

Dr. Clyde Wilson: Numerical system for estimating vegetable-to-starch volume ratio

Instructions (see below chart): Stratify the vegetables you eat into the 1) most, 2) middle, and 3) least coarse in terms of chewing and digestion effort. Stratify the starches you eat into those that digest the 1) slowest, 2) middle, and 3) fastest. Assign these groups numerically as 3, 2, and 1, respectively. Faster-digesting vegetables and starches get higher numbers. For health, add the assigned numbers together to determine how much greater volume of the vegetable you are eating than the starch volume. For weight loss, multiply the assigned numbers together. For example, if you are eating a salad with pizza, you have leafy greens (assigned 3) and white processed carbs (assigned 3), meaning that you would need $3 + 3 = 6$ times as much salad volume as pizza volume to consider the meal healthy, and $3 \times 3 = 9$ times the volume of salad as pizza in order to consider the meal productive towards weight loss.

<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> Any vegetable cooked to the consistency of the group above it uses the larger multiplier 	<p>Starches and sugars</p> <ul style="list-style-type: none"> Cereals: rice, corn, grains e.g. oats & wheat Tubers: potato, yam Legumes: lentils, starchy beans
<p>Liquid, fruit, and neutral veggie multiplier: n/a Does not slow digestion sufficiently to count:</p> <ul style="list-style-type: none"> Liquids e.g. juices or blended smoothies Fruit calories too high for use to slow digestion Naturally soft and/or higher-calorie veggies do not slow digestion sufficiently or add as many calories as fruit would: tomato, carrot, beets 	<p>Liquid and sweets multiplier: n/a Fastest digesting and cannot be slowed down:</p> <ul style="list-style-type: none"> Added sweeteners i.e. simple sugars of any kind including honey, maple syrup, agave Liquids e.g. sports drinks
<p>Leafy green multiplier: 3 Requires higher multiplier because of all the air space in the vegetable reduces the volume impact:</p> <ul style="list-style-type: none"> Mixed greens Spinach Any other type of salad greens, including those low in nutrients (lighter Romaines, iceberg) Lightly cooked veggies with peel (see below) Cooked cruciferous (see two rows below) 	<p>Fast-digestion-rate starch multiplier: 3</p> <ul style="list-style-type: none"> Tubers eaten without the skin: potato, yam White processed starches (fiber removed): cereals, bread/bagel/cracker, pasta, rice, all ground corn products (tortilla/chips/cereals)
<p>Veggie eaten WITH the peel multiplier: 2 It is mainly the peel that slows digestion:</p> <ul style="list-style-type: none"> Crispy salad veggies: zucchini, cucumber, bell pepper, radish, parsley Crispy snack veggies low in calories: jicama, snap peas, standard supermarket celery If eaten raw (otherwise use a larger multiplier): Eggplant, green beans, asparagus 	<p>Medium-digestion-rate starch multiplier: 2</p> <ul style="list-style-type: none"> Tubers eaten with the skin: potato, yam Whole grain starches: whole grain cereals, breads, pastas, rice, popcorn
<p>Coarse cruciferous & celery: 1</p> <ul style="list-style-type: none"> Garden or farmer's market celery Cruciferous: broccoli, cauliflower, kale, chard, collard greens, cabbage 	<p>Slow-digestion-rate starch multiplier: 1</p> <ul style="list-style-type: none"> Legumes: lentils, starchy beans e.g. kidney or black beans, black-eyed peas, garbanzo beans Whole corn kernels (no processing or popping) Raw steel cut grains e.g. raw steel cut oats

Dr. Clyde Guide: Vegetables Ideal For Different Intakes

	Coarse	Semi Coarse	Consumability	Highest Phyto
For blending i.e. shake	<p>½ volume of any one or more of the following:</p> <ul style="list-style-type: none"> • Dinosaur kale • Purple kale • Regular kale • Chard • Greens (from beets, etc) • Red cabbage • Parsley • Celery 	<p>¼- ½ volume:</p> <ul style="list-style-type: none"> • Spinach • Radish • Beets • Red bell pepper 	<p>Fluidity</p> <ul style="list-style-type: none"> • Tomato <p>Flavor/Fluidity</p> <ul style="list-style-type: none"> • Fruit juice <p>Flavor</p> <ul style="list-style-type: none"> • Any fruit • Fennel • Anise • Mint leaves 	<ul style="list-style-type: none"> • Raw whole wheat grass • Packet green or white tea • Cinnamon • Cocoa
Steamed veggies	<ul style="list-style-type: none"> • Broccoli • Cauliflower 	<ul style="list-style-type: none"> • Zucchini • Eggplant • Red bell pepper • Green beans 	<ul style="list-style-type: none"> • Carrot • Squash 	
Salad	<p>½-1 cup total:</p> <ul style="list-style-type: none"> • Red cabbage • Broccoli • Cauliflower • Parsley • Kale 	<p>2-4 cups:</p> <p>Any leafy green (spinach, mixed, Romaine, etc)</p> <p>½-1 cup total:</p> <ul style="list-style-type: none"> • Radish • Beets • Red bell pepper • Sprouts • Cucumber • Squash (raw) 	<ul style="list-style-type: none"> • Tomato • Squash (soft) • Unsaturated fat (nuts, seeds, dressing, olive, avocado) • Protein (tofu, chicken, etc) • Starch sources (lentils, beans, croutons) • Fruit 	
Raw with snacks or breakfast	<ul style="list-style-type: none"> • Celery • Broccoli • Cauliflower • Red cabbage 	<ul style="list-style-type: none"> • Leafy greens • Red bell pepper • Sugar snap peas 		

