

THE COR FOODS GUIDE

“Let food be thy medicine and medicine be thy food.” - Hippocrates

Considered the “Father of Modern Medicine,” Hippocrates understood that just as food can contribute to chronic disease, it can also be one of the most powerful cures. As you focus on eating whole foods to increase your metabolic flexibility and heal your gut, the Cor Foods Guide will help you with your meal planning. As your body heals, you will also begin to notice improvements in your sleep, mood, and energy. Generally, you will begin to feel better overall as you focus on eating whole foods!

PROTEIN



Fish and Shelfish

- Catfish
- Cod
- Halibut
- Pollock
- Salmon (wild-caught)
- Sardines
- Sea bass
- Shellfish: crab, clams, mussels
- Shrimp
- Tilapia
- Trout
- Tuna

Meat

Lean meats:

- Bottom Round
- Round steak
- Sirloin tip
- Top Round
- Top Sirloin

Limited consumption:

- Beef
- Bison
- Elk
- Pork
- Sheep
- Venison

Poultry

- Chicken
- Duck
- Pheasant
- Turkey

Eggs and Dairy

- Cheese
- Eggs
- Milk
- Yogurt

VEGETABLES



- Acorn Squash
- Anise/Fennel Root
- Artichoke
- Arugula
- Asparagus
- Avocado
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jalapeño
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions/Shallots
- Parsnips
- Peppers
- Potatoes (*clean preparation)
- Pumpkin
- Radish
- Rutabaga
- Rhubarb
- Snow Peas
- Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams (*clean preparation)
- Swiss Chard
- Tomato
- Tomatillo
- Turnip
- Watercress
- Zucchini

FRUITS



- Apples
- Apricots
- Bananas (less ripe*)
- Blackberries
- Blueberries
- Cherries*
- Star fruit
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Lychee*
- Mango*
- Melon
- Nectarines
- Oranges
- Papaya
- Passion Fruit*
- Peaches
- Pears
- Pineapple
- Plum
- Kiwi
- Lemon
- Lime
- Lychee*
- Mango*
- Melon
- Nectarines
- Oranges
- Papaya
- Pomegranate*
- Raspberries
- Strawberries
- Tangerines
- Watermelon

*Choose tart fruit over sweet fruit as you work to improve your metabolic flexibility.

FATS AND OIL



Cooking

- Avocado Oil
- Butter and Ghee*
- Coconut Oil*
- Extra-Virgin Olive Oil
- Sour Cream

*Limit the use of these items

Nuts and Seeds

- Almonds
- Brazil Nuts
- Capers
- Flax Seeds
- Hazelnuts/Filberts
- Cashews
- Macadamia Nuts
- Olives
- Pecans
- Pistachio
- Pine Nuts
- Pumpkin Seeds/Pepitas
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Nut and Seed Butters*

*Beware of added ingredients in nut and seed butters.

FRESH HERBS AND SPICES



- Allspice
- Basil
- Bay Leaves
- Black Pepper
- Black Peppercorns
- Cayenne Pepper
- Chili Powder
- Chipotle Powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Dill
- Garlic Powder
- Ginger
- Lemongrass
- Mustard Powder
- Nutmeg
- Onion Powde
- Oregano
- Paprika
- Parsley
- Red Pepper Flakes
- Rosemary
- Sage
- Salt
- Thyme
- Wasabi Powder

MISCELLANEOUS FOODS



- Broth—chicken, beef, seafood, vegetable
- Fermented foods (sauerkraut, kimchi, tempeh)
- Hot Sauce
- Mayo (natural or homemade)
- Mustard
- Salsa
- Vinegar—apple-cider, white, rice-wine, balsamic, red-wine

BEVERAGES



- Coconut Water
- Black Coffee, no cream or sugar added
- Kombucha
- Mineral Water
- Sparkling Water—seltzer water, club soda, mineral water
- Tea
- Vegetable Juice

LEGUMES AND BEANS



- Black beans
- Black-eyed peas
- Chickpeas (garbanzo beans)
- Green peas
- Kidney beans
- Lentils (green, brown, red, black)
- Lima beans
- Navy beans
- Pinto beans
- Red beans

*GRAINS



- Barley (e.g. Pot Barley, not Pearl Barley)
- Black Rice (also known as 'purple rice')
- Buckwheat
- Bulgur
- Oats (steel cut, oat groats—avoid rolled, regular, or instant)

*These whole grains may be consumed in small amounts.

