
Ancron Medical Centre

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V1L 4H8

Nutrition Recommendations

Nutrition

Daily Intake

Dash I and Dash II – Na + Diets

Sodium Restriction

50 – 100 mmol

Potassium

60 – 100 mEq

Potassium/sodium ration >1:1

Magnesium

1000mg

Calcium

1000mg

Zinc

25 – 50mg

PROTEIN: Total intake (30% total calories) 1.0 – 1.5 gm/kg

Non animal sources preferred but lean, 50 – 75 grams

organic, range fed or wild animal
protein in moderation is acceptable

Hydrolyzed whey protein

30 grams

Bonita fish

1.5 grams

Soy protein (fermented is best)

30 grams

Hydrolyzed wheat germ isolate

2 – 4 grams

Sardine muscle concentrate extract

3 mg

Cold water fish, fowl poultry

3 times per week

Fats: 30% total calories

Omega – 3 fatty acids (30%) PUFA

3 – 4 grams

- DHA, EPA, ALA, cold water fish

Omega – 6 fatty acids (10%) PUFA

1 – 1.5 grams

- Flax, CLA, canola oil, nuts

Omega – 9 fatty acids (30%) MUFA

4 tablespoons

- Olive Oil – extra virgin

Saturated FA (30%) (coconut)

< 4 grams

- Lean, wild animal meat

Fats: Continued....

P/S ratio (fats > 2.0)

- Polyunsaturated/saturated

Omega – 3/Omega – 6 PUFA

- Ration 2:1 – 4:1

No trans – fatty acids (0%)

NONE

- Hydrogenated margarines, vegetable oils

Nuts

1-2 cups

- Almonds, walnuts, hazelnuts etc.

Carbohydrates: (40% total calories)

Reduce or eliminate refined sugars and simple carbohydrates

Increased complex carbohydrates and fiber whole grains (oat, barley, wheat)

vegetables, beans, legumes

- Oatmeal 60 grams
- Oatbran (dry) 40 grams
- Beta-glucan 3 grams
- Psyllium 7 grams
- Glucomannan 10 grams

Garlic

4 cloves/4 grams

Mushrooms

½ cup

- Shitake
- Maitake

Guava fruit

500 – 1000mg

Pomegranate Juice

50 – 100 ml

Wakame seaweed

3.0 – 3.5 grams

Celery

- Celery sticks 4 sticks
- Celery juice 8 teaspoons / 3X daily
- Celery seed extract 1000 mg / 2X daily
- Celery oil (tincture) ½ - 1 teaspoon / 3X daily

Lycopene

Tomatoes and tomato products, guave, watermelon, apricots, pink grapefruit, papaya.

10 to 20 mg

Exercise: 60 minutes

Aerobically

4-6 days/week

- 20 AIT minutes daily to 4X/week
- 4200 Kcall/week
- Resistance training 40min daily to 4X/week

Weight Loss

- To IBW
- Lose 1-2 pounds/week
- BMI < 25
- WHR <0.9

Waist circumference

- <35 inches in female
- < 40 inches in male

Total body fat

- < 16% in males
- < 22% in females

Increase lean muscle mass

Alcohol Restriction

< 20 gram / day

- Wine < 10 ounces
- Beer < 24 ounces
- Liquor < 2 ounces (100 proof whiskey)

Caffeine Restriction or stop depending on CYP Genotype CYP 1A2

< 100 grams / day

Tobacco and Smoking

STOP

Avoid drugs and interactions that increase BP (see list)

STOP

Vitamins, Antioxidants and Nutraceutical Supplements

Vitamin C

500 mg BID

Vitamin E: high gamma/delta tocopherols and tocotrienols

400 IU QD

Vitamin B-6	100 mg BID
Co-enzyme Q-10	200 – 400 mg QD
R-Lipoic Acid	100 BID
L-Arginine	
- Lentil, hazelnuts, walnuts, peanuts	5 grams 2x day
Hawthorne Standardized Extract	160 – 1200 mg QD
L-Carnitine	2 grams 2x day
Taurine	2 – 3 grams 2x day
Melatonin	2.5 mg HS
Pycnogenol	200 mg