

# nonGMO Month October 2018

## Manager & Team Pledge:

TownHall & Rebol Family,

As you know, October is NonGMO month. Townhall's and Rebol's leadership team is honoring Non GMO month by challenging our dietary habits and lifestyle. We will be following a Paleo or Pegan diet, which is also low glycemic and Non GMO for the entire month. We welcome you to join us and challenge yourself. If you choose to join us, you will need to understand what each of these diets consists of so you can give yourself the greatest chances of successfully completing the challenge. At this point, you all know what eating Non GMO consists of, but, you may be less familiar with Paleo, Pegan, and Low Glycemic.

### Paleo:

Considering TownHall has a Paleo menu, you all should be very familiar with the Paleo diet, but here is a quick refresher. Paleo dieters consume pasture range meats (grass fed), wild game, fruits, nuts, seeds, fats, and vegetables, eggs, and wild seafood. The diet restricts the consumption of dairy (except parmesan cheese, grass fed butter), legumes (beans, peanuts...) white potatoes, wheat and all gluten, grains, and rice. For more information about what you can eat, please visit, <http://thepaleodiet.com/what-to-eat-on-the-paleo-diet/>

### Pegan:

"Pegan" is a portmanteau of "Vegan" and "Paleo", just like "Brunch" is a portmanteau of "Breakfast" and "Lunch".

- Focus on more protein and fats. Nuts (not peanuts), seeds (flax, chia, hemp, sesame, pumpkin), coconut, avocados, sardines, olive oil.
- Eat the right fats. Stay away from most vegetable oils such as canola, sunflower, corn, and especially soybean oil which now comprise about 10 percent of our calories. Focus instead on omega 3 fats, nuts, coconut, and avocados and yes, even saturated fat from grass fed or sustainably raised animals.

- Eat mostly plants – lots of low glycemic vegetables and fruits. This should be 75 percent of your diet and your plate. I usually make 2 to 3 vegetable dishes per meal.
- Avoid all dairy products
- Avoid gluten – Most is from Franken Wheat – so look for heirloom wheat (Einkorn); if you are not gluten sensitive, then consider it an occasional treat.
- Eat gluten-free whole grains sparingly– they still raise blood sugar and can trigger autoimmunity.
- Eat beans sparingly – lentils are best. Stay away from big starchy beans.
- Eat meat or animal products as a condiment, not a main course. Vegetables should take center stage and meat should be a side dish.

### Low Glycemic:

You will hear about low glycemic diets more and more in the next few years. The idea behind the diet is to control ones blood sugar from spiking too high or crashing too low. By maintaining a diet that keeps blood sugar consistent, you will reduce signs of aging, inflammation, burn more fat, be less hungry, and have greater energy. When you consume sugar or "high glycemic" foods, your body's blood sugar rises quickly. In response, your body produces insulin, which controls the blood sugar by telling the body to convert the sugar to fat.

Unfortunately, when the sugar is taken out of your blood, your body's response is to crash. Your body tells you that you are hungry and you end up craving more sugar. It becomes a self fulfilling prophecy. For more information on low glycemic diets, please check out the following link:

<http://www.fitnessmagazine.com/weight-loss/plans/diets/the-slow-carb-diet/>

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TownHall and Rebol is committed to providing healthy dining options to staff and guests. To that end, we are committed to promoting a healthy lifestyle, and we believe that what you fuel your body with matters. Eating Non GMO

should be easy for us at this point, since everything we serve at TownHall fits that bill. Changing your diet habits to be lower glycemic, less inflammatory, or simply more balanced is quite a task.

Let us help each other, support each other, as we strive for this goal. Let's share our success and discuss the struggle. There is strength in numbers and your leadership team is here to help you succeed if you choose to join us. We will provide you with all of the information you need to accomplish this mission. Chef Erik can help you with meal planning. Alex, Ryan, Nicole, Aaron, and Adam can help you get more information or better understand these diets.

If you are interested in joining us for the 30 Day Dietary Habit and Lifestyle Change please sign the pledge below and get back to Ryan Hartzell no later than Friday 9/30/16.

The management team is willing to allow any individual that signs up for the pledge to have 50% off their meals at TH and Rebol. (some exclusions may apply)

Thank you in advance for supporting your leadership team in our Non GMO, Low Glycemic, Paleo, Pegan endeavor. You give us strength!

Sincerely,

TownHall Management Team

### 30-Day Dietary Habit and Lifestyle Change Pledge

I pledge to join my TownHall family and only eat a Paleo/Pegan diet for thirty days starting October 1<sup>st</sup> in honor of Non GMO month as well as I am committed to read the Unhealthy Truth, and I will be prepared to write a summary from my experience after reading it.

I pledge to make a conscious effort in the future to better myself starting with the foods I choose to put inside my body.

I pledge to educate my peers, family, and TownHall guests on the benefits of making a dietary habit and lifestyle change.

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