

## Recommended Food Guide

### Eating Clean to Lower Chemical Burden and Increase Nutrients for Optimal Health

Aim to Eat clean when possible (80/20 rule) – refer to dirty dozen and clean fifteen from EWG:

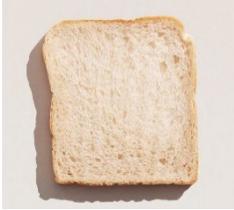
- **Organic** fruits, animal products, and vegetables
- Whole grains, nuts, seeds, legumes
- Wild fish, grass fed beef and butter, organic or free-range poultry and eggs

<b>Foods and Products to Avoid (Reduce)</b>	<b>Foods to Eat, Products to Use</b>
<p><b>Sweeteners:</b></p> <ul style="list-style-type: none"> <li>- Sugar, (glucose, fructose) all diet sweeteners like aspartame, sucralose, equal</li> <li>- All products with sugar, high fructose corn syrup such as cookies, cakes, cereals, store bought salad dressings (see recipes for salad dressings)</li> </ul>	<p><b>Sweeteners (minimal):</b>                      Raw unpasteurized honey, maple syrup, stevia, black strap molasses, monk fruit extract</p>
<p><b>GMO produce:</b>                      These plants are highly sprayed and genetically modified, aim for organic variety:</p> <ul style="list-style-type: none"> <li>- Soy, beets, corn</li> </ul>	<p><b>Variety of Vegetables:</b> (can be raw, steamed, lightly cooked - no frying or grilling):                      Cook with onions, garlic, ginger, oregano, sea salt, turmeric, and herbs: carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green or yellow beans, broccoli, asparagus, leafy greens such as kale, rapini, arugula, spinach, turnip, squash, greens, bok choy, bean sprouts, snow peas, okra, zucchini, etc</p>
<p><b>Fruits:</b>                      Limited dry fruits (ex: half a handful with cereal)</p>	<p><b>Variety of Fruits:</b> (eat by itself ½ hour before or 2 hours after a meal unless in a fruit smoothie):                      All fresh fruits especially berries                      Variety: Avocado, blueberries, apples, oranges, pears, plums, bananas, melons, papaya, lemons and limes, grapes, kiwi, pineapple, bananas (not too ripe), prunes, etc.                      Fruit sauces (ex: applesauce, with no added sugar)</p>
<p><b>Refined Carbs:</b>                      All white pasta, rice, breads                      All products with refined flour (pastries)</p>	<p><b>Grains:</b>                      Brown rice, wild rice, millet, buckwheat, quinoa, tapioca                      Brown rice pasta, gluten free pasta                      Sprouted breads such as Ezekiel, gluten-free or low gluten breads such as rye, sourdough, stone mill breads (quinoa and flaxseed, chia seeds and grains)</p>
	<p><b>Legumes:</b> (soaked overnight to remove enzyme inhibitors):                      All legumes such as Peas, beans, lentils, chickpeas</p>

Foods and Products to Avoid (Reduce)	Foods to Eat, Products to Use
<p><b>Nuts and Seeds:</b> Reduce peanuts (prone to mold)</p>	<p><b>Nuts and Seeds:</b> (preferably in raw form and soaked with filtered water + 1 Tbs salt overnight or at least 4 hours) breaks down enzyme inhibitors: Almonds, Brazil nuts (has selenium, good for thyroid), hazelnuts, pecans, walnuts, Pumpkin seeds (kills parasites)</p>
<p><b>Dairy:</b> Milk, Processed Cheese, Avoid vegan cheese if it's modified soy protein Sweetened dairy products</p>	<p><b>Dairy and alternatives:</b> Coconut Kefir, coconut yogurt, almond milk, coconut, cashew, oat, hemp milk – choose carrageenan free</p>
<p><b>Beverages:</b> Milk, Alcohol, Soda, Limit Coffee to before 2PM to help with sleep quality</p>	<p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>• Replace cow milk with unsweetened rice, coconut, almond, coconut milk, hemp milk – organic unsweetened and carrageenan free.</li> <li>• Replace alcohol with glass of Kombucha</li> <li>• Replace sweet drinks with Lemon Water, fruit or cucumber infused water, Fruit Smoothies with Spinach, Filtered Water, Hot water with oregano, lemon, ginger</li> <li>• Chlorella or Spirulina Water</li> <li>• Chai (cloves, cardamom, peppercorns, fennel seeds) tea</li> <li>• Green tea, peppermint tea, echinacea tea</li> </ul>
<p><b>Animal Protein:</b> Red meats (beef, pork, bacon) all sandwich meats (cold cuts) with nitrates or smoked Organ meats (unless organic) Farmed fish Fake meats (vegan meat is often soy based and has lots of additives, can irritate the intestinal lining)</p>	<p><b>Animal Protein:</b></p> <ul style="list-style-type: none"> <li>• Free range chicken and turkey (if organic is not available, go for grain fed)</li> <li>• Organic lamb, wild game</li> <li>• Wild deep water fish (salmon, halibut, cod, mackerel, sardines)</li> <li>• Eggs</li> <li>• Organic bone broth</li> </ul>
<p><b>Oils and Fats:</b> Hydrogenated oils, trans fats, margarine including Becel, modified palm oil, all processed vegetable oils, deep fried oils</p>	<p><b>Oils and Fats:</b> Organic Butter (small quantity), Ghee, coconut oil, avocado oil, cold pressed olive oil, flaxseed oil (not for cooking, only on salad, smoothies), Fish Oil (omega-3) Natural nut butters ex: almond butter (where oil separates) Steam, boil, cook food on stove top rather than high heat oven/frying Avoid cooking at extremely high temperatures (frying, grilling, roasting, baking) but if you do, use</p> <ul style="list-style-type: none"> <li>- use deodorized (neutral taste) coconut oil, Ghee, or Avocado Oil for high temperature</li> <li>- Extra virgin cold pressed olive oil, Flaxseed oil not for cooking but add to salad</li> </ul>

