



FENGCLINIC  
Health & Wellness Center

# DR. FENG'S POWER BREAKFAST

## Start Your Day Off Right!

Breakfast is the single most important meal of the day. After sleeping for six to eight hours, your body needs help waking up and fuel to provide energy throughout the day. The brain in particular, uses glucose as its ideal source of energy. As you might expect, your body's supply of glucose is very low when you wake up after a night's sleep. To operate at peak performance, mentally and physically, you need a new infusion of glucose, which comes by eating breakfast. The most important point to remember is that if you start your day without a nutritious breakfast, you are depriving your brain of the glucose it needs.

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The glycemic index (GI) of a food is a measurement of how that food affects your blood sugar level in the hours after you eat it. Foods that have a high glycemic index - a baked potato, white bread or pure cane sugar - are converted into energy very quickly, but then the energy level drops sharply, making you feel sluggish and tired. Foods that have a low glycemic index - plums, peaches, skim milk, yogurt - are converted more slowly, which means your blood sugar level remains consistent and doesn't peak and drop. As a result, low glycemic index foods provide more sustainable energy and help to keep the brain alert.

A high blood glucose level causes your body to put an extra glucose molecule on proteins. The extra glucose makes the proteins less functional, which promotes aging. For example, an extra glucose molecule on collagen (a protein) causes arthritis that ages your joints and makes you feel older. A high glucose level disables your body's protective process as blood pressure is conveyed more intensely against the arterial walls.

Rather than avoiding high GI foods, there is a trick to make them act like low glycemic foods. For example, eating a carbohydrate such as French bread, with a little olive oil or wheat bread with a little peanut butter, decreases the bread's ability to increase blood sugar. Because glucose is absorbed in the intestine, not the stomach, the process of the stomach emptying is slowed down by the fat (olive oil and peanut butter). As a result, you slow down the rise of sugar in your blood, thus decreasing the glycemic index of the food. So the key is to eat a small amount of "good fat" with high GI foods to offset the negative effect.

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### Dr. Feng's Power Breakfast Recipe for One Person

1/8 cup Gluten-Free Steel Cut Oatmeal	2 Tbsp Golden Roasted Flax Seeds (*grind fine)
1/2 cup Spring Water	Less than 10 raw nuts
1 scoop Garden of Life Raw Chocolate Protein Powder	1/8 cup Frozen Organic Blueberries
	*Unsweetened Almond Breeze® Vanilla Almond Milk
*Optional	

Soak steel cut oats in water in pan overnight. Cook for 5-6 minutes, turn stove off and add protein powder and ground flax seeds. Stir well and spoon into bowl. Immediately add frozen blueberries followed by all other ingredients. If desired, add almond milk last and enjoy!



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## Nutrient Per Calorie Density Scores

Kale	1000	Sunflower Seeds	64
Collard Greens	1000	Kidney Beans	64
Mustard Greens	1000	Green Peas	63
Watercress	1000	Cherries	55
Swiss Chard	895	Pineapple	54
Bok Choy	865	Apple	53
Spinach	707	Mango	53
Arugula	604	Peanut Butter	51
Romaine	510	Corn	45
Brussel Sprouts	458	Pistachio Nuts	37
Carrots	458	Oatmeal	36
Cabbage	434	Shrimp	36
Broccoli	340	Salmon	34
Cauliflower	315	Eggs	31
Bell Peppers	265	Milk 1%	31
Mushrooms	238	Walnuts	30
Asparagus	205	Bananas	30
Tomato	186	Whole Wheat Bread	30
Strawberries	182	Almonds	28
Sweet Potato	181	Avocado	28
Zucchini	164	Brown Rice	28
Artichoke	145	White Potato	28
Blueberries	132	Low Fat Plain Yogurt	28
Iceberg Lettuce	127	Cashews	27
Grapes	119	Chicken Breast	24
Pomegranates	119	Ground Beef 85% Lean	21
Cantaloupe	118	Feta Cheese	20
Onions	109	White Bread	17
Flax Seeds	103	White Pasta	16
Orange	98	French Fries	12
Edamame	98	Cheddar Cheese	11
Cucumber	87	Apple Juice	11
Tofu	82	Olive Oil	10
Sesame Seeds	74	Vanilla Ice Cream	9
Lentils	72	Corn Chips	7
Peaches	65	Cola	1

*The Aggregate Nutrient Density Index (ANDI) allows you to see which foods promote the healthiest outcomes. You can then evaluate the quality of your current diet and determine how much better it will be if you start adding high-nutrient foods and eliminating low-nutrient foods.*



