
The Two Staple Nutrition System Overview

The Two Staple Nutrition System: A simple approach to short-term and long-term success

The Two Staple System gives you an exact blueprint to follow everyday that is a practical, easy-to-follow formula, which allows you to put your nutritional knowledge into action in the everyday life you already know. This simple nutritional system will create a flexible structure, which allows you to choose the foods and recipes that best suit your taste preferences and lifestyle, so that you don't feel deprived and out of sorts with yourself. The key to success is to make this as simple, realistic, and as easy as possible.

The Two Staple-System Explained

The reality is that you only have to concern yourself with two food staples on this program, protein foods and carbohydrate foods.

Protein foods provide the building blocks of your body's structure: its muscles, bone, skin, hair, and nails. They are vital for the optimal performance of your immune system and the manufacture of specialized body proteins. On this program you will consume a low-fat protein selection at every meal (three meals per day) - one low-fat dairy protein selection (at breakfast) and two low-fat flesh protein foods (one at lunch and one at dinner) per day, which will provide you with most of the protein you need. Some additional protein comes from various carbohydrate foods such as beans and peas. You also get some protein from grains, however, during the first stage of this protein you will not be consuming grains, they will be added to your diet slowly after a number of weeks. You will also get the bulk of your calcium, vitamin D, iron, and vitamin B12 requirements from these daily protein foods.

The second staple is **carbohydrate foods**, which are converted by your body into glucose that powers every cell in your body. By not over ingesting carbohydrates and adhering to your exercise program, you will prevent the conversion of carbohydrates into fat. Remember that carbohydrates from vegetable sources are high in dietary fiber and other protective nutrients that help defend against cancer, heart disease, macular degeneration, cataracts and other degenerative diseases, and thus, should be the major focus of your carbohydrate intake. Other sources of low to medium glycemic carbohydrates will be added to your diet at a later date.

Except for your intake of oils (food preparation, salad dressings etc.), you do not need to formally regulate the portion sizes on this program, for now. We will discuss portion sizes as the program progresses.

Protein Foods

Flesh Protein:

Chicken breast (skin removed) turkey breast (skin removed) Cornish game hens, fish, seafood (if you consume seafood), soy products such as tofu and veggie burgers

Dairy Protein:

Low-fat cheese (less than 4% M.F.) non-sugar containing yogurt (less than 2 % M. F.) milk (less than 2 % M. F.), egg whites, protein shake (whey, egg white or soy-based).

Carbohydrates

Vegetables & Fruits

Carbohydrates from vegetables – should comprise 40-45% of your carbohydrate intake each day.

Carbohydrates from fruit – should comprise 10% of your carbohydrate intake each day. Use as snacks.

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Carbohydrates from complex unrefined whole grains and whole grain products – should comprise 30% of your carbohydrate intake each day.

See Food Chart for Food Categories **The Two Staple System Meal Plan**

With this program, you eat three meals each day. At each meal you must choose a **protein** staple and surround it with **two** or **three** carbohydrate foods from **vegetables** or **fruit**.

For breakfast your protein staple comes from a low-fat dairy selection. If you are lactose intolerant then I suggest that you find a lactose-free, low-fat dairy alternative. Egg whites and egg white-based breakfast selection, or a protein shake (whey, egg white or soy) can also be an option. Best results come from using the breakfast shake option 5 days per week in our experience.

For lunch and dinner, you must choose a **protein** staple from the low-fat flesh protein selections, and surround them with **two** or **three carbohydrate** foods from vegetables. You can also add a “starch” in the form of a whole grain or a whole grain product (quinoa, bread, crackers). You may also eat between-meal snacks judiciously, such as pieces of fruit, low fat popcorn, raw almonds (up to 20 a day).

Two Staple Nutrition System Summarized

1. Breakfast: Dairy Protein Meal - one low-fat dairy selection with two carbohydrate fruit selections
2. Lunch: Flesh Protein Meal - one low-fat flesh protein selection with two to three carbohydrate veggie selections, one “grain” or bread selection.
3. Dinner: Flesh Protein Meal - one low fat flesh protein selection with two to three carbohydrate veggie selections. One “grain” or bread selection.

Adapting The Program For Vegetarians And Those Seeking More Soy Foods

Vegetarians can substitute a number of different soy products for the flesh protein meal, as can non-vegetarians who are trying to include more soy products into their diet (something we encourage). Most soybean products are moderately high in protein. Tofu, miso, tempeh, and texturized vegetable proteins are all reasonable sources of protein. If you are a vegetarian be sure to take a multiple vitamin and mineral supplement that includes the recommended daily allowance of vitamin B12 and iron.

Of course, soy milk can substitute for a low-fat dairy selection in the morning.

Keep in mind that even fortified soy milk does not contain the amount of calcium found in cow's milk and is not usually fortified with vitamin D. Therefore, the use of a high potency multi-vitamin and mineral that contains 500 mg of elemental calcium and 400 IU of vitamin D, is mandatory for individuals using these soy substitutes. In many cases further supplementation with a calcium and magnesium supplement may be warranted to acquire the 1000 to 1500 mg of calcium that are required by different genders at various stages in life.

Three Other Components To Be Aware Of Each Day

As well as making sure you have one dairy-protein meal, and two flesh protein meals, every day, you must keep track of three other things to ensure that your diet is as healthy as possible - oil, water, and fiber.

I. Oils

You should add one to two teaspoons of monounsaturated oil to your diet every day to help get the health-promoting benefits provided by these fats and to acquire the bit of linoleic acid (an essential fat the body needs) from these sources. You could mix olive oil, flax oil or grapeseed oil with vinegar to make salad dressings or use it to sauté your vegetables or to brown some chicken or turkey breast etc.

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2. Water

Try to drink at least six to eight glasses of fluids every day. If possible, drink distilled water or water that has undergone a process of reverse osmosis and deionization. You can drink some soda water, mineral water, or water from a deep spring.

3. Fiber

To be healthy, you must satisfy your body's requirements for dietary fiber. You should include two different kinds of fiber in your daily diet: cholesterol reducers and colon cleaners. Cholesterol reducers or crunchers help keep your blood cholesterol levels low, and colon cleaners dilute the effects of cancer causing agents that may be present in the colon and rectum.

It is often difficult to know whether you are eating enough fiber. We strongly recommend that you consume carbohydrate foods from vegetables that will enable you to attain 30 to 35 grams of fiber a day. This amount is based on the guidelines set out by the Cancer Society and the Heart and Stroke Foundation. This entails that focus most of your carbohydrate intake on vegetables carbohydrate choices, as well as using two tablespoons of flaxseed powder (ground flax seed) per day. Additional fiber can be acquired from psyllium husk fiber supplementation. Using a high fiber breakfast cereal, low fat popcorn, beans and peas, broccoli and apples, are also great ways to attain a higher fiber score each day.