



Adding Nutrition to Your Diet - Whole Food Supplementing

Below are alternatives to add to your nutritional regime. It can be challenging to get all your dietary needs from food alone, especially as a driver. Here are a few suggestions to get your body what it needs.

NUTRITIONAL YEAST:

- B12
- Fiber
- Protein
- Low Glycemic Index
- Good for skin
- Folic Acid
- Immune Boosting
- Anti Bacterial
- Glute-Free
- DO NOT BUY FORTIFIED!

ARTICLES TO READ MORE:

<https://www.medicalnewstoday.com/articles/323245#benefits>

<https://www.healthline.com/nutrition/nutritional-yeast>

Buy it: <https://amzn.to/39Ap7o1>



DATES:

- Potassium
- Manganese
- Iron
- Vitamin B6
- Fiber
- Protein
- Antioxidants
- Natural sweetener
- Helps regulate blood sugar
- Low glycemic index

ARTICLE TO READ MORE:

<https://www.health.com/nutrition/groceries/health-benefits-dates>

Buy it: <https://amzn.to/3n3oUAY> (Individually packed for freshness)



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HEMP HEARTS:

- Magnesium
- High GLA - Hormone regulator
- Good for the heart
- Lowers cravings by reducing blood sugar
- Feeds good gut bacteria
- Good for hair skin and nails
- Reduces arthritis pain
- Helps you absorb fat-soluble vitamins: A, B, D, K
- Contains all 9 essential amino acids = good for muscles

ARTICLE TO READ MORE:

https://www.healing-source.com/about_HempHearts_b.htm

Buy it: <https://amzn.to/3H96Mxm>



GINGER:

- Immune boosting
- Increases digestion
- Lowers cholesterol
- Balances blood sugar
- Anti Inflammatory
- Lowers pain
- Prevents infections

ARTICLE TO READ MORE:

<https://www.medicalnewstoday.com/articles/265990>

Buy it: Candied Ginger: <https://amzn.to/3n1Erko>

Ginger Tea: <https://amzn.to/3o9RnnG>





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RAW GARLIC:

- Helps with colds
- Lowers hypertension
- Lowers cholesterol
- Improves heart health
- Anti Inflammatory
- Helps in wound healing
- Cleanses blood
- Improves bone health
- Improves digestion
- Improves oral health
- Regulates blood sugar
- Increases immunity
- Improves eye health

ARTICLE TO READ MORE:

<https://www.medicalnewstoday.com/articles/265853>



DR. LUTZI'S HEALTHY HEALING (GARLIC) HERBAL TONIC:

1. Roughly chop multiple cloves of garlic and add to a small mason jar.
2. Fill at least one-fourth of the jar full of chopped garlic. Next, pour in equal parts honey and apple cider vinegar, enough to cover the garlic.
3. Let this mixture sit in a dark pantry or cupboard for at least a week, shaking daily.
4. After a week, strain out the garlic or leave it for a more robust concoction. Take one tablespoon daily for immune defense throughout cold and flu season.



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SEA VEGETABLES: DULSE, KELP, SEAWEED:

- High in iron and iodine
- High in Vitamins B, E, C, A
- Protects from cellular oxidative stress
- Antioxidants
- Immune boosting
- Good for thyroid
- Helps balance hormones
- Diabetic-friendly
- Good for gut
- Good for oral health
- High in fiber and low in calories

ARTICLE TO READ MORE:

<https://greendrinkreviews.org/health-benefits-of-sea-vegetables>

Buy It: Triple Blend Flakes: <https://amzn.to/3pAwDFf>



NUT BUTTER:

- Protein
- Healthy Fats
- Fiber
- Vitamins E, Magnesium, Potassium, Zinc, Iron
- Good source of fiber
- Low sugar snack (stay away from Jiffy, Skippy they can be loaded with sugar)
- Phytochemicals
- Flavonoids
- Fight heart disease and cancer

ARTICLE TO READ MORE: <https://www.healthline.com/health/nut-butters#benefits>

Buy It: Crunchy Blended Nut Butter: <https://amzn.to/3wwEbgx>
Individual Packaged Peanut Butter: <https://amzn.to/3qoTEOx>

