

## NORTH RALEIGH FAMILY MEDICINE

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## WELLNESS WISDOM

### WATER

Few of us drink enough water for optimum health. We should drink ½ ounce / pound of actual weight. Exercise, illness, sleep deprivation increase our requirements.

### PROPER NUTRITION

Vegetables and Fruits - Everyone should eat at least 5-7 servings per day (the more different colors the better). 50% of one's diet should be fruit and vegetables.

### EXERCISE

We as human beings are made to be active and move. We should exercise every other day to maintain a good weight and level of fitness. One should participate in one (1) hour of cardiovascular exercise five (5) times per week when trying to lose weight.

### GRAINS

This group is important and should be primarily whole grains (whole wheat, whole oats, brown rice, whole grain pasta, etc.)

### CARBOHYDRATES

Everybody needs complex carbs (fruit, veggies, and whole grains). Simple carbs (such as white flour, white sugar, white rice, and white potatoes) should be used only on a limited basis.

### SUPPLEMENTS:

Many individuals will benefit from nutritional supplements. The following is a list of important supplements:

Vitamin C: At least 500 mgs. 2X/day  
Vitamin B-50 Complex (or multivitamin)  
Calcium/Magnesium/Vitamin D  
Fish oil (1 gram of omega 3/d) or flax seeds

## NUTRITION NUGGETS

BEANS - brown, red, pinto, kidney and lentils

BLUEBERRIES

BROCCOLI

BROWN RICE

CARROTS

GREENS - mustard, turnip, collards, etc.

MELONS

TOMATOES

OATMEAL

ORANGES

SALMON – WILD: Many other fishes would be excellent but are mercury contaminated. Farm raised fish are presently to be avoided due to contamination of feed.

SWEET POTATOES

WHOLE GRAIN BREADS

HOT PEPPERS

NUTS AND SEEDS

## PRODUCE AND PESTICIDES

### TOXIC\*

APPLES

APRICOTS

CELERY

CHERRIES

CUCUMBERS

GREEN BEANS

IMPORTED PRODUCE

NECTARINES

PEACHES

PEARS

POTATOES

RASPBERRIES

SPINACH

STRAWBERRIES

SWEET BELL PEPPERS

### NOT TOXIC

ASPARAGUS

AVOCADO

BANANAS

BROCCOLI

BRUSSELS SPROUTS

CABBAGE

CAULIFLOWER

EGGPLANT

KIWI

MANGO

ONION

PAPAYA

PINEAPPLE

SWEET CORN

SWEET PEAS

SWEET POTATO

TOMATOES

WATERMELON

\*Sprayed – use only if organic