

Dr. Nuchovich's JUPITER INSTITUTE OMEGA DIET

The heart of the Mediterranean Diet:

You find Omega-3 Fatty Acids (the good fat) in 1,2,3,4 & 5, and Antioxidants in A,B,C,D & E

Check our website:
www.jupiterinstitute.com

Vigo, Pompeyan, Bertolli, etc

(1)

OILY FISH: salmon, sardines, tuna, herring, mackerel, anchovies, cod, trout, blue fish. Canned OK.
 -Raw is better than cooked
 -Cooked is better than canned
 -Wild is better than farmed

WHITE PROTEIN IS THE BEST

fish (not fried)
 egg whites
 egg-beaters
 chicken lean !!
 turkey lean beef once a week
 Tofu fat-free cottage cheese
 daily whole egg is OK

EXTRA VIRGIN

One tablespoon twice a day (from bottle straight to food) -NO other oil allowed.

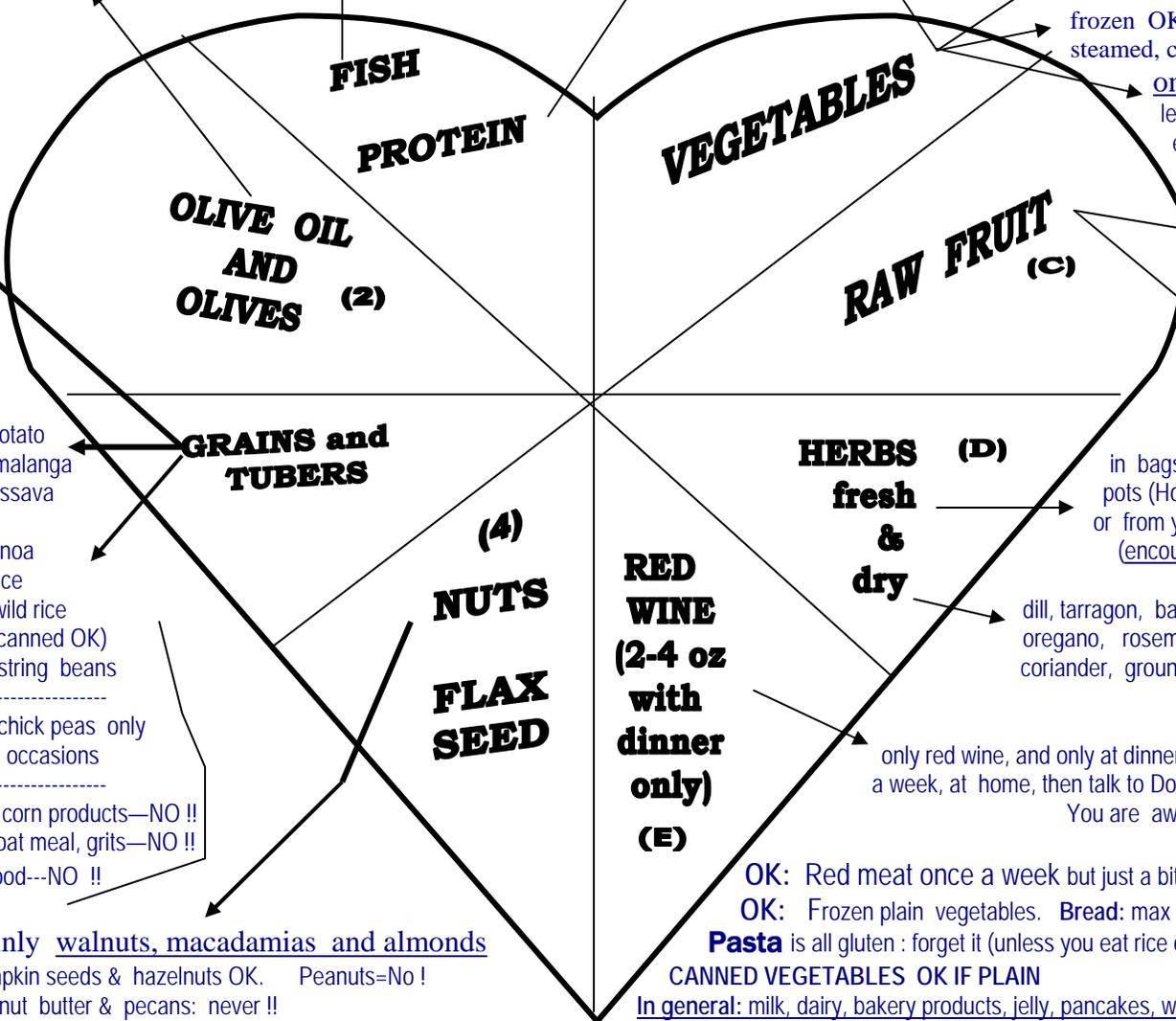
fresh and raw are better

(A)

variety & multicolor are better

frozen OK
 steamed, cooked OK

omega-3 green leafy veggies are even better



pasta made from rice or quinoa

OLIVE OIL AND OLIVES (2)

potato, sweet potato, yucca, malanga, yam, cassava

GRAINS and TUBERS

rice, quinoa, brown rice, lentils, wild rice, beans (canned OK), green / string beans

NUTS
FLAX SEED

peas & chick peas only a bit, on occasions

Corn or corn products—NO !!
 cereal, oat meal, grits—NO !!
 Fried food—NO !!

mainly walnuts, macadamias and almonds
 pumpkin seeds & hazelnuts OK. Peanuts=No!
 Peanut butter & pecans: never !!

HERBS (D)
 fresh & dry

in bags or in pots (Home-Depot) or from your garden (encouraged)

RED WINE (2-4 oz with dinner only) (E)

dill, tarragon, bay leaves, thyme, oregano, rosemary, garlic, coriander, ground cumin, etc

only red wine, and only at dinner. Start once a week, at home, then talk to Doctor. No driving. You are aware of side effects.

OK: Red meat once a week but just a bit
 OK: Frozen plain vegetables. Bread: max 2 slices/day.
Pasta is all gluten: forget it (unless you eat rice or quinoa pasta)

CANNED VEGETABLES OK IF PLAIN

In general: milk, dairy, bakery products, jelly, pancakes, waffles are **no-no !!**

(5) Salmon Oil gel-caps and an anti-oxidants or a Doctor-recommended multivitamin or supplements

(B) OMEGA-3 VEGETABLES (ENCOURAGED): spinach, arugula, lettuce, romaine, kale, collard greens, alfalfa sprouts, broccoli, watercress, mustard greens, cauliflower, bean sprouts.

DR. NUCHOVICH - Internal Medicine

OMEGA-3 RAISES THE GOOD HDL, AND ANTIOXIDANTS PROTECT BOTH.

Bio-engineered food products (soy & corn) strongly discouraged. Artificial foods = **FACTORY FOOD: AVOID.**