



What is the DiaitaFusion Building Block Nutritional Program?

DiaitaFusion blends the Greek word "diaita" meaning "*way of life*", with the English word "fusion", which symbolizes a harmonious blend. In America-English, "*DiaitaFusion*" represents integrating traditional, healthy dietary practices with modern nutritional science. It's a fresh, unique name that conveys a balanced, innovative approach to nutrition and wellness that integrates into your lifestyle.

As we age, the function of the human digestion tract typically slows down, leading to potential changes like decreased stomach acid production, slower movement of food through the intestines, and a major likelihood of constipation due to weakening muscle contractions in the digestive system; this can be further influenced by dietary factors and medication use.

Contributing factors to dietary changes:

- Side effects of medication.
- Lack of physical activity.
- Not consuming enough fiber or fluids.
- Increased sensitivity to certain foods - to name a few.

Diaita Fusion FOUNDATION - 6-2-1-1-1

IMMUNE BOOST: 6 servings of vegetables daily: Fresh – Pure – Whole Natural

VEGETABLES: Eat 6 different types of non-starchy vegetables daily

- 2 -1/2 cups or 5 servings selected from as many basic non-starchy vegetables as possible.
- 50% of your vegetables should be raw daily.
- Mix vegetables of different colors – MORE COLOR – MORE NUTRITIONAL - 6 pieces of one vegetable do not count.
- 2 veggie salads each day – PERFECT!
- Iceberg lettuce has zero nutritional content except for the outside leaves.

VITALITY BOOST: 2 servings of fruit daily: Fresh – Pure – Whole – Natural

FRUITS: Incorporating two fruits into your daily provides the necessary fiber, vitamins, and natural sugars to stabilize your energy levels. Fruits also contribute to better skin health, enhanced immune function, and reduced risk of chronic diseases.

2 cups or 4 servings of fruit select from a variety of fruits.

- Is fresh fruit unavailable? Switch to dried fruits.
- Eat fruit 1 to 2 hours after breakfast, as a morning snack, and 1 to 2 hours after lunch, as an afternoon snack.
- Using 100% fruit juices is the same recommendation as fresh fruit and 1 to 2 hours after a meal to help maintain your energy levels.

ENERGY BOOST: 1 serving of starch daily: Fresh – Pure – Whole – Natural

STARCHES: Grains, legumes & starchy vegetables – Major source of energy for all body functions, the proper utilization of fats, unrefined carbohydrate supply fiber that is important for proper waste elimination.

- 1 serving carbohydrate - grains or starchy vegetables daily
- Starchy vegetables; no problems
- Starchy food produces enzymes, and enzymes are alkaline, to break down the starch.
- Whole grains – quinoa, brown rice, bulgur
- Starchy vegetables – sweet potatoes, butternut squash, corn
- Legumes – lentils, chickpeas, kidney beans

PROTEIN BOOST: 1 serving of protein daily: Fresh – Pure – Whole – Natural

PROTEIN: Animal or Plant-based Protein – the major building material of all body tissues. Supplies food energy and helps make up enzymes and hormones that regulate body functions.

- 1 serving of animal or plant-based protein daily.
- Helps muscle repair, immune function, and overall vitality.
- When you eat meat, the stomach produces Hydrochloric/amino acids to break down the meat into liquid. Nutrients are then absorbed by the body from this liquid.
- Lean meats – chicken, turkey, pork

- Plant-base Protein – tofu, tempeh, edamame
- Fish and seafood – salmon, shrimp

DAIRY/NON-DAIRY BOOST: 1 serving of dairy/non-dairy daily: Fresh – Pure – Whole – Natural

DAIRY/NON-DAIRY: Incorporating 1 dairy/non-dairy source in your daily diet.

1 serving of dairy product, cow, goat, or sheep, in your daily diet to ensure additional benefits and cater to those with dairy preferences.

- Milk - full fat - low fat - skim milk.
- Cheeses - hard cheese - cottage cheese - ricotta - other types of cheeses.
- Yogurt - plain, Greek, other types of yogurts.
- Butter - salted - unsalted – ghee.

1 serving of non-dairy product in your daily diet to ensure additional benefits and cater to those with dairy sensitivities or preferences.

- Plant-based milk – almond, soy, oat.
- Nuts and seeds – almond, chia.
- Yogurt – coconut, almond.

Treat yourself 1 day a month to satisfy your cravings – pastries, pies, ice cream, or even fried foods but go back to the *DaiitaFusion Program* the next day. If you do not satisfy your craving you will give up on any type of nutritional program. Remember it is not what you eat, but how you eat.