



**Guam Seventh-day Adventist Clinic & Wellness Center
The First Class Nutrition Program**

First Class

Nutrient dense food high in dietary fiber, calcium, magnesium, minerals, vitamins and other phytonutrients.	1. Leafy greens	Bok choy, kang kung, malongay, broccoli, taro leaf, cabbage, spinach, kale, swiss chard, romaine lettuce
Also nutrient dense versus calorie dense providing many vitamins and minerals for optimal health.	2. Green vegetables	Green beans, peas, ampalaya (bitter melon), upo / squash, cucumber, zucchini, wing beans,
Colored pigments of plant foods provide flavonoids and antioxidants.	3. Colored vegetables	Carrots, tomatoes, purple cabbage, bell peppers, egg plant, yellow squash
One of the best sources of fiber, 8 grams per ½ cup, proteins and carbohydrates.	4. Beans / Legumes	Garbonzo, lentils, pinto, mongo, kidney, black eye peas,
Rich source of carbohydrates, fiber and protein.	5. Starchy vegetables	Sweet potatoes, yams, taro, russet potatoes, tapioca root, corn
Good source of energy with fiber, natural antioxidants and vitamins. Limit to 1-2 servings if you have diabetes.	6. Fresh fruits	Apple, orange, tangerine, grapefruit, pear, persimmon, grapes, blueberries, raspberries, banana, melon, others
Whole grains provide fiber, minerals and vitamins that are missing in refined carbohydrates like white rice or bread.	7. Whole unrefined grains	Brown rice, whole wheat breads, whole grain breads, oatmeal, barley, 7 grain cereals, oat bran
Nuts and seeds provide the natural fats that our body uses for healthy cells in your body. Good source of omega 3 fats.	8. Raw nuts / seeds	Almonds, walnuts, pecans, pumpkin, sesame, flaxseed, old fashioned peanut butter, almond butter
Similar to fresh fruit, but dehydrated. May limit use if diabetic.	9. Dried fruit	Raisins, cranberries, prunes, berries, apricots, peaches

Second Class

Providing adequate proteins may require the use of “imitation meats” that are made up of soy or wheat proteins.	10. Textured vegetable proteins; milk alternatives	Frichick, Big Franks, Vegeburger, Stripplles, Boca burger, tofu cheese, soy milk, almond or rice milk
Best oils for fresh use or for cooking. Ideally, oils should come in the whole food.	11. Virgin oils	Olive oil, coconut oil, other cold pressed vegetable oils
Omega-3 fatty acid rich fish if caught in the wild. Mercury content may a concern.	12. Cold water fish	Salmon, tuna, mackerel, herring, cod, mahi mahi, sardines
Contains acidophilus, lactobacillus or other good gut bacteria.	13. Fat free yogurt	Plain, fruit flavored or yogurt drink (Yukult)
May contain added hormones, antibiotics and source of cholesterol and fats.	14. Chicken & turkey	Regular cuts and white meats best.
High in cholesterol, saturated fats, hormones and pro-inflammatory.	15. Eggs	Chicken eggs preferably open range fed

Third Class

High in saturated fats, hormones, cholesterol, additives and pro-inflammatory.	16. Red meat	Fresh cuts of beef, lamb, ground beef
High in cholesterol, saturated fats and some toxins from polluted waters.	17. Shallow water fish	Tilapia, milk fish, parrot fish, other reef fish
Empty calories – little fiber, minerals and vitamins. High glycemic index.	18. Refined grains	White rice, white bread, pasta, noodles, refined flours
High in cholesterol, saturated fats, calories and casein – a carcinogen.	19. Cheese / dairy	Low fat, and skim milk. Cheddar, mozzarella, swiss, and cottage cheese.
Oils are high caloric, trans fats and void of nutrients. Sugars are high caloric and rob the body of minerals.	20. Refined oils / sweets	Corn, safflower and soy oils. Margarine. Candy, sodas, sugared drinks, pastries, table sugar

Guidelines:

1. Foods are listed in order of best to worst.
2. Eat 90% or more of First Class foods. Eat as much as is satisfying.
3. Second and Third Class foods are limited to 10 – 15% of diet when there is a need to eat these foods.



Heavenly melodies and fine classics to uplift and heal your soul

“May Heaven’s beauty, power, and love fill your heart today”

KEEP AT YOUR WORK

The Lord has given to every man his work. It is every man's business to do his work, and the devil's business to hinder him if he can. Be sure as God has given you a work to do, Satan will try to hinder you if he can. He may throw you from it; he may present other things more promising; he may allure you by worldly prospects; He may assault with slander, torment you with false accusations, set you at work defending your character, employ pious persons to lie about you, editors to assail you, officials to accuse you, and excellent men to slander you. You may have Pilate and Herod, Ananias and Caiaphas, all combined against you, and Judas standing by, ready to sell you for thirty pieces of silver; and you may wonder why all these things come upon you. Can you not see that the whole thing is brought about through the craft of the devil, to draw you off from your work and hinder your obedience to God?

Keep about your work. Do not flinch because the lion roars; do not stop to stone the devil's dog; do not fool away your time chasing the devil's rabbits. Do your work. Let liars lie, let sectarians quarrel, let corporations resolve, let editors publish, let the devil do his worst; but see to it that nothing hinder you from fulfilling the work that God has given you.

He has not sent you to make money. He has not commanded you to get rich. He has never bidden you defend your character. He has never set you at work to contradict that which Satan and his servants may start to peddle. If you do these things, you will do nothing else; you will be at work for yourself, and not for the Lord.

Keep about your work. Let your aim be as steady as a star. Let the world brawl and bubble. You may be assaulted, wronged, insulted, slandered, wounded, and rejected; you may be abused by foes, forsaken by friends, and despised and rejected of men; but see to it with steadfast determination, with unfaltering zeal, that you pursue the great purpose of your life and object of your being until at last you can say, "I have finished the work which Thou gavest me to do."