



## 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.

### **Foundation – Vitality Boost – Sustainable Energy – Complete Protein – Non-Dairy Boost**

**THE FOUNDATION: 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!
- Do not use canned vegetables: vegetables are heated to 117 degrees become ultra-processed food and are dead vegetables now.
- Iceberg lettuce has zero nutritional content except for the outside leaves.

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

**Vitality Boost: Two 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.
- Do not eat fruit with any other food. Always eat fruit 1 to 2 hours after breakfast, as a morning snack, and 1 to 2 hours after lunch, as an afternoon snack. For the body to properly digest the fruit it needs to pass through a clean stomach to the small intestine.
- Using 100% fruit juices is the same recommendation as fresh fruit and 1 to 2 hours after a meal.

- Do not use canned fruits: when the fruit is heated to 117 degrees becomes ultra-process food and is dead fruit now.

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

**SUSTAINABLE ENERGY:** 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

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

**COMPLETE 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

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

**Non-Dairy Boost: One Non-Dairy.** Incorporating one non-dairy source in your daily diet ensures that you get additional nutritional benefits and caters to those with dairy sensitivity or preferences.

- 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 *DiataFusion 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.