

OPTIMAL NUTRITION

My 10 most important messages



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1. Not all fats are bad

- All living cells need fats and oils.
- Human body needs at least 25 g fat a day.
- Body needs a healthy balance of different fats.
- Not all fats are equal.
- Trans fatty acids appear to be the most dangerous of all.

2. Avoid Trans Fatty Acids

- Avoid margarine unless labeled - 1% or zero TFA content.
- Flora and Stork are TFA free.
- Avoid shortening
- Avoid snacks/ cookies with TFA
- Avoid fast foods using TFA
- Help advocate for TFA food labeling in South Africa ASAP

3. Use good quality olive oil

- Monounsaturated fatty acid -oleic acid
- Correlates with low breast cancer and heart disease
- Can be used on bread as a margarine substitute
- Beware of poor quality and fakes

4. Balance omega-3 and omega-6 fatty acid intake

- The South African diet is dominated by sunflowerseed oil which is almost totally omega-6 with little omega-3.
- Much more omega-3 is needed for health
- Sources of omega-3 are Canola oil, Soya oil, linseed oil, walnuts, oily fish such as sardines, mackerel, salmon, snoek.

5. Exercise daily

- Extremely difficult to balance calorie intake with expenditure.
- Great pressures to eat more - advertising, psychological, lifestyle, overproduction of food in western world
- Excess calories can only be lost through the discipline of daily exercise

6. Drink Rooibos Tea

- High quality South African research shows anti-aging effect (Enhances the GSH/GSSG ratio)
- Counteracts carcinogenesis
- Cheap
- Proven safe
- Unique to Western Cape

7. Take extra folic acid

- Best diet is not folic acid adequate.
- Take a good quality vitamin pill with at least 400 micrograms of folic acid as well as vitamins B6 and B12.
- Folic acid is a safe, cheap, water soluble B-vitamin
- Good evidence that it may reduce risk of heart attacks and certain cancers (breast, colon)

8. Reduce intake of red meat

- Correlates with colon cancer
- Reduce quantity increase quality.
- For protein use more white meat, fish, beans, nuts.

9. Reduce alcohol intake

- Lots of excess calories
- With smoking a deadly combination-
cancers of the mouth, throat, gullet etc.
- Reduce quantity increase quality.

10. Eat lots of plants

- Our ancient Paleolithic (Stone Age) diet was 80% whole plant food. Now our Space Age diet is only 20% whole plants. Our Stone Age physiology is not in harmony with our Space Age diet.
- Plants contain 100's molecules that talk to our genes and help to keep us healthy.
- Bright colours are a good signal. Green, red, yellow, orange. E.g. red lycopene helps prevent prostate cancer.

Suggested reading

- **EAT, DRINK AND BE HEALTHY**
- Walter C. Willett, M.D., Simon & Schuster
New York, 2001, ISBN 0-684-86337-5
- Prof Willett is the Head of Nutrition at
Harvard Medical School.
- This is a very user-friendly book with facts,
figures, recipes and menus.
- Highly recommended. I got mine through
Amazon.com