



## Eat Well, Live Well

Ask a Chef Fox 40 Live every Wednesday

Chef Russell Michel, Executive Chef,  
Sheraton Grand Sacramento Hotel

# Organic vs. Commodity

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## Fruits and Vegetables

Fertilizers

Pesticides

## Proteins

Hormones

Antibiotics

Pasture raised / Natural

Niman Ranch (The Never Ever Program) vs. Prime Beef

## Corn Fed

Fat profile

Yellow Fat – Corn fed

White Fat – Pasture Raised

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▶ Robert Hernandez

▶ 46 years old

▶ In need of a liver transplant

▶ Changes occurred in 5 months

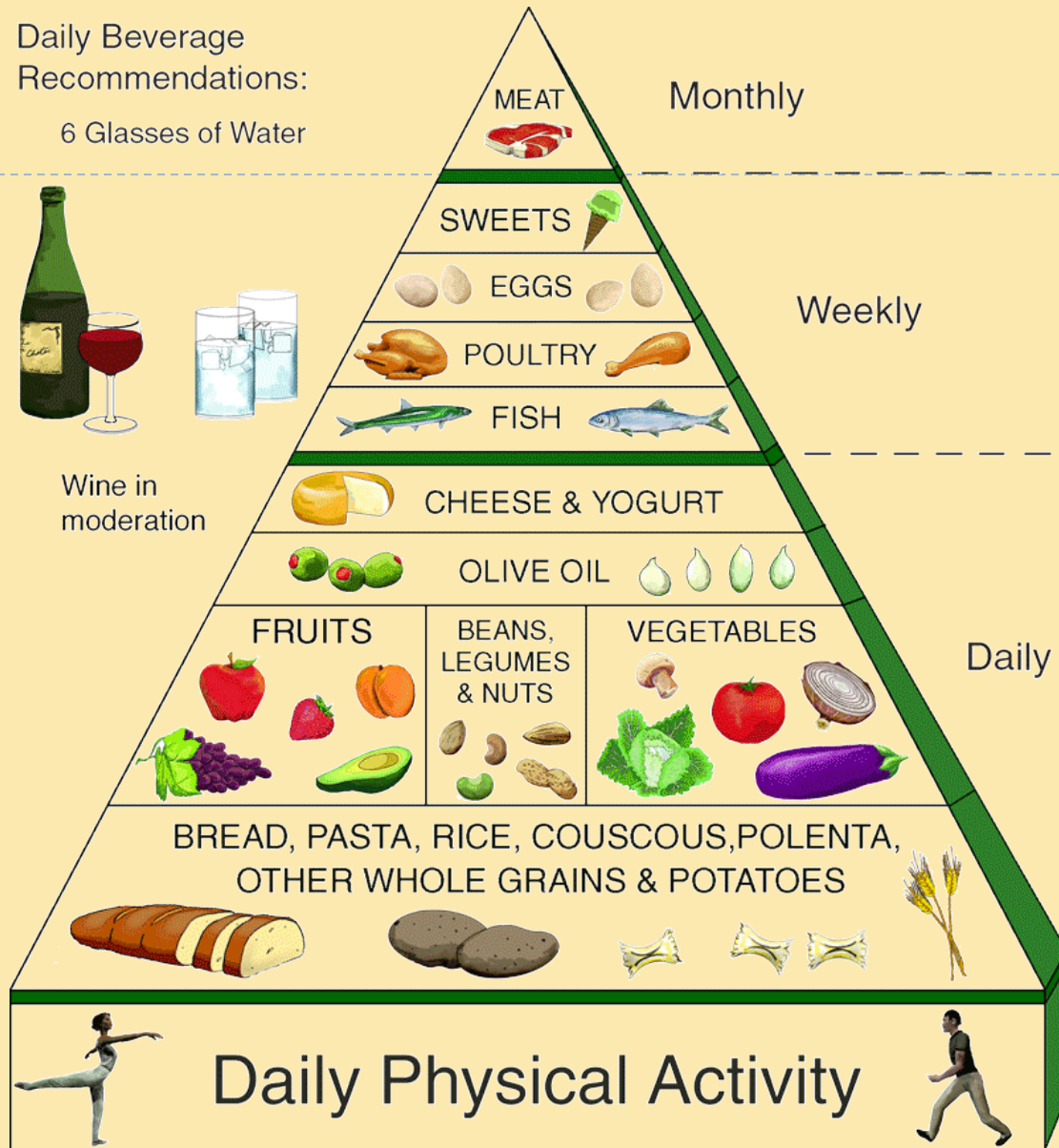
▶ WHY?