Foods and Products to Avoid (Reduce)	Foods to Eat, Products to Use
<p><b>Seasoning:</b> Regular table salt, sauces that have MSG or preservatives, additives, dyes and chemical colors, yeast</p>	<p><b>Seasoning:</b> Sea salt, celtic salt, tamari, herbs such as oregano, rosemary, cinnamon, ginger, garlic, onion, dill, etc..</p>
<p><b>Cookware:</b> Aluminum, Teflon pans, plastic nonstick baking pans. Plastic containers (BPA and other hormone disruptors in the plastic can contaminate the food)</p>	<p><b>Cookware:</b> Stainless steel, corning glassware, iron, parchment paper instead of aluminum sheets, glass containers for food and water</p>
<p><b>Skincare and Body products:</b></p> <ul style="list-style-type: none"> <li>- Do not use body care and cosmetic products with paraben and paraffin (read labels on lotions and creams)</li> <li>- Avoid products with titanium dioxide (certain sunscreen, toothpaste) or aluminum (certain deodorants)</li> <li>-</li> </ul>	<p><b>Skincare and Body products:</b></p> <p>Made with coconut oil, shea butter, plant extracts, almond oil Aluminum free deodorants Fluoride free toothpaste</p>

## Food Swap List

Instead of...	Replace with...
<p>Cow Milk - has trans fats, hormones, and sugar (lactose)</p>	<p>Unsweetened Nut, Oat, Hemp, Rice Milk</p> 
<p>Regular White Bread</p> 	<p>Sourdough is fermented and is often easier to digest Whole grains Low Gluten Bread : Inewa</p>  <p>Glutino (they make gluten free bread, crackers, cookies, snacks)</p>  <p>Sprouted Bread</p> 
<p>Kraft Creamy Peanut Butter (has modified oils and sugar)</p>	<p>Natural Nut Butter</p> 

<p>Sugar</p> 	<p>Small quantity of: Raw Honey, blackstrap molasses, Stevia, Maple Syrup, Monk Fruit extract, Fruits</p> 
<p>Deep Fried Foods, Grilled Charcoaled Food</p> 	<p>Steamed, Roasted, Stir Fried, Boiled, Pan Seared</p> 
<p>Regular Table Salt</p> 	<p>- Sea salt, Pink Himalayan salt, Grey, Celtic Salt or Herbamare Sea Salt with infused vegetables and kelp. These salts tend to have more trace minerals than regular white table salt</p> 
<p>Margarine (has hydrogenated oils)</p>	<p>Butter, Ghee, Olive Oil, Coconut Oil, Flaxseed Oil Deoderized Coconut Oil (no flavor) Neutral Taste</p> 
<p>Soda and Sweet Drinks</p> 	<p>Lemon Water with a little Stevia, Green tea with a little honey</p> 

<p>Probiotic (Fermented Foods)</p>	<p>Sauerkraut</p> 
<p>Regular White Pasta</p>	<p>Try a more nutritious pasta: Wild Rice, Chickpea Pasta, Gluten Free Pasta</p> 
<p>Cooking spices</p> <p>Avoid those with MSG, sugar, food dyes and preservatives</p>	<ul style="list-style-type: none"> <li>- Herbs: Bragg's 24 organic herbs (add on avocado toast with sea salt, add to salads or any cooked dish)</li> </ul> 