



NUTRITION 101



LINDGREN
functional medicine



Dirty Dozen & Clean Fifteen

Since 1993, the Environmental Working Group (EWG) has shined a spotlight on outdated legislation, harmful agricultural practices and industry loopholes that pose a risk to our health and the health of our environment.



EWG's Dirty Dozen & Clean 15 lists rank pesticide contamination for 47 popular fruits and vegetables. The guide is based on results of more than 40,900 samples of produce tested by the USDA and the FDA. It is important to note that the samples are tested for pesticides after they have been prepared to be eaten. This means the produce has been thoroughly peeled and washed. After these preparations, pesticide residues are still detected on many fruits and vegetables. These chemicals can cause negative short & long term health effects such as leaky gut, weight gain, hormone imbalance, and certain cancers. In order to reduce the amount of pesticides that we ingest, it is important to follow the Dirty Dozen and Clean 15 as best you can.

Dirty Dozen

- Strawberries
- Spinach
- Kale, collard greens, & mustard greens
- Peaches
- Pears
- Nectarines
- Apples
- Grapes
- Bell peppers & hot peppers
- Cherries
- Blueberries
- Green beans

Clean 15

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Frozen sweet peas
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Mangos
- Sweet potatoes
- Watermelon
- Carrots

WHOLE FOOD LIST

VEGETABLES

Artichokes, Asparagus, Bamboo Shoots, Bean Sprouts, Beets, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Leeks, Greens (*collards, kale, mustard, turnip*), Green Beans, Mushrooms, Okra, Onions, Parsnips, Pea Pods, Peppers, Radishes, Rutabaga, Squashes (*butternut, acorn, pumpkin*), Sugar Snap Peas, Sweet Potatoes, Swiss Chard, Tomatoes, Turnips, Water Chestnuts, Watercress, Zucchini, Cabbage, and Salad Greens (*chicory, endive, romaine, spinach, arugula, radicchio, watercress*).

NUTS & SEEDS (INCLUDING BUTTERS)

Hemp Seeds, Pumpkin Seeds, Squash Seeds, Almonds, Pistachios, Sunflower Seeds, Flax Seeds, Sesame Seeds, Chia Seeds, Cashews, Walnuts, Hazelnuts, Pine Nuts, Pecans, Macadamia Nuts, and Coconut.

FATS & OILS

Olives & Olive Oil, Coconut Oil, Nut Oils, Avocados & Avocado Oil, and grass fed Ghee.
Avoid industrial oils such as: Soybean Oil, Vegetable Oil, Corn Oil, Cottonseed Oil, Sunflower Oil, Safflower Oil, and Canola Oil.

BEANS & LEGUMES

Lentils, Chickpeas, Peanuts, Black Beans, Black-Eyed Peas, Cannellini Beans, Chickpeas (*Garbanzo Beans*), Great Northern Beans, Kidney Beans, Lima Beans, and Pinto Beans.
Some people do not tolerate the lectins found in beans and legumes and may need to eliminate from their diet. If healing from a Leaky Gut or other gut issues, omit for the time being.

GRAINS

Gluten Free Oats, Quinoa, Rice (wild & brown), Amaranth, Buckwheat, and Millet.

MEATS

Grass-Fed & Organic: Beef, Chicken, Turkey, Duck, Eggs, Shellfish, Seafood, Venison, and Wild Game.
Wild-Caught Fish (limit high mercury fish such as tuna, swordfish, mackerel, & halibut).

FRUITS

Berries, Watermelon, Cantelope, Honeydew, Pineapple, Apples, Apricots, Bananas, Cherries, Dates, Figs, Grapefruit, Guava, Grapes, Jackfruit, Kiwis, Lemons, Limes, Mangos, Nectarines, Oranges, Papaya, Passionfruit, Peaches, Pears, and Plums. Dried fruits *with no added sugar such as Raisins & Cranberries.*

BEVERAGES

Filtered Water, Coconut Water, Organic Coffee, Tea, Kombucha, Fresh Squeezed Juice, Non-Dairy Milks such as Coconut, Almond, and Cashew.

SUGAR/SWEETENERS

Maple Syrup, Honey, Coconut Sugar, Agave, Nectar and Stevia.

XENOESTROGENS

How To Avoid More Estrogen Dominance

What Are Xenoestrogens?

Xenoestrogens are foreign estrogens that mimic the functions of our natural estrogens. When they enter our body, they attach themselves to our cell's receptors, taking over natural estrogen functions to control growth and development. To prevent even more estrogen dominance, it is important to know which products in our daily lives contain the highest levels of xenoestrogens so we can avoid them as much as possible.

Sources

Commercially Raised Meat & Dairy

These often contain bovine growth hormones that are very high in xenoestrogens.