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## Facts About Meat

### WHAT'S IN AMERICAN MEAT?

#### Dairy Cows

Antibiotics, pig and chicken parts, growth hormones, pesticides, sewage sludge

#### Beef Cows

Antibiotics, pig and chicken parts, growth hormones, steroids, pesticides, sewage sludge

#### Chicken

Antibiotics, animal parts, pesticides, sewage sludge, arsenic-based drugs

#### Pigs

Antibiotics, animal parts, pesticides, sewage sludge, arsenic-based drugs

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### WHAT IS THE WORST MEAT OPTION

Red meat and processed lunch meats contain more saturated fat than any other animal products. Red meat has a more pronounced association with colon and pancreatic cancer than any other animal product.

Regular consumption of red meat changes the gut bacteria, producing TMAO (trimethylene-N-oxide) which is directly linked to heart disease and atherosclerosis.

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### THE FAT CONTENT IN MEAT:

6oz. Portion	Fat	Protein
Lamb - shoulder roast	65gm	65gm
Beef - lean chuck	33gm	49gm
Chicken - dark meat	27gm	44gm
Pork - lean roast	15gm	46gm
Chicken - white meat	13gm	50gm
Turkey Breast	13gm	49gm

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### DR. FENG'S RECOMMENDATION

*Refrain from eating any red meat or processed lunch meats and minimize consumption of white meats such as chicken and turkey.*



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## THE TOP PLANT-BASED PROTEINS

### 1. VEGETABLES

Avocado - 1 .....	10gm
Broccoli - 1 cup .....	5gm
Spinach - 1 cup .....	5gm
Kale - 2 cups .....	5 gm
Sweet Potato - 1 .....	5gm

### 2. LEGUMES (Lentils & Beans)

Tempeh - 1 cup .....	30gm
Soybeans - 1 cup .....	28gm
Lentils - 1 cup .....	18gm
Chickpeas - 1 cup .....	14gm
Kidney Beans - 1 cup .....	13gm

### 3. NUTS AND SEEDS

Tahini - 3 Tbsp .....	8gm
Sesame Seeds - 1oz .....	6.5gm
Pistachios - 1oz .....	5.8gm
Walnuts - 2oz .....	5 gm
Cashews - 1oz .....	4.4gm

### 4. NON-DAIRY MILK

Soy Milk - 1 cup .....	7-9gm
Almond Milk - 1 cup .....	7-9gm
Ancient Grain Milk - 1cup	7-9gm

### 5. GRAINS

Bulgar - 1 cup .....	17gm
Quinoa - 1 cup .....	9gm
Sprouted Grain Tortilla ..	7-10gm
Brown Rice- 1 cup .....	5gm
Steel Cut Oatmeal -1/4cup	4gm

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## ACTUAL PROTEIN REQUIREMENTS

Infants (0-12 months)	1.5 gm/kg
Children (1 - 3 years)	1.1 gm/kg
Children (4-13 years)	0.95 gm/kg
Teens (14-18 years)	0.85 gm/kg
Adult - Men	47 gm/day
Adult - Women	38 gm/day

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## POTENTIAL DANGERS IN FOOD PREPARATION

### COMPOUNDS FORMED DURING HARSH COOKING AND PROCESSING:

- Cholesterol Oxides and Lipid Peroxides
- Heterocyclic Amines
- Advanced Glycation End Products (AGE's)

### THE EFFECTS OF AGE'S IN YOUR FOOD

- Absorbed intact and persist in tissues
- Increase the immunogenicity of proteins
- Promote the development of atherosclerosis
- Increases inflammation in the body
- Promote complications with diabetes
- Promotes cross-linking of protein and accelerates the aging process

### FACTORS THAT INFLUENCE THE FORMATION OF AGE'S

- Cooking temperature (higher the temperature, more AGE's)
- Moisture - water inhibits AGE formation
- Cooking time (longer time contributes to more AGE's)

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### HIGH AGE FOODS:

90g Portion	kU of AGE's
Hot Dog - Broiled	10,143
Pizza - Thin Crust	7,583
Hot Dog - Boiled	6,736
Hamburger - McDonald's	4,876
Hamburger - Fried	2,375

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### WHAT ABOUT MICROWAVING?

- Produces relatively low amounts of AGE's
- Causes the formation of potentially toxic cis-isomers and D-isomers of amino acids
- Produces substantial amounts of lipid peroxides

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### DR. FENG'S RECOMMENDATION:

*Boiling, poaching, stewing are better than frying, broiling and roasting and can decrease daily AGE intake by up to 50%*