

The 3rd stage of the dietary transition : The hypotoxic diet (1/2)

This stage is compatible with:

- Ayurveda, Traditional Chinese Medicine, and macrobiotics
- Raw foodism, veganism, and living food
- The Mediterranean diet and the Signalet diet
- The Paleolithic diet and the ketogenic diet

For the next stage of the transition, the principle is to remove the most toxic foods and replace them with foods from the plant kingdom that have undergone little or no processing. In this first phase of what is known as the hypotoxic diet, the objective is to stop consuming red meat and foods cooked at high temperatures.

The logic and objectives of the stage.

The concrete changes to implement.

Stop consuming red meat (beef, lamb, pork, veal, etc.) and processed meats (ham, cured sausage, bacon, etc.).

These foods are highly acidifying and are associated with cardiovascular disease, cancer, diabetes, and excess weight.

They can be replaced with lean white meats, small fish, eggs, or better still, oilseeds (almonds, hazelnuts, etc.), sprouted seeds, or legumes (peanuts, lentils, etc.).

Stop consuming foods roasted in the oven, cooked in a frying pan, deep fryer, barbecue, or on a plancha.

High-temperature cooking (>180°C) generates highly toxic compounds (Maillard reaction products, acrylamide, heterocyclic amines, and aromatic hydrocarbons).

These preparations can be replaced by gentle cooking methods (steaming, braising, low-temperature oven cooking, etc.) or, better still, by raw foods.

At this stage of the transition, industrial foods, refined sugars, salts, and flours, dairy products, gluten-containing grains, red meat, and foods cooked at high temperatures are consumed only occasionally (a few times per month) or not at all. **Instead, the proportion of plant-based foods (fruits, vegetables, seeds, grains, and legumes) gradually increases, and meals are home-made using quality foods ("good" if not strictly "organic").**

The results once the objective is achieved.