Making a Salad

	Unsaturated Fats	Protein	Vegetables	Starch
Guide	<p>THIRD Choose your fat source from below</p> <ul style="list-style-type: none"> • 4 Tbsp avocado • 2-3 Tbsp seeds: sunflower, pumpkin, sesame • 2 Tbsp nuts: 8 walnut halves, 10 cashews, 12 almonds, 16 peanuts • 2 Tbsp (12) olives • 1.5-2 Tbsp vegetable-oil based dressing • 1 Tbsp ground flax seed, • 1 Tbsp vegetable or olive oil <p>ALSO PROTEIN</p> <ul style="list-style-type: none"> • 6 oz soy: tofu 3/4 cup, edamame 1 cup • 3 oz salmon or sardines 	<p>FOURTH Choose your protein source to put on the salad</p> <ul style="list-style-type: none"> • 2 egg whites (optional yolk) • 1/2 cup low fat cottage cheese • 3 oz shrimp • 3 oz tuna higher in mercury • 3 oz chicken or turkey • 3 oz lean steak (thin slice London broil, top round) • 12 oz legumes (also starch) lentil, garbonzo, kidney, black or other bean • Also fat source: 3/4 cup tofu, salmon or sardine <p>OR ON THE SIDE:</p> <ul style="list-style-type: none"> • 1.5 cups (12 oz) milk or soy milk 	<p>FIRST Start by putting the leafy greens on the plate: Spring mix, spinach, arugula, or red leaf. Romaine is ok. Iceberg should only be used when it is the only option.</p> <p>SECOND Add a few additional vegetables to the salad: Choose any 3 that you like. You do not need to use the below list, but can choose 1 from each bulleted group to get a balance of maximal vegetable benefits.</p> <ul style="list-style-type: none"> • Highest coarseness: A cut up leaf of kale, chard, turnip or collard greens, some parsley, or celery • Cruciferous: cabbage, cauliflower, broccoli • Root vegetables: radish, raw beets, or (high in calories) carrots • A high vitamin C source: Tomato, red bell pepper • Green peas 	<p>FIFTH Don't exclude all starches: Put on 4 oz legumes i.e. lentil, garbonzo, kidney, black or other bean to drive your metabolism (12 oz fulfills protein needs, 6 oz is 1/2 protein needs)</p> <p>No additional starches are needed unless you are very active that day</p> <ul style="list-style-type: none"> • Corn • 1 slice whole grain bread • A few whole grain crackers as croutons • 1 small potato or yam ~1/4 cup microwave & cut up warm • 1/4 cup whole grain pasta
Dr. Clyde's favorite	3 oz salmon	3 oz salmon	Spring mix and spinach 50/50 mix with a bunch of veggies on top, Balsamic vinegar for flavor	Warm purple potato or fingerling yams
Design your most common salad				
Another common salad you eat				

Dr. Clyde Guide: Making Vegetables Taste Better

Making a great salad

- **Start with the greens:** Spinach, mixed greens, a dark romaine, or arugula
- Some places (like Trader Joes) have pre-washed packed greens to make this step easy
- **Veggies:** To the leafy greens add any of zucchini, sugar snap peas, tomatoes, cucumber, carrots, green onions, radish sliced really thin
- **Toppings to make a salad taste great:** Fresh fruits like pear, grapefruit, or orange pieces. Crunchy healthy fats like nuts or sunflower seeds. Up to 1/3 of your total fat intake as animal fats i.e. cheese (like crumble goat cheese, feta cubes, fresh mozzarella). If exercised in the last few hours include a starch, targeting legumes for weight loss, or quinoa or buckwheat noodles if not trying to lose weight.

For Sautéing vegetables

- Olive oil is generally the best healthy oil for low temperature cooking with because it is high in monounsaturated fat, which resists oxidation (but never let the oil smoke). You can add a tsp of saffron threads to the olive oil before sautéing.
- Garlic goes very well with cooked veggies: Add 1 tsp crushed garlic (1 clove)
- You can also cook vegetables with white or red wine
- For spinach, collard greens, chard, or any dark green vegetable, sauté for no more than 2 min, which is the time it takes them to turn bright green
- If you have exercised and lost salt in perspiration: Soy sauce or some salt to taste can be added to the vegetables after cooking so that the salt is mostly on vegetable surface to taste it more
- For flavor and health: Add fresh herbs (see below)

Oils for cooking and for adding cold after cooking complete or on salads:

- Oils that add a lot of flavor (add them cold after cooking is complete): extra-virgin olive, walnut, safflower, sunflower, sesame, and peanut
- For cooking use minimal or no oil (use water vegetables e.g. tomato instead)
- If you must cook with a bit of oil, low temp can use olive oil, higher temp use coconut oil or butter
- NEVER BROWN the oil or go to its smoke point (if you do throw it out and start over)
- BOILING leaches nutrients out; I recommend only boiling lightly when the water is used as soup

Other ways of adding complexity to vegetable flavor (whether cooking the vegetables or not):

- For crunchiness and flavor: Add chopped nuts of any kind
- For a nice consistency and added health: Extra firm tofu
- For a fresh taste: Add lemon
- If you like your food spicy: Add pepper or red pepper flakes into the vegetable or salad
- For flavor and health: Add fresh or dried herbs (see below)

Herbs that go well with specific vegetables

- Sweet potato, butternut squash, or any type of squash: Nutmeg, cinnamon, thyme
- Cabbage: Cilantro or cumin
- Carrots: Sage, ginger
- Corn: Sage, thyme, rosemary
- Broccoli: Basil, oregano
- Eggplant: Fresh basil, parsley
- Leeks: Ginger, white pepper
- Asparagus: Lemon zest
- Beets: Orange zest, ginger
- Spinach: Basil, oregano