*SUGAR/SWEETENERS



As you restore your metabolic flexibility, we generally recommend cutting out sugars and sweeteners.



A FEW NOTES ABOUT EATING WHOLE FOODS:

PROTEINS:



Fish and Shellfish:

Whether you like seafood or not, fresh and saltwater fish/shellfish are rich with omega-3 fatty acids. The benefits of consuming high amounts of omega-3 fatty acids are many, such as lowering triglycerides, blood pressure, and your risk for cardiac events. The American Heart Association recommends eating fish twice a week. While we recommend wild-caught fish due to its greater nutritional value than farm-raised fish, the cost can be an issue and farm-raised is still acceptable.

Limit your consumption of large, deep-water fish such as large predatory fish (Mahi Mahi, shark, tuna, and some types of shellfish) that may contain heavy metals. High levels of heavy metals in the diet may cause a variety of side effects, including an increased risk for heart abnormalities and miscarriage in pregnant women.



Meat:

Everyone these days has an opinion about eating meat, and how much or how little you should consume. Regardless of your preference, meat is a good whole food source, with some caveats:

- **Choose Lean.** While red meat and meat with a high-fat content is considered whole food, lean meat should be your first choice. A good rule of thumb is that if the meat is labeled as round, loin, or chuck, the chances are that it will be a lean or extra-lean cut and lower in saturated fats.
- Limit meats with high concentrations of fat. Saturated fat has been linked to insulin resistance—especially for people who have low metabolic flexibility. The fattiest types of meat are also the most expensive, for example: filet mignon, tenderloin, New York strip, porterhouse, flap steak, skirt steak, or rib-eye. It is best to avoid these fattier meats and ground meats like regular hamburger, sausage, and bacon—which are not whole foods.
- **Go Organic.** When possible, choose organic, grass-fed, humanely treated animals. Meat from animals raised in commercial operations often contains higher levels of chemicals, hormones, and antibiotics—which you want to avoid when possible. These designations can usually be found listed on the product label.



Poultry:

Do you like to eat turkey for holidays? Or maybe barbequed chicken during a summer gathering? Poultry is a fairly popular whole food for many reasons: it is easy to prepare; it pairs well with other whole foods for a nutritious meal; it's a lean meat; and it's a good source of protein.

However, we recommend buying pastured, organic types of poultry when possible. If the cost of buying organic is a limiting factor, you can remove the skin for a healthier option. Baking, sautéing, and barbequing are the best cooking methods.

And while we all love to dip our meat in sauces, dips, and dressings, remember to pay attention to food labels and be cautious about adding ultra-processed toppings, sauces, and condiments to your healthy whole food meal.



Eggs & Dairy:

Eggs and dairy are a good nutritional choice when they are whole or minimally processed. You will want to avoid dairy products that contain flavoring or additives—especially sugar. Read nutrition labels. All flavored dairy products, such as flavored milk and yogurt, contain added sugar.

Of course, if you have a dairy intolerance, you will need to eat dairy products in limited amounts, avoid this food group, or choose a dairy substitute like almond milk. If you deal with metabolic inflexibility, you may benefit from avoiding high-fat types of dairy products, like whole foods and sour cream.



A FEW NOTES ABOUT EATING WHOLE FOODS CONT.



VEGETABLES:

Do you know someone who dislikes eating vegetables? Whether that describes a friend of yours or you, vegetables can raise a variety of opinions and taste buds. Yet, there isn't a lot of controversy when it comes to the nutritional value of vegetables. You have a greenlight when it comes to veggies, with a couple of caveats...

