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LIA Lifestyle Instruction Aid

a2. Are five servings enough?
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Keep in mind that one serving is only a very small amount. Variety is the key. Canada's Food Guide will tell you we should eat 5-10 servings of fruits and vegetables a day. Most people's reaction to this 5 - 10 rule is something like, my goodness nobody can eat that much. Or, hey, I am on a diet, if I ate that much I would blow up like a blimp.

What most people miscalculate is how small a serving is. One piece of bread is one serving, one fruit is one serving, 1/2 cup of vegetables is one serving. Very large people would need the upper range recommended. (10) Small people the lower range. (5) (See below for more detail.)

With the evidence about Phytochemicals (Phytonutrient) and other food nutrients that prevent cancers, the question now should be, are five servings really enough?

Further, when you poll people for compliance with Canada's Food Guide you will find that not very many people adhere to it. It is no wonder we have so many degenerative problems in our population.

Green, deep orange, red, and dark purple foods, are our lifesavers. We need to eat some of them EVERY DAY.

You may only need about two and a half cups, spread out over three meals and several snacks. What we want to do is add 'good life' to our 'long years'.

Good Ways for Good Days.

What constitutes a serving?

In the bread group:

One serving equals one slice of bread,
one ounce of ready-to-eat cereal or,
one-half cup cooked cereal, rice or pasta.

A serving of vegetables is:

One cup raw leafy greens,
three-quarters cup vegetable juice or,
one-half cup of other vegetables chopped.

A serving of fruits can be:

One medium apple, banana or orange,
one melon wedge,
one-half cup chopped fruits or berries or,
three-quarters cup fruit juice.

A serving from the milk group includes:

A cup of milk or yogurt or 1 1/2 ounces of cheese.

A serving from the meat category equals:

Two to three ounces of cooked, lean meat, poultry or fish,
one egg;
one-half cup cooked beans or two tablespoons of seeds or nuts.

Note, most of these foods are on the avoid list of the Pain Relief Diet.

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