

Foundation of the MicroRiche™ Diet

C1-A - High in Calories - Avoid	C2 - Medium Calorie Content	C3 - Very Low in Calories
White/wheat bread	Beans: black, garbanzo, kidney, lima, navy, pinto, white	All leafy veg.: arugula, lettuce, kale, collard, dandelion, mustard, turnip
Refined breakfast cereals	Legume flours	Asparagus
fruit juice, energy drinks, flavored milks	Lentils: brown, green, red, yellow	Allium vegetables: onion, shallot, scallions, leeks, chives
Protein bars	Peas: black-eyed, split	Carrots, raw
pancake/waffle	Refried beans	Chard/Swiss chard
Fried foods: fries, potato chips	Hummus/bean-based dips	Celery
Refined breads: bagels, biscuits, muffins, hamburger buns,	Whole grains: oats, quinoa, bulgur, rice	Cruciferous : broccoli, cauliflower, cabbage, brussel sprouts, bok choy
Cherries	Watermelon	Daikon radishes
Grapes	Whole grain bread	Eggplant
Dried fruit	Corn	Okra
Cheese	Banana	Garlic
Eggs	Pineapple	Green beans
Meat: pork, beef, chicken	Whole grain cereal	Herbs: basil, chives, cilantro, dill, fennel, mint, parsley
Salmon	Carrots, cooked	Green peas
Tuna		Album : onions, Shallots, leeks
C1-B - High Cal. - Consume with Moderation		Squash: delicata, pumpkin, spaghetti, yellow, zucchini
Avocados		Beets
Nut butters		Tomatoes
Nuts, Peanuts		Peppers
Plantains		Peppers
Potatoes (all varieties)		Rice cakes
Smoothies		

How to Make Healthy Combinations

These combinations are ideal for weight loss, stabilizing blood glucose, and regulating appetite.

How to Make Healthy Combinations

Nutrition is a balance between macronutrients and micronutrients. Macronutrients provide our bodies with the energy (known as calories) we need for daily functioning, but might best be known individually as proteins, fats, and carbohydrates. Each macronutrient provides a set number of calories per gram:

- Carbohydrates: 4 kcal
- Proteins: 4 kcal
- Fats: 9 kcal

Though micro may mean “small”, micronutrients are just as – if not more – important than macronutrients. Micronutrients are the vitamins and minerals necessary for the energy from calories to be used and stored. Micronutrient-rich foods also contain compounds like fiber and antioxidants, which are essential for health maintenance.

Optimal nutrition is thus dependent upon the proper combination of macro and micronutrients. The ideal combination for health benefits like weight loss, glucose control, and appetite regulation is low in macronutrients, yet high in micronutrients - this is the foundation of Zizania’s **Microriche™ Diet**.

In the list above, we can categorize the columns as follows:

- C1-A lists foods high in macronutrients => high in calories. A few of these are actually healthy, like the fruit, but should not be consumed during a weight loss program
- C1-B are actually healthful foods, and many of them are an excellent source of protein. They are, however, high in calories; therefore, they should be paired properly with foods high in micronutrients
- C2 features primarily non-starchy vegetables and legumes — another source of protein. These foods are moderate in calories and need to be paired with foods from C3.
- C3 contains foods with the lowest calorie content and can be combined with any foods from the other columns in a greater ratio.

So, what does a Microriche diet look like? More exactly, how do we compose a meal high in micronutrients, low in macronutrients? The simple rule is to use one-third of a food high in macronutrients, such as protein, carbs, or fat. Then add two thirds of a food or many that are rich in micronutrients.

Here are a few examples that may help you understand this process:

- **Oatmeal + berries**: oats are high in fiber, protein, and good carbs; berries add vitamins, minerals, fiber, a small amount of fructose, and a lot of antioxidants from the betacyanin family.
- **Pasta salad**: 2 cups cooked pasta, 1 cup chopped tomatoes, 1/3 cup chopped parsley, 1 cup chopped cucumber, onions, and 1 1/2 steamed and chopped broccoli, olive oil, vinegar, and salt for dressing
- **Lentil salad**: Lentils are the best source of healthy, lean protein. After soaking for two hours, drain the lentils and add high micronutrient options like scallions, cilantro, chopped Fuji apple, celery, and red

onion. Toss with a bit of lemon juice to dress. For bonus points, you can add garam masala, cumin, and turmeric. These spices add a great flavor and are supercharged with anti-inflammatory polyphenolic compounds.

- **Simple and Rich:** 1 cup of quinoa, 1 cup frozen peas, olive oil and salt. Served over chopped greens. Here we have 1 cup of protein and carbohydrate source (quinoa), then add peas which also provide protein, with very little carbohydrates — peas are low in carbohydrates and are high in vitamin C, B6 and magnesium — then we add leafy greens for extra micronutrients and fiber, yet very low in calorie. Even though peas taste sweet, they are not rich in sugar.

Learn to season your food so enjoy eating it. There are many ways to season food without the addition of meat or sugar. Make your food fun and eating an exciting experience by creating colorful, tasty, and nutrient-dense meals. Remember, food has to taste good so you will swallow; it has to feel good so you will eat it again.

For more recipes and nutrition education material, join our support group on facebook, ZizaniaFamily nutrition.