- *Limit Starches:* When you have low metabolic flexibility, it's important to limit starchy vegetables like potatoes and sweet potatoes, unless they are prepared in a "clean way" with natural herbs and spices, not deep fried in oils. This means avoiding French fries, potato salad, or a baked potato with "the works." As you work on increasing your metabolic flexibility, avoid starchy vegetables until your body's ability to tolerate them improves.
- *Juicing:* Let's talk about juicing. While it is difficult to eat too many carrots, juicing a dozen of them is 35+ grams of sugar. That, combined with the elimination of the fiber you get from eating the whole carrot, can become a blood glucose problem fairly quickly. While juicing may provide a variety of incredible nutrients, we recommend eating fruits and vegetables in their whole form.



FRUIT:

As with vegetables, fruits are healthy whole foods and on the menu for everyone. We do recommend limiting or avoiding fruit juices and dried fruit as too much concentrated fructose can be taxing to the liver. Likewise, the riper a fruit is, the sweeter it may taste and the higher the sugar content. An example of this is a green-yellow banana compared to a ripe yellow and brown banana. Your body may tolerate fruits fresh off the vine but not tolerate fruit the riper it becomes. If you have low metabolic flexibility, you may consider choosing tart fruit over sweet fruit. At a minimum, drink water or eat your fruit with other foods—like proteins—as this will help dilute the concentration of fructose, making it easier on your system.



FATS & OILS:

There is a lot of controversy over healthy and unhealthy fats. Fortunately, there are some fat-rich foods and oils that are universally accepted as being health-promoting. As always, we recommend minimally processed oils and fats as part of your COR Foods.

We recommend that you cook with olive oil or avocado oil and recommend against the more controversial oils—such as canola oil and the seed oils: corn oil, soybean oil, peanut oil, and grapeseed oil. Whether saturated fats such as coconut oil, butter, and ghee are harmful or healthy is heavily debated. In the absence of clear evidence, we recommend limiting their use and cooking primarily with oils rich in unsaturated fats, like avocado and olive oil.



NUTS & SEEDS:

Nuts and seeds are nutritious—but also high in fat. The key is to keep it in its whole form since processing and flavoring makes us eat more. Be careful with nut and seed butters as they are easy to overeat. Notice that peanuts are not on the list. While peanuts are generally healthy in their whole form, they are conventionally roasted in seed oils.

Nut and seed butters can be a healthy addition to your COR Foods list, but stay away from products that have added or processed oils, sugar, or other additives. The ingredients should be the nut or seed—with possibly a small amount of salt added.



HERBS & SPICES:

Herbs and spices enhance the taste of the whole foods we eat, and provide a variety of health benefits—and they're easy to use!

A FEW NOTES ABOUT EATING WHOLE FOODS CONT.



MISCELLANEOUS FOODS:

Miscellaneous foods don't fall into a specific category but are commonly used as food ingredients and as condiments. The most important thing to remember with these foods is to eat them whole or minimally processed. If possible, it is fun and healthy to make your own—and they are more flavorful! Pay attention to food labels—if the ingredients mention [added sugar / etc...], it is best to avoid it.



BEVERAGES:

When it comes to beverages, use care when choosing items that have any additives or flavor enhancers. We recommend avoiding sugared beverages if you have low metabolic flexibility.



GRAINS:

While most of us love to eat grains—rice, pasta, breads, cereals, etc.—our bodies often don't break down processed and ultra-processed grains well for a variety of reasons, but particularly when we have lower metabolic flexibility.

To help you improve your metabolic flexibility, we recommend focusing on whole grains within the COR Food Guide. If and when you consume these recommended grains, you will want to do so with a meal that is high in vegetables and protein. Not only are vegetables packed with vitamins and nutrients, they also contain fiber that will help slow the absorption of the grains.



SUGARS & SWEETENERS:

The food industry has taught us to love our dessert or treat after our meals, or perhaps when we need a pick-me-up. But, do we really need to make our food sweeter? As a society, we really need to 'dumb down' our taste buds and get used to food that is less sweet. Can you recall a time when you ate something sweet and then craved more? This occurs through multiple pathways in the brain. You will notice that once you significantly reduce your intake of sweet foods, you will likely lose the desire or taste for it, especially as you nourish your body with whole foods. This is a good time to increase your whole fruit intake by eating fruit or using it to sweeten food instead of sugar.



power**me**