

FUNCTIONAL FOODS. *noun.* 1. foods with nutrients that promote optimal health and may reduce the risk of disease; 2. foods containing specific nutrients used to promote organ and system health.

Eat the Rainbow: Colorful Functional Foods



WHITE YELLOW ORANGE RED PURPLE BLUE GREEN

- Immune function
- Healthy intestines
- Helps flush the liver
- Healthy cholesterol
- Healthy heart

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- Healthy cholesterol
- Healthy joints/tissue
- Supports eyesight
- Anti-cancer

- Kidney health
- Lower blood pressure
- Skin protection
- Boosts cell renewal
- Anti-oxidants

- Healthy heart
- Healthy blood vessels
- Learning & memory
- Anti-aging
- Urinary tract health

- Healthy intestines
- Liver detoxification
- Supports eyesight
- Healthy bones
- Moods
- Immune function
- Anti-cancer

69% don't eat enough GREEN 76% don't eat enough PURPLE/BLUE 83% don't eat enough WHITE 74% don't eat enough RED 80% don't eat enough YELLOW/ORANGE
EAT TWO FOODS FROM EACH COLOR GROUP EVERY DAY

Find whole foods recipes & info at www.OurNutritionKitchen.com





WHITE

YELLOW

ORANGE

RED

PURPLE

BLUE

GREEN

SLOW THYROID

Flax and/or Chia seeds Not just high in omega-3 fatty acids, the soft fibers of soaked chia and flax seeds support digestion by feeding the “good” probiotic bacteria that you want to encourage for many reasons including their help converting inactive thyroxine to active T3.

Coconut oil the sudden post WWII surge of polyunsaturated seed oils into the food chain has caused many changes in hormone balance. Coconut’s saturated fats have been shown to reduce body fat, cholesterol, improve sugar handling and boost the thyroid.

Brazil nuts One of the richest dietary sources of selenium, which is essential for converting thyroxine to its active form, T3. Sometimes people with Hashimoto’s are advised to avoid selenium but selenium is needed to support anti-oxidants like glutathione that help decrease thyroid antibodies.

Cruciferous vegetables Raw blended or cooked but please not juiced, these plant foods with the richest source of cancer-preventing phytonutrients do not inhibit thyroid function and in fact may protect from cancer. They also help grab toxic chemicals and metals to support the liver where thyroxine is activated. Be sure to get plenty of bioavailable iodine—dark leafy greens and sea veggies.

Sea vegetables Your thyroid attaches iodine to tyrosine (an amino acid) to form thyroxine. Although you don’t need much, insufficient levels of iodine limits the rate of production of thyroid hormones—too much iodized foods also limits thyroid hormone production. Snack on nori wraps filled with avocado, wild salmon, add hijiki to a kale and pumpkin seed salad, add wakame to broth soup or dulse to butternut squash soup...

Chlorophyll Can help boost energy levels and remove heavy metals that may be inhibiting thyroid function.

Avoid grains, grain products and gluten Especially if you have Hashimoto’s as these can increase thyroid antibody production.

Avoid non-fermented, non-organic soy products No junky soy foods like soy cheese, soy yogurt, energy bars with soy protein isolate, soy burgers and soy-based “meats.”

KIDNEY SUPPORT

Clean filtered spring water drink half your weight in ounces daily to flush toxic waste and excess salts. **Lemon** alkalizes bodily fluids and adds potassium.

Cruciferous veggies eat plenty of magnesium and other trace minerals to help your kidneys maintain the body’s mineral balance.

Avocados high in healthy fats and protein, avocados provide lots of magnesium and other minerals needed by all your cells.

Cranberries for centuries Native Americans have used cranberry fruits and leaves for medicinal remedies, including bladder and kidney problems. Research shows that unsweetened cranberry prevents bacteria from attaching to the wall of the bladder thus preventing infection.

Watermelon has a diuretic effect and its juice dissolves salts to remove them from the body. A course of watermelon can even help remove oxalate stones.

Winter squash Rich in key minerals ranging from 250-445 mg potassium, 17-46 mg phosphorus and 0-14 mg sodium for 1/2 cup cooked, squash is a great source of vitamin A as beta carotene, vitamin C and fiber. Winter squash also contains the health promoting phytochemicals lutein, zeaxanthin, and beta-cryptoxanthin which may act as antioxidants and help control inflammation.

Mushrooms a cup of mushrooms is packed with 428mg potassium plus other important minerals like selenium that boosts your thyroid and anti-oxidant status.

Kidney stones are hard deposits made of minerals and salts that form inside your kidneys, often because the urine becomes too concentrated or acidic. The two main stone types are **calcium oxalate** and **uric acid**. Numerous studies point to synthetic calcium supplements and fortified foods as the cause of **calcium stones** not natural foods or naturally-derived calcium. Prevent or clear calcium stones by increasing alkaline-forming foods and especially foods high in potassium which in turn raise citrate levels to balance calcium. Excess **uric acid** is usually from corn-sweetened processed foods that also promote weight gain, high cholesterol, inflammation and gout.

LIVER LOVING

Onion and garlic provide sulfur used to inactivate and eliminate toxic waste.

Nettle, dandelion, licorice and ginger teas flush out toxins and help detoxify the liver and kidneys. These herbs and roots along with other lifestyle changes have been shown to reverse fatty liver disease.

Fresh lettuce and cucumbers support liver function and help it drain.

Green herbs like basil, cilantro, and parsley help remove toxic chemicals and metals.

Cruciferous vegetables are high in the anti-oxidants vitamin C and beta-carotene, the also have four other key antioxidant nutrients: vitamin E, manganese, zinc, and selenium that help your liver inactivate toxic waste and free radicals. Isothiocyanates from cruciferous vegetables can activate key Phase II biotransformation enzymes

Beets stimulate the liver to release bile and carry away the toxic waste filtered out of your blood and lymph. But more than that, beets are a high-antioxidant vegetable that contain a number of important substances, including: betaine for digestive health, iron for healthy blood and energy, vitamin B1 folate, and the dark red pigments are powerful antioxidants. Pectin and other plant fibers found in beets, can also help clean the toxins that have been removed from the liver, allowing them to be flushed out of the system instead of reabsorbed by the body.

And of course your liver depends on **Intestinal Health** or it will stagnate, fail to activate thyroid hormone, ask the kidneys, skin, and lungs to work too hard...

INTESTINAL HEALTH

1. foods that lubricate
2. foods that support the intestinal flora;
3. foods to clear liver excess by helping it drain

Foods that promote peristalsis include cooked cabbage, coconut, sweet potato, asparagus, black sesame seed, soaked chia or flax seed, prunes, figs, peas.

Foods that promote digestion are beets, lemon and raw apple cider vinegar 1-2 tablespoons straight, 30 mins before a meal.