**GOOD FOODS LIST**

It seems every day we hear new reports of the harmful effects of certain foods. Many people ask "What's left to eat?" Here is a basic guide to a healthy diet.

**PROTEINS**

* **MEATS:** Coleman Beef, Laura's Lean beef, lamb, veal, lean pork, beefalo
* Chemical free chicken, turkey, Cornish hen
* No lunch meat or cured meats with nitrites or MSG
* **SEAFOOD**: Any fish or shellfish, fresh or frozen
* Homemade breaded fish, using whole wheat bread crumbs or flour
* Fertile, free range or organic eggs
* **OTHER PROTEINS:** Tofu or Tempeh, Legumes
* **NUTS & SEEDS:** Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc., raw or dry roasted
* Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter.
\*Note: Make sure you get **adequate protein** each day. If you have a question on this, buy and read the book Protein Power, by Eades and Eades.

**DAIRY:** (PROTEIN AND FAT)

* Raw cow's milk, rice or almond milk
* Butter (NO MARGARINE!!)
* Cheese (raw and/or organic), Cottage cheese
* Yogurt without added sugar (Stoneyfield Farm Organic or Altadena)

**FATS**

* Butter (NO MARGARINE, IT'S HYDROGENA TED!)
* Fresh Flaxseed oil, lowers cholesterol
* Olive oil, cold pressed
* Fish oils

**VEGETABLES**

* Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 3-5 servings per day
* All homemade soups or frozen soups form the health food store
* AVOID starchy veggies (potatoes, yams, corn, squash, peas) more then 1-2 times per week, or less if you are on a more stringent carbohydrate restriction
* **SALADS:** Raw vegetable salads
* Salad dressing - use any cold pressed oil with apple cider vinegar or lemon juice, try homemade or Haines brand, **cold pressed**, mayonnaise), Italian dressings made with fresh (preferably organic) ingredients, Paul Newman's are good. (Also see CONDIMENTS)

**CONDIMENTS**

* Natural herbs and spices
* Spike, Celtic Sea Salt
* Apple cider vinegar, lemon juice, or rice vinegar Mustard, low- sugar ketchup or health food store brand, low-sugar steak sauce

**GRAINS (Limited quantities ONLY):**

* Organic, sprouted grain bread: “Ezekiel”
* Whole grain breads/crackers
* Whole grains - brown rice, quinoa, bulgur, millet
* Whole grain cereals, pastas - i.e. shredded wheat, oatmeal, health store cereals (organic is best!)

\* Note: **Whole** grain must be listed as the FIRST ingredient, avoid breads containing **hydrogenated oils:** avoid eating more than 1-2 servings per day (less if advised by your nutritionist). Sprouted grain "Ezekiel" and "Alvarado Street Bakery" bread are recommended and are available at Hannaford's on Quaker Road and local health food stores

**FRUITS:**

* Fresh organically grown fruits
* Fresh fruit or veg juices, diluted 50% with water
* V-8 and tomato juice (low sodium)
* Note: Only 1-2 servings per day of LESS if advised by your consultant

**SWEETENERS: Not advised at all. But if you must, limit to limited amounts of the following, in consultation with your consultant**

* Sweet n' Safe
 Stevia
* Raw Honey
* Pure Maple Syrup
* Fresh Fruit

**BEVERAGES**

• Organic, herb teas (have the doctor muscle test these) • Roasted chicory, replacement for coffee
• Lemon water without or with powdered white stevia • Avoid tap water, drink filtered water

**DESSERTS - OCCASIONALLY**

• Fresh fruit with yogurt and raw honey or fresh fruit
• Plain gelatin - add fruit
• Brown rice pudding made with raw honey or powdered stevia and rice milk or soy milk
• Sorbet made from fresh fruit, no added sugar/fructose

**SNACKS/TREATS FOR KIDS** (also see DESSERTS)
• Popsicle's, for children (use natural fruit juices or black cherry concentrate)
• Fruit juice sweetened treat (cookies, bars, rice ice cream)
• Fresh fruit
• Whole grain chips/crackers (NO HYDROGENA TED OILS!!)

**NOTE: IF YOU ARE ON A CARBOHYDRATE RESTRICTED DIET, YOU SHOULD STUDY THE**

**CARBOHYDRATE GRAM COUNTER IN THE BOOK, PROTEIN POWER, OR OTHER SIMILAR REFERENCES, AND APPROPRIATELY RESTRICT THE AMOUNTS OF FRUITS, GRAINS AND OTHER HIGH CARBOHYDRATE FOODS. KEEPING A WEEKLY FOOD INTAKE DIARY AND REVIEWING THIS WITH YOUR CLINICAL NUTRITIONIST REGULARLY IS THE KEY TO LEARNING HOW TO MANAGE YOUR CARBOHYDRATE CONSUMPTION.**

**PERSONS ON ALLERGY RESTRICTED DIETS SHOULD ALSO MAKE THE APPROPRIATE MODIFICATIONS TO THE ABOVE RECOMMENDED FOODS.**

**DIETARY CONSULTATIONS ARE AVAILABLE WITH ONE OF OUR HIGHLY TRAINED STAFF MEMBERS FOR FURTHER EDUCATION AND RECOMMENDATIONS.**

**Whole Food Shopping Guide**

* Milk: Best = Raw milk, http://www.realmilk.com/real-milk-finder/
2nd Best = Kalona Super Natural Whole Milk –Whole Foods, Sprouts, Turnip Truck
* Cream, Sour Cream = Kalona Super Natural – Whole Foods, Sprouts, Turnip Truck
* Butter = Any organic brand is good – Any Grocer
* Eggs: CAGE FREE ORGANIC is best- get from a local farmer
* Bread: Ezekiel Bread – Whole Food, Super Kroger look in freezer
* Produce: Organic from any grocer. Any Grocer
* Organic Brown Rice and Quinoa: Any grocer.
* Canned soups for cooking: Organic Valley brand or another organic brand – Kroger, Most Grocers
* Salt: Sea Salt, Pink Himalayan Salt Any Grocer
* Sweetener: 100% Maple Syrup, Tupelo Honey, Raw Cane Sugar – Most Grocers
* Sausage and Bacon uncured with no nitrates or nitrites, Some Grocers
* Organic Chicken: Whole and breasts Some Grocers
* Beef: Organic Grass-Fed is best. Local butchers are your best choice.
* Organic teas and coffees: Any Grocer
* Protein Bars: Standard Process – Sold at our office.
* Protein Powder for shakes: Standard Process – Sold at our office.
* Lara Nut and Fruit Bars: Whole Foods
* Pellegrino Sparkling Water: Any Grocer
* Raw Nuts: Organic is best Any Grocer.
* Oils: Coconut, Olive, Avocado or Peanut Oil. Organic is best: Any Grocer