

NEW MOON

FAMILY ACUPUNCTURE

ANCIENT MEDICINE FOR THE MODERN FAMILY

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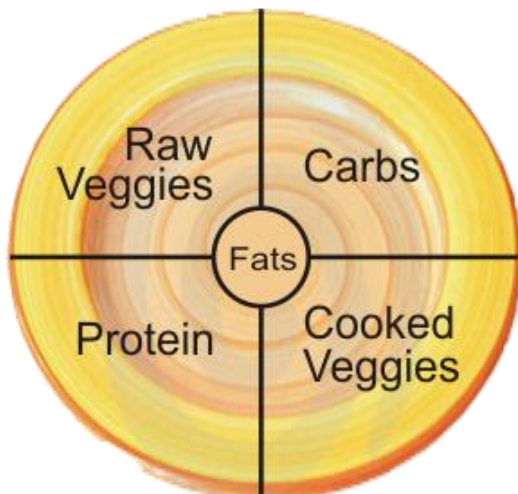
THE SIMPLE QUAD METHOD OF FOOD APPORTIONMENT™

A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount of Fat. Your serving size for the entire meal should be about the size of your two hands cupped together. This is the amount that your stomach can comfortably handle at each meal. An example would be baked chicken, cooked carrots, salad and a small baked potato. Or grilled salmon, with spinach, fresh tomato slices and brown rice.

Eating The Simple Quad way will assist you in making sure that you are eating a well-balanced diet, and providing the body all that it needs to function properly. It also assures that there exists, in each meal, a balance between healing and strengthening foods (such as vegetables and proteins), enzymes to assist the digestive process (raw vegetables), carbohydrates (the body's energy fuel), fiber, and fat. The fat will come from the butter on your vegetables, the oil in your salad dressing, or the naturally occurring fat in your meat. A slice of avocado is a great addition to this category as well.

Fruits (the body's cleansing nutrients), are eaten between meals as snacks, and are not to be eaten with the meal itself. This is to prevent them from sitting too long in the stomach, causing them to ferment. You should eat 3 or 4 pieces of fruit per day.

The following diagram illustrates what a healthy plate of food looks like:



Divide your plate into fourths.



A perfect meal looks like this.



Fruit is eaten alone.



This is how much you should eat in a meal.

Here are some examples of sample platters utilizing this method of eating:

Breakfast:

- Omelet with diced red and green peppers, sliced tomato and whole grain toast. Omelet (protein), peppers (cooked vegetables), tomato (raw vegetables) and whole grain toast (carbohydrate).
- Soufflé with spinach and diced ham and a few baby carrots. Soufflé contains eggs and ham (protein), crust (carbohydrate) and spinach (cooked vegetable). Baby carrots (raw vegetable).
- Hash brown potatoes with onions, slice of ham, and slices of tomato. Potatoes (carbohydrate), onions (cooked vegetable), ham (protein), tomato (raw vegetable).

Lunch:

- Chinese chicken salad with cooked string beans. Chicken (protein), lettuce (raw vegetables), dried noodles (carbohydrate), beans (cooked vegetables).
- Tuna Salad Sandwich with cooked peas. Tuna (protein), celery (raw vegetable), bread (carbohydrate), peas (cooked vegetables).
- Chicken noodle soup and salad. Chicken (protein), noodles (carbohydrate), vegetables (cooked vegetables), salad (raw vegetables).
- Vegetable, bean, rice & barley soup with stewed Italian tomatoes, and a salad. Vegetables and stewed tomatoes (cooked vegetables), salad with sprouts and nuts (raw vegetables and protein), beans, rice & barley (carbohydrate and protein).

Dinner:

- Salmon, asparagus, green salad, sweet potato. Salmon (protein), asparagus (cooked vegetables), green salad (raw vegetables), sweet potato (carbohydrate).
- Broiled chicken, mixed vegetables, baked potato, carrot sticks. Chicken (protein), vegetables (cooked vegetables), potato (carbohydrate), carrots (raw vegetables).
- Cornish Game Hen, brown rice, broccoli, slices of red pepper. Game Hen (protein), rice (carbohydrate), broccoli (cooked vegetables), red pepper (raw vegetables).
- Stuffed bell peppers, celery and carrot sticks. Peppers (cooked vegetables), rice (carbohydrate), vegetables (cooked vegetables), pieces of ham (protein), celery and carrot (raw vegetables).
- Baked beans with ham, cucumber slices, corn on the cob. Beans (carbohydrate), ham (protein), cucumber (raw vegetables), corn (cooked vegetables).

As you can see, it really is quite easy to eat this way. Keep in mind that some foods cross over between carbohydrates and vegetables (such as corn and sweet potato), or carbohydrates and protein (such as beans).