Insecticides & Pesticides

Eat local & organic whenever possible.

Tap Water

This is a main source of disinfection byproducts, fluorinated compounds, bisphenol A, phthalates, pesticides, and actual estrogens.
Drink filtered water – ALWAYS.

Parabens

These are preservatives found in shampoos, lotions, soaps, toothpastes, cosmetic & other personal care items. Opt for clean personal care items. Since most of these items are entering the skin, they go directly into the tissue without going through the liver for detoxification. These xenoestrogens are 100% absorbed by the body and can be 10X's more potent than those consumed orally.

Phthalates

These are chemicals put into soft plastic packaging materials to increase flexibility. Plastic wrapped foods, heated in the microwave contain some of the highest levels of xenoestrogens.

What To Do:

Do NOT heat foods or drinks that have been heated in the microwave. Avoid drinking coffee or other hot liquids in Styrofoam cups. Store your foods in glass containers whenever possible.

Artificial Food Additives

Most processed foods contain some type of additive, such as BPA, artificial sweeteners, or MSG. Cut back on processed foods to reduce your exposure to xenoestrogens.

Foods That Contain Soy or Soy Protein Isolate

Soy is the most common plant estrogen found in food. These foods are packed with condensed plant estrogens which lead to estrogen dominance.

Dryer Sheets

Dryer sheets are loaded with xenoestrogens to make your clothes feel soft & fresh. These residual xenoestrogens can permeate your skin and go directly into your cells. Avoid commercial dryer sheets. They're poison. Instead, mix vinegar and baking soda in a ratio of 6:1 (six parts vinegar to one part baking soda). Baking soda is not only a natural softener, but it also deodorizes laundry. During the rinse cycle, only use ½ a cup, and you will eliminate static electricity generation from your laundry.

Birth Control Pills & Conventional Hormone Therapy

Conventional hormone therapy uses synthetic hormones that can interrupt our natural hormone balance. Birth control pills also interrupt our hormone balance and never get to the root cause if they are being used to regulate periods. There are natural, effective birth control methods that don't come with the side effects of conventional birth control pills.

Disposable Menstrual Products

The FDA has detected several chemicals that increase the risk of cancer, reproductive and developmental problems, heart disease, and diabetes in many menstrual products. Opt for tampons made with organic cotton or consider using a DivaCup.

Xenoestrogens are "foreign" estrogens, substances that are close enough in molecular structure to estrogen that they can bind to estrogen receptor sites with potentially hazardous outcomes.

Bread Substitutions

- Gluten Free Breads/Wraps
- Nori Sheets
- Lettuce Wraps

Noodle Substitutions

- Chickpea Noodles
- Zucchini Noodles
- Carrot Noodles
- Sweet Potato Noodles
- Beet Noodles
- Squash Noodles
- Spaghetti Squash

Flour Substitutions

- Almond Flour
- Coconut Flour
- Cassava Flour
- Millet Flour
- Corn Flour
- Arrowroot Flour
- Tapioca Flour/Starch
- Sorghum Flour
- Buckwheat Flour
- White/Brown Rice Flour
- Potato Flour/Starch

Dairy Substitutions

Milk:

- Nut/Seed Milk
- Coconut Milk

Yogurt:

- Coconut Yogurt or Kefir
- Almond Yogurt
- Cashew Yogurt

Cheese:

- Nutritional Yeast
- Nut Parmesan
- Hummus

Butter/Oil:

- Coconut Oil
- Ghee
- Avocado Oil
- Extra Virgin Olive Oil

Cream/Sour Cream:

- Cashew Cream
- Coconut Cream

Sugar Substitutions

- Honey
- Maple Syrup
- Coconut Sugar/Syrup
- Molasses
- Dates
- Fruit Fruit

Grain & Rice Substitutions

- Cauliflower Rice
- White/Brown/Wild Rice
- Quinoa
- Beans/Lentils

Mashed Potato Substitutions

- Mashed Sweet Potatoes, Cauliflower, Butternut Squash, Turnips, Rutabagas, Celery Root, & Parsnips

Add:

- Extra Virgin Olive Oil
- A Dash of Coconut Milk
- Herbs & Spices
- Apple Cider or Balsamic Vinegar

Peanut Butter Substitutions

- Almond, Cashew, Hazelnut Butter
- Sunflower Seed Butter
- Coconut Butter
- Tahini

Chocolate Substitutions

- Dark Chocolate (cocoa content >70%, dairy free)
- Cacao Nibs
- Carob

Soy Sauce Substitutions

- Coconut Aminos
- Fish Sauce



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Laurent Dagenais

www.instagram.com/laurent.dagenais/