



How To Read Your Eating Guidelines

By Dr. Donna F. Smith

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IMPORTANT NOTE:

This document will help you understand how to read your Eating Guidelines, also referred to as Dietary Plans. It will also introduce you to two types of Dietary Telephone Consultations.

It is during your Dietary Consultations that we will go through each food group on your Eating Guidelines, so you will learn the scientific dietetic facts about these foods, fill in gaps of knowledge that you may not even know you have regarding these foods, and clarify misinformation and disinformation that is currently be circulated by vested interest groups about these topics. As you review this list, please do not make the erroneous assumption that you know everything you need to know about these foods. I have yet to find anyone since 1981 who has. .

The Dietary Analysis fee you have paid covers your Dietary Analysis and design of three Dietary Plans, aka Eating Guidelines, it does not include all the educational information you need to know about your individual foods and food groups in these Eating Guidelines. Why?

Because it would be impossible to provide the vast amount of dietary educational information that you need in order to develop a “principle-centered dietary lifestyle” by reading this one document. The Dietary Plans (aka Eating Guidelines) are provided at a one-time fee when you pay for a Dietary Analysis.

However, the Dietary Education required to implement these three Dietary Plans as well as be coached in the 31 Dietary principles is provided separately through a series of Dietary Telephone Consultations and their related Dietary Plan and/or Dietary-Principle webpages.

Please review the Types of Dietary Consultations and be prepared to inform me of which of the two types is the place you want to start when time to schedule our Dietary Consultations. .



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BLUE – DOTTED OUTLINE OR BOX

When you see a blue-dotted box or outline around a food, this is highlighting it to bring your attention to this particular food or beverage because:

1. There is some additional information I will be verbally providing at one of your Dietary Consultations and thus have highlighted the food or beverage so I will remember to discuss it and/or
2. I am highlighting it because I want you to pay particular attention to adhering to the particular instructions about this food item in “Eating Guidelines Addendum” document, when you receive access to this document.

Note: Option #2 will always apply when a food or beverage is outlined by blue-dots. If Option #1 applies, I will provide this additional information at the right time at one of your Dietary Consultations.

If, by the end of all your Dietary Consultations, I have not provided any additional information about a food or beverage that has been outlined by blue dots, then you know that Option #2 was the sole reason for outlining that particular food or beverage.



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THREE EATING GUIDELINES

Introduction

My Dietary software program titles each Dietary Plan as **Eating Guidelines**. This document, the **How To Read Your Eating Guidelines** explains the Color-Coded Dietary Plans (food lists).

However, it is during your Dietary Consultations that you will be coached on specific and general dietary instructions to help you understand how to implement your particular Eating Guidelines (Dietary Plans). This education begins with the document titled, **Eating Guidelines Addendum**. You will receive access to this document at your first Dietary Consultation.

So when you hear me say “Dietary Plans, you will now that I am speaking of the food lists that are titled, “Eating Guidelines” in the upper-left corner of the document.

Please note that to the right of the words “Eating Guidelines” in the upper-left-corner of your diet, I have titled the type of your Dietary Plan so you will know which one I am referencing. The Three types of Dietary Plans (aka Eating Guidelines) are as follows:

1. **Eating Guidelines for (Your Name)** – this is your Dietary Plan that has been designed based on your Nutritional Evaluation or Clinical Nutrition Analysis of your Laboratory Tests (blood, urine, hair, saliva, or stool).
2. **Eating Guidelines for Elimination/Detoxification Systems** – this is the Dietary Plan to use when:
 - a. You are doing our 30-Day Full Body Detoxification Program, because it is part of your Clinical Nutrition Therapy, or you are doing this in the Spring and/or Fall as part of your Health Maintenance Regime or Program.



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- b. Whenever you want to eat foods that are cleansing.
 - c. After holidays, to detoxify toxins ingested from holiday eating, if/when this applies. Eat only the items color-coded in green for three days for every one day of holiday eating and even better if you eat all vegetables and fruits raw.
 - d. Whenever I indicate this is the diet to be used for a specific time during your Clinical Nutrition Therapy.
3. **Eating Guidelines for Female (or Male) Endocrine System** – this is your Dietary Plan to use:
- a. When your Clinical Nutrition Therapeutic Supplement program is focused primarily on balancing your hormones (thyroid hormones, adrenal hormones, sex (male/female) hormones).
 - b. If your Program of Care (POC) is designed for other areas of the body, including your hormones; then used the Eating Guidelines with your name on it.
 - c. Otherwise, when you have completed your Clinical Nutrition Therapy, you should use this Dietary Plan as part of your Health Maintenance Program or Regime. This means following this Dietary Plan as follows:
 - i. For three months of every year, say every Summer or Winter.
 - ii. For one month of every quarter of year. Say every January, April, July, and October.



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DIETARY CONSULTATIONS

To help our clients pace themselves regarding dietary modifications and changes or simply to provide our Dietary Consultations in more affordable increments, I have divided all of the dietary education into the following two types of consultations. You may choose to complete your Dietary consultations by scheduling for 30 or 60 minutes, either weekly, every other week, every 3rd week, or once a month. You will save money by choosing 60 minute consultations.

Two Types of Dietary Consultations

Each of these two types of Dietary Consultations have their own webpage, and passcodes will be provided to access the information on the one you choose at the appropriate time during the consultations. Dietary Plans provides 20 of the 31 principles required to develop a “principle-centered healthy dietary” lifestyle; and Dietary Principles provides the additional 11. Without all 31 principles and practices intergated into your daily lifestyle, you are still open to developing diet-related dysfunctions and disease.

I have divided the 31 principles into two types of dietary consultations to help clients both financially and in proving the information in a way that makes the transition from where you currently are to where you need to be in the develop of a principle-centered dietary lifestyle. .

1. **Dietary Plans** – Approximatly (~) four hours of Dietary Education consultations are provided to present 20 of the 31 principles and practices not included on the **Dietary Plans** webpage that relate to what to eat and how much to eat for your biochemistry, in addition to menu planning. In other words, how to truly plan “balanced diet” meals for your biochemistry.
 - a. ~ this symbol means “approximate” hours based on number of client questions and comprehension. Obviously clients who ask more questions or comprehend or integrate principles more slowly, hours may be more than four.



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Medical doctors and Dietitians are often telling people to eat a balanced diet, but few know how to explain how to develop a truly balanced diet that supports healthy biochemistry and is individualized for your particular body.

You will also be coached on how to use the **Dietary Adherence Report** form so you can provide feedback for me to evaluate the pace and success of implementing your Dietary Plans.

2. **Dietary Principles** - Approximately ~ 12 hours of Dietary Education consultations, which includes #1 above, the Dietary Plans, as well as coaches you on all 31 of the Dietary Principles and Practices that are required to develop a truly healthy principle-centered dietary lifestyle.

By Dietary Principles I mean you will not only learn what to eat and how much to eat that is right for your biochemistry (See #1 above), your diet and dietary lifestyle practices will be congruent with the way the body works so you are living a dietary lifestyle that is in harmony with the principles or laws that govern the healthy function of the human body.

For just a few examples:

- a. What is required to assure complete digestion of your foods.
- b. Identifying what you are doing that interferes with your digestive processes.
- c. How to avoid creating over-acid stomach/esophagus.
- d. How to help your body absorb and assimilate nutrients.
- e. How to sanitize your cells with one type of food.

You are also coached on how to complete the “Food Chemistry Dietary Adherence Report to provide feedback for evaluation of your pace and success in implementing all 29 principles.



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Scheduling Dietary Consultations

Dietary Consultations are scheduled appropriately one month after starting your Therapeutic Supplements, i.e., after the first Progress Reporting Consultation. This allows clients an opportunity to get into a routine with taking their therapeutic supplements before they start implementing what they learn in their Dietary Consultations.

Clients choose our Dietary Consultations in three ways:

1. **Dietary Plans only.** Client choose the **Dietary Plans** Consultations when they are only interested in what and how much to eat of the foods that are right for their biochemistry, along with Menu Planning.
2. **Dietary Plans, then Dietary Principles.** Starting with the Dietary Plans Consultation, some clients are inspired to continue increasing their knowledge and interested in having the highest standard of living by developing a principle-centered dietary lifestyle so they schedule the Dietary Principles Consultations to follow the completion of the Dietary Plans Consultations.
3. **Dietary Principles** – Some clients choose Dietary Principles first. For those who chose **Dietary Plans** Consultations first, obviously, they will require only those consultations that relate to the actual dietary principles, since **Dietary Principles** Consultations includes everything in **Dietary Plans** as well as **Dietary Principles**.



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COLOR-CODES

This section of the Eating Guidelines Addendum explains your color-coded Eating Guidelines. Unless otherwise communicated verbally or in writing, your Eating Guidelines is not an allergy-free diet. If you are currently sensitive to or allergic to any food listed on your Eating Guidelines, please omit this food by drawing a line through it and communicate this to **ACN** as soon as possible.

Green (Daily Foods)

1. **Green** - The foods listed in the color green support your priority nutritional deficiencies, biochemical imbalances and/or organ/gland dysfunctions as indicated in the **Health Appraisal Comprehensive Summary BarGraph**, Nutritional Examination and/or Clinical Nutrition Biochemical Analysis of Blood, Saliva, Urine, Hair, etc., whichever applies to you. In other words, these are the most important foods for your diet now and in the future.
2. Eating green-listed foods from each food group daily are ideal to assist in healing and/or health maintenance.
3. Green-colored foods are the foods you want to use primarily when designing your Menu Plans.

Black (Weekly Foods)

1. **Black** - The foods listed in the color black are considered neutral foods. They are healthy foods listed for over-all, general health purposes; whereas the green-listed foods are specific to promote healing in your priority health concerns and challenges.
2. Eat from the black-listed foods each week.



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3. Green-colored foods are the foods you want to use primarily when designing your Menu Plans. , then work in the black-colored foods around the Green-colored foods in your menu plans.
4. In other words, when designing your Menus, you would not choose a black-colored food over a green-colored food, until your Menu has sufficient green-colored foods in each food group.

Italics (No More Than Twice A Month Foods)

1. **Italics** - The foods listed in italics are to be eaten rarely, no more than twice a month. They include nutrients your body requires in small amounts only; too much would have an adverse effect.
2. When completing your Adherence Report, if you chose to avoid foods in italics, this still applies for the criteria of not eating foods in italics more than twice a month.

Red (Avoid Foods)

1. The foods listed in RED are those which have an adverse effect on your nutritional biochemistry (i.e., health) at this time, or perhaps, indefinitely. For example, a client with high blood sugar may find carrots in red until their blood sugar is balanced. Carrots are high in natural sugars and thus can elevate the blood sugar further in someone who already has high blood sugar. However, more often, I will have you simply adjust your Eating Guidelines for temporary exclusion of carrots, because in due time when your Glucose returns to homeostasis (perfect biochemical balance), you may have Carrots again in moderation (Black-Color).
2. Red-listed foods may be foods which interfere with the metabolism of an organ or gland during the healing process. For example, the food chemistry in the Red-listed foods may increase the function, when the gland/organ is in hyper-function or decrease the function, when in hypo-function. In these cases, the opposite is required for healing and indicated in green-listed foods.



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3. Red-listed foods may provide too much or too little of a nutrient required for healing at this time. For example, it may increase the Essential Fatty Acid Omega 3 or Calcium or Vitamin E, when the client has a sufficient amount already.
4. Red-Listed foods may also be excluded because it is truly not a healthy food item for any human or animal body. For example, sugars (artificial and refined), sodas and alcohol are poisons; therefore, they should always be marked as Red and avoided.
5. Wine is red-listed until your body has heal sufficiently, then it can be include at 1-2 glasses per week, if you so desire. Italian wines are known for growing without pesticides; therefore, I highly recommend drinking only Italian wines or from other vineyards who do the same. Those with liver health challenges, however, should avoid all forms of alcoholic beverages.
6. You will be referred to a document titled “**Additional Avoid Foods**” for a list of other foods to avoid. Some of the items on this document may or may not be listed in your Eating Guidelines; however, they are to be avoided just the same.



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SENSITIVE OR ALLERGIC TO A FOOD

Your Eating Guidelines (aka Dietary Plans) are not allergy-free, gluten-free, histamine-free or any other particular “sensitive food” list diet.

Your Eating Guidelines provide a color-coded list of the foods that are the best (green colored), neutral (black), occasional (italic) and worst (red) foods for your individual biochemistry according to a Clinical Nutrition and Dietary Analysis of your results from the Laboratory Testing you completed.

If there are any foods in the “Eating Guidelines – Your Name” that you know you are sensitive or allergic to, then put a parenthesis around that food. For example, (corn), if you are sensitive or allergic to corn.

As your Gastro-Intestinal, Immune and other related biological systems improve through your Clinical Nutrition Therapy, you may discover, as other clients have before you, that you will be able to eat healthy foods that originally you could not tolerate.

Keep in mind, however, that to be sensitive or allergic to poisonous foods is a healthy response. In other words, your body should always react to refined sugars, dyes, preservatives, food additives, white flour products, and other processed foods.



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ORGANS AND GLANDS

At your Dietary Consultation, I will inform you, upon request, which organs and glands are being dietetically supported when you eat the green-colored foods listed on the Eating Guidelines that includes your name in the upper-left corner, so you may record them below:

Remember the green-colored foods are the best foods for these areas of the body and have been selected based upon matching their “food chemistry” with the findings from my Nutritional Evaluation and/or Clinical Nutrition Analysis of your Biochemical Tests (Blood, Hair, Saliva, Urine or Stool).



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WEBSITE LINKS

In my website – www.AdvancedClinicalNutrition.com, you will notice that the left column is the website's "Table of Contents." This column lists the Row Number and Name or Title of each primary webpage in my website.

When a particular webpage listed in the Table of Contents has a pop-out attached webpage, the attachment webpages are listed Alphabetically with the Name or Title of each attached, pop-out webpage.

For example, if you were referred to the "Special Website Links" webpage for information on Shower Filters, you were referred to Row 36 M. So you would first look for Row 36 (36-Special Website Links), then click on the pop-out webpage M (M-Shower Filters/Bath Ball).

Please note that I am constantly adding new information to my website, which may result in changing the Row Number and Alphabetical Order of the titles of a particular webpages. Therefore, if you are looking for a particular Title of a webpage by Row Number and Letter and do not find it, look above, below or somewhere close to that number and you will more than likely find it. If not, you can always ask.



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ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine**, the largest chiropractic magazine in the United States.

Some of her best-selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS)**, **International and American Associations of Clinical Nutritionists (IAACN)**, **Stephen F. Austin University**, **Midwestern State University**, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for



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nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

INVITE DR. SMITH TO SPEAK TO YOUR CLUB OR GROUP

Side effects from drugs and damage from unsuccessful surgeries are two of the leading causes of illness, disease and death today. To improve the health of our citizens, locally and nationally, we must persevere to educate them on health care topics, like Clinical Nutrition Therapy, Naturopathy, Homeopathic and other natural health care practices.

When your club or group is looking for a speaker at an upcoming event or meeting, think of me. I am always glad further public education in all natural health topics.



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E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.

This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care. It is also the author's intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal, a fact that has not been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***