-enhancing ingredients added:
    - Sugar
    - Dairy
    - MSG
    - Soy sauce
    - Gluten
- Explore the world of meal delivery services:
  - [www.petespaleo.com](http://www.petespaleo.com)

## Snacking

- Another common challenge. Try:
  - Nuts
  - Dark chocolate
    - Look for organic, without GMO soy lecithin, without dairy, made with real cacao beans, with high cacao content and low in sugar. Fruit
  - Kefir or yogurt
  - Veggies & Hummus
  - Wild Salmon Jerky (Vital Choice)
  - Grass-fed jerky (Epic, Tanka)
  - Coconut milk from a juice bar
  - Spoonful of coconut oil

## Plan Ahead for Travel

- Pack plane snacks
- Pack grass-fed jerky (Epic, Tanka)
- Wild Salmon Jerky (Vital Choice)
- Baggies of nuts

## Cooking

- Make cooking realistic: cook a large volume of food once a week, put in tupperware, eat at lunch/dinner
- Try to adhere to this 80% of the time, and don't lose sight of what makes life fulfilling (social connection, community, enjoyment). "Sometimes it's better to eat the wrong food with the right attitude than the other way around" – Chris Kresser (author of *The Paleo Cure*) quoting an ancient Chinese saying

## Real Food Resources

- **Seafood:** Vital Choice [www.vitalchoice.com](http://www.vitalchoice.com)
- **Pastured Meats & Organ Meats:** US Wellness [www.grasslandbeef.com](http://www.grasslandbeef.com)
- **Grass-Fed Beef:** TX Bar Organics [www.txbarorganics.com](http://www.txbarorganics.com)
- **Fermented Foods, Bone Broth, Soup, Dairy:** [www.wisechoicemarket.com](http://www.wisechoicemarket.com)
- **Oils, Butter, Cooking Fats:** Fatworks [www.fatworksfood.com](http://www.fatworksfood.com)
- **Coconut Oil:** Tropical Traditions [www.tropicaltraditions.com](http://www.tropicaltraditions.com)
- **Coconut Milk & Canned Vegetables:** Native Forest
- **Sprouted Rice & Legumes:** TruRoots Organic Germinated Rice & Sprouted Lentils (Amazon)
- **Pre-Made Bone Broth:** Brodo, Hudson & Charles, Nourishing New York [www.nourishingnewyork.com](http://www.nourishingnewyork.com)
- **Soup & Broth:** Nona Lim [www.nonalim.com](http://www.nonalim.com)
- **Bulletproof Coffee, MCT Oil:** [www.bulletproofexec.com/bulletproof-mind](http://www.bulletproofexec.com/bulletproof-mind)
- **Ingredients/Produce:** Quinciple – Farm-fresh produce delivery service in NYC, \$50/week - [www.quinciple.com](http://www.quinciple.com)
- **Good Food on a Tight Budget:** <http://www.ewg.org/goodfood/>
- **Meal Delivery Services:** [www.petespaleo.com](http://www.petespaleo.com), [www.eattribal.com](http://www.eattribal.com), [www.premadepaleo.com](http://www.premadepaleo.com)
- **Chocolate:** look for organic, without GMO soy lecithin, without dairy, made with real cacao beans, with high cacao content and low in sugar.
  - o **Chocolate Recommendations:** Granada, Eating Evolved, AntiDote, Alter Eco, Theo, Mast Brothers, Vital Choice

### Good Food on a Tight Budget

<http://www.ewg.org/goodfood/>

### Real Food Free Cookbook

<http://freejerfcookbook.com/>

### Restaurants and Take-Out Options for Real Food in NYC:

- **Hu Kitchen** (paleo, near union square; try chicken with sides or bowl with Hu Joe and veggie mash)
- **Foragers** (Chelsea, Dumbo, grocery store, wine store and restaurant)
- **Peacefood Café** (vegan, near union square)
- **Ellery's Greens** (greenwich village)
- **Westville** (American, west village, Chelsea, east village, Tribeca; try market sides plate – choose 4 market sides, e.g, kale, broccoli, artichoke hearts no cheese, polenta; or get the trout)
- **Nourish Kitchen** (west village)
- **Taim** (West Village, Soho; gluten-free falafel – get the mixed falafel platter, but substitute beets and carrots for tabouleh and Israeli salad, and don't eat the pita)
- **Souen** (Union Square, East Village, Soho; miso soup, chef salad, planet platter)
- **Mas Farmhouse** (West Village)
- **Market Table** (West Village)
- **Blue Hill Stone Barns** (West Village, Westchester)
- **Estiatorio Milos** (Midtown, Mediterranean)
- **Thalassa** (Tribeca)
- **St Anselms** (steakhouse in Brooklyn)
- **Candle Café** (UWS)
- **Gusto Organics** (Union Square)

- **Wild Restaurant** (West Village)
- **Kombu Ramen** (gluten free soup with rice noodles; east village/union square)
- **Wei West** (Tribeca; gluten free Chinese food)
- **Dig Inn** (Paleo fast casual food; midtown, union square, Tribeca, world financial center)
- **Sushi** (avoid soy sauce, avoid ginger dressing, avoid sauces – eat uni, yellowtail, salmon, ikura, rice, miso soup (not always gluten-free))
- **Juice bars** (Juice Press, Organic Ave, Liquiteria, Melvin’s Juice Bar, One Lucky Duck, Tiny Empire, etc)
- **SweetPea** (Flatiron)
- **Angelica Kitchen** (East Village)
- **Fette Sau** (BBQ in Williamsburg, same owners as St Anselms)
- **Mighty Quinns** (BBQ in lower east side)
- **Momofuku** (East Village; try pork belly and beef tendons)
- **Takashi** (West Village; try organ meats)
- **Great Northern Spy Company** (East Village)
- **Mermaid Oyster Bar** (Soho)
- **Klee Brasserie** (Midtown)
- **Hundred Acres** (Soho)
- **Kafana** (East Village)
- **Kristophe** (Brooklyn; try Venison burger)
- **Juventino** (Park Slope)
- **Sauce** (LES)
- **Hearth** (East Village)
- **Brodo** (East Village; bone broth shop)
- **Palma** (West Village; Italian)
- **Landmarc** (Tribeca; try bone marrow without the bread, Brussels sprouts)
- **Macelleria** (Meatpacking; try bone marrow without the bread, rosemary potatoes, greens)
- **Palo Santo** (Park Slope)
- **Chelsea Market** (Chelsea)
  - o **Friedman’s Lunch** (gluten-free chicken soup)
  - o **The Lobster Place** (uni maki, yellowtail scallion, avocado roll)
  - o **Beyond Sushi** (vegan sushi)
  - o **One Lucky Duck** juice bar
  - o **The Green Table**
- **Gansevoort Market** (Meatpacking)
  - o **Tacombi** tacos
  - o **Macelleria** butcher
  - o **Tiny Empire** juice
  - o **Dojo** sushi