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Daily Beverage  
Recommendations:  
6 Glasses of Water



Wine in  
moderation



## Balancing your consumption for revitalization!

### Daily

1. Exercise
2. Wholesome grains
3. Fruits and vegetables
4. Olive oil
5. Cheese and Dairy
6. Water

### Weekly

1. Fish, Poultry, Eggs
2. Sweets (sweet tooth?)

### Monthly

1. Meats (no more than 3)

## ▶ Healthy Diet

### Fruits and veggies

- ▶ 6 – 9 portions/cups a day

### Whole grains

- ▶ Brown rice, oats, whole corn, whole wheat, quinoa, amaranth, teff (celiac)

### Lean proteins

- ▶ Fish, poultry, pork, lean beef
- ▶ Legumes, soy, nuts

### ▶ Moderate in heart-healthy fats

- ▶ Olive oil

### ▶ Limited sugars

- ▶ [www.usda.gov/dietaryguidelines](http://www.usda.gov/dietaryguidelines)



Water  
8 – 8 oz  
glasses a day

# Making sense of what proteins to eat

## ▶ Fish

- ▶ Salmon, sea bass, halibut
  - ▶ Hard Sear in olive oil
  - ▶ Fresh Fruit Relish

## ▶ Poultry

- ▶ Breast meat is lower in fat
- ▶ Thigh Meat is higher in fat

## ▶ Pork

- ▶ Pork loin, pork tenderloin

## ▶ Lean Beef

- ▶ Tri-tip, slow-cooked roast, NY steak, filet

## Sugars

Limit your sugars

Healthier

✓Honey

✓Cane sugar

✓Sugar in the Raw

✓Brown sugar

Avoid

✓Sugar substitutes

✓Processed sugar



# Buying Produce

## ▶ What to buy?

- ▶ In Season fruits and vegetables
- ▶ Fresh not frozen

## When to buy?

- ▶ Local labels
- ▶ Organic

## Where to buy?

- ▶ Farmer's Market
- ▶ Local Organic Farms
- ▶ Organic Section of the Grocery Store

# Tips

Always prepare fresh food

Freezing reduces nutritional value, flavor and color

Be sure to use left-over foods within two days

## Food Safety

✓Cool to 70 degrees within 2 hours

✓Cool to 40 degrees within 4 hours

✓Date foods in refrigerator

✓Keep foods at or under 40 degrees

Wash your Hands



# Non-meat proteins

- ▶ **Eat plant-based & dairy protein**
  - ▶ Helps fatigued muscle and enhances vibrancy
  - ▶ Lower in saturated fats
  - ▶ Quickly digested
- ▶ **Good choices:**
  - ▶ Whey protein powder
  - ▶ Low-sodium deli meat
  - ▶ Reduced-fat cheese
  - ▶ Soy veggie burgers
  - ▶ Soy milk
  - ▶ Almond milk
  - ▶ Flavored pre-cooked tofu (see recipe)
  - ▶ Pureed lentil soup/ refried beans
  - ▶ Hummus
  - ▶ Nut butters
  - ▶ Greek style yogurt

## Desserts

Low in sugar

Low fat

Fresh Seasonal Fruit

Sorbet

Fruit Crumbles (light sugar)

Dried fruits

Mixed nuts (unsalted)





# Robert Hernandez

MELD Score

Miracles

29 points

Do



to

17 points

Happen!

In 5 months

# STAYING WELL WHILE SEEKING A CURE

## Questions & Answers

