



## Adjusting to Eden Cuisine

Most people coming to Weimar Center are aware that the food that they will be eating in the cafeteria is unique and sometimes unfamiliar. All food served on campus is made from the finest quality, freshest possible fruits, vegetables, nuts, seeds and grains, without the use of any animal products, free oil, or refined foods. As a result, the three major nutrients found in food are ingested in the proper balance of about 10% fat, 10% protein and 60% carbohydrate. Since all foods are from plant sources and are not refined, the fiber intake is high, as it should be. This presents problems when you are not used to it, but there are ways in which you can make the adjustment period more comfortable for yourself and those around you.

1. When selecting foods in the cafeteria, start with a minimum amount of variety at one meal. For instance, at lunch have an entree with two vegetables and either bread or potato. Avoid having a sampling of all the food served at a meal, at least until you feel you have adjusted to the food. Some people have noticed problems associated with the gravies, spreads, salad dressings, and bread, so go easy on the amount and variety of these foods at first.
2. Start with small servings of beans, especially if you are not used to eating them on a regular basis. Beans are noted for their gas producing quality that your body will adjust to as you gradually include more of them in your diet.
3. Speaking of gas, expect to have some - most everyone who is adjusting to this diet does for a period of time. Most of the suggestions listed here are designed to reduce the amount and frequency of gas and bloating and to help your digestive tract to adjust to the changes. Taking one or two charcoal tablets will help to absorb the gas and relieve your discomfort.
4. Make sure your meals are about five hours apart. Putting food in your stomach before the previously eaten meal has been digested slows down your digestion and causes an even greater chance of your system producing gas.
5. Chew your food thoroughly!! Because the food is not refined your digestive system has to work harder to break it down. Chewing your food well will aid in digestion as well as reduce the amount of gas formed. Try chewing each mouthful 30 times before you swallow it. Some doctors even recommend chewing it up to 50 times! This is no time or place to rush through your meal.
6. It is recommended that you drink your water in between meals and not with your meals. Because your food intake is higher in fiber, you need to drink more water than you normally do. Try drinking two glasses before breakfast, two glasses between breakfast and lunch, two glasses between lunch and supper, and two glasses before you go to bed. Avoid drinking water half an hour before your meals and one hour after your meals.
7. Skip your evening meal if you are not hungry. Many people do fine with two meals per day. This will give you a clearer mind for your evening studies and, if needed, help keep your weight in check. If you are a thin person, you will have to eat larger quantities of food than you are used to, and be sure to include plenty of avocados, nuts, and olives.
8. Moderately paced walking immediately after a meal will aid in your digestion. Try walking around the loop after a meal, especially if you feel you have eaten too much, or to increase your alertness for your afternoon classes.