

General Food Recommendations

	Vegetable ⁶	Protein	Dairy	Oil / Fat	Carbohydrate		Beverage	Spices
					COMPLEX ⁴	SIMPLE ⁵		
GOOD	<ul style="list-style-type: none"> • Dark, leafy greens - Lettuce, spinach, swiss chard, mustard and beet greens, etc. • Roots - Carrot, turnip, parsnip, onion, garlic, rutabaga, celery root, beets, sweet potatoes & yams • Coles - Cabbage, broccoli, cauliflower, kale, collards, bok choy, Brussels sprouts • Green peas & beans • Winter squash (acorn, spaghetti, butternut, pumpkin and others) • Sprouts • Zucchini and summer squash • Cucumbers and okra • Asparagus 	<ul style="list-style-type: none"> • All animal products should come from free-range, pastured or grass-fed animals, preferably certified organic. • Eggs • Lamb • Chicken, turkey, duck • Game birds • Venison and wild game • Grass-fed beef and bison • Wild-caught salmon • Sardines • Fish from tested waters (seafoodwatch.org and state fish advisory guides provide information on fish toxicity levels) 	<p>After weaning, genetically induced 'lactose intolerance' is the natural condition of all mammals. Some humans (e.g., Europeans) do not have this <i>shut-off</i> gene, they continue to produce lactase, so they are able to digest milk. Milk is high in sugar (lactose) and has hormones balanced for the animal it comes from. Small amounts are OK, but not necessary for health. Raw (non-pasturized) dairy products from pastured, grass-fed animals are best. Most people can digest and benefit from the following:</p> <ul style="list-style-type: none"> • Plain kefir (unsweetened) • Plain yogurt (unsweetened) • Goat Milk (link in notes below) ⁵ • Cheese 	<ul style="list-style-type: none"> • Butter or cream (from grass-fed animals) • Bone broth (nourishingbroth.com) • Egg yolk • Fat from grass-fed animals • Fish • Avocado • Tahini • Olives • Organic hemp seed oil, do not use for cooking. • Organic olive oil, extra virgin, cold-pressed • Coconut oil 	<ul style="list-style-type: none"> • Basmati rice (organic ⁶) • Brown rice (organic ⁶) • Wild rice • Quinoa • Amaranth • Millet • Most vegetables, particularly root vegetables, contain a large amount of carbohydrates. <p>NOTE: Depending on your metabolic-type, carbohydrate foods, even complex carbohydrates, may need to be kept to a minimal amount.</p>	<ul style="list-style-type: none"> • Berries (organic ⁶ berries in small servings, about 1/2 cup) • Organic ⁶ tree fruits and other fruits (eat sparingly and when in season) 	<ul style="list-style-type: none"> • Natural spring water • Coconut water • Coconut milk • Mild herbal teas (organic ⁶) • Carrot and/or green juice ¹ • Green and white tea (organic ⁶) • Coffee (organic ⁶ shade grown) one to three cups per day, between mid morning and early afternoon. If it disturbs your sleep, try to drink it before noon, or not at all. 	<ul style="list-style-type: none"> • Celtic, and other natural sea salts • Cumin, turmeric, dill, rosemary, thyme, oregano, curry powder, other natural spices • Indian spices • Mustard • Ginger root • Naturally fermented vegetables • Tamari • Miso
INFREQUENT	<ul style="list-style-type: none"> • Nightshades² (peppers, tomatoes, eggplant, potatoes, goji berries, etc.) 	<ul style="list-style-type: none"> • Pistachio nuts, other nuts, seeds, and seed butters (no peanuts) ⁴ • Tempeh or tofu 		<ul style="list-style-type: none"> • Grape seed oil • Sesame oil • Pistachio nuts, other nuts, seeds, and seed butters (not peanuts) ⁴ • Fresh nut butter (not peanut butter) 	<ul style="list-style-type: none"> • Buckwheat • Lentils / dried beans • Rye, Barley, Oats ⁴ • Blue corn (yellow corn, even organic, has the potential to be GMO contaminated) 	<ul style="list-style-type: none"> • Honey and maple syrup • Stevia (use sparingly) 	<ul style="list-style-type: none"> • Black tea (organic ⁶) 	<ul style="list-style-type: none"> • Kelp (do not use kelp if you have an overactive thyroid, i.e., hyper-thyroid) • Sea vegetables (limit due to ocean contamination)
ELIMINATE	<ul style="list-style-type: none"> • All refined foods, especially canned, packaged, boxed, prepared and processed industrial agriculture products. 	<ul style="list-style-type: none"> • Soy products • Factory-farmed eggs • Factory-farmed meats • Peanuts, peanut butter ³ • Most fish high on the food chain, and most shellfish, have unacceptable levels of toxins such as mercury. • Processed meat and cheese • Protein powders and protein beverages. 	<p>Conventional, factory-farmed, industrial-agriculture dairy products contain toxic chemicals, pharmaceutical drugs and damaging growth hormones. Pasteurization and homogenization damages the fat, protein and enzymes in the milk, making it indigestible. This includes all conventional milk and cheese products and ice cream.</p> <p>These products can cause lactose intolerance.</p>	<ul style="list-style-type: none"> • Margarine • Canola, corn oil, safflower, sunflower oil • Hydrogenated oils • Trans-fats • Peanut butter ³ • Deep-fried foods • Palm oil (because of environmental factors) 	<ul style="list-style-type: none"> • All wheat products • Spelt products • Soy products 	<ul style="list-style-type: none"> • Sugar⁵ and any processed products containing sugars (there are many names for sugars used by the food industry) • High fructose corn syrup • All white flour products • Artificial sweeteners • Candy • Cereal and pastries 	<ul style="list-style-type: none"> • Alcohol • Fruit juice (all) • Tea (sweetened) • Soda, pop, spritzer • Sports and energy drinks • Drink mixes 	<ul style="list-style-type: none"> • Conventional table salt

1. **Beverage** - Vegetable juice: 6-10 oz. carrot or 1-2 oz. wheat grass (or combine).
2. **Nightshade vegetables** increase inflammation and arthritic tendencies in many people. To determine whether they affect you in this way, eliminate them all completely from your diet for three months. You will notice the symptoms when you start eating them after this elimination time.
3. **Peanuts** and peanut products frequently contain aflatoxin (a toxic mold), pesticides and fungicides.
4. **Grains, seeds and nuts** need to be properly prepared in order to remove phytate anti-nutