



12 OPTIMAL FOOD FACTORS

*A Pro-Vita! Approach To Optimal
Dietary Health by Dr. Jack Tips*

Just how great is that food, that meal, that diet plan? Empower your discernment with this simple list of questions that quickly reveals if you're getting the nutrients your body really needs!



PRO-VITA! OPTIMAL MEAL DESIGN SHEET

Based on the books, *The Pro-Vita! Plan For Optimal Nutrition*, and *The Weight Is Over* by Dr. Jack Tips [www.apple-a-day-press.com]

The Twelve Optimal Nutrition Factors®

1. **Quality:** Does the food or diet provide the highest quality food sources and get them on the plate? Foods from Nature in whole form? Overcooked? Fresh? Genetically Modified? Irradiated? Processed? Select Organic!
2. **Digestion:** Will the food(s) digest well? Enhancing combinations or enzymatic conflicts? Peaceful dining or emotional turmoil? Chewed well? Conflicting beverages? Inhibiting ingredients?
3. **Assimilation/Humanization:** Can we assimilate the food after we digest it and can the liver process it into "self"? Proteins too complex? Warped, trans fat molecules? Heat altered proteins? Pesticides? Chemical Additives? Processed?
4. **Bio-Availability (Low stress):** Is the food mostly low-stress, or are there high-stress foods resulting in a loss of vitality? In other words, does the food/diet **provide more energy than it takes the body to process it**? Can the body render energy and nutrients effectively? Sprouted? Stir fry? Select low stress, optimal foods.
5. **Balance of the Macro-Nutrients (Protein, Carbohydrate, and Fat):** Will the food provide for and maintain our balance of macro-nutrients and support a balanced hormonal response to the meal?
6. **Complete, Balanced Micro-nutrients (Vitamins, Minerals):** How rich is the food in nascent vitamins and minerals? Organically grown? Commercially grown?
7. **Enzymes:** Are there an abundance of living enzymes in the food or meal, or is it a "dead food" meal?
8. **pH (acid/alkaline balance):** Does the diet support the proper acid activity cycle and alkaline reserve of the blood and tissues? Or is it an extreme food that causes the body to compensate?
9. **Fiber:** Is there adequate fiber for proper absorption of nutrients and transit time of food through the intestines provided?
10. **Water Content:** Is the food or diet water-bearing as opposed to dehydrating?
11. **Detoxification:** Does the food contribute to the body's toxic burden, or does it assist in the cleansing of cellular wastes?
12. **Bio-energy—The Life Factor:** Does the meal impart vitality, (chi, or qi energies) to the person's electromagnetic field? Our cells receive nutrients via an electrical charge. If a food depletes that charge, the body must add energy to the food. If the food carries vitality, it serves the body with ease and contributes to the electrical and electromagnetic activities of health. Bio-energy is found in raw foods. Healthy foods are more easily converted to ATP (Adenosine TriPhosphate)—the energy of life.

Breakfast (Meal #1): Use Accell Therapeutic in Almond Milk. Fine to add a greens & liquid minerals.

Lunch (Meal #2):

4 Raw Proteins: 1: _____ 2: _____
3: _____ 4: _____

1 Lightly Cooked Protein: 1: _____

4 Raw Vegetables: 1: _____ 2: _____
3: _____ 4: _____

1 Lightly Cooked Vegetable 1: _____

Source(s) of Essential Fatty Acids _____

Supper (Meal #3):

4 Raw Proteins: 1: _____ 2: _____
3: _____ 4: _____

1 Lightly Cooked Protein: 1: _____

4 Raw Vegetables: 1: _____ 2: _____
3: _____ 4: _____

1 Lightly Cooked Vegetable 1: _____

Source(s) of Essential Fatty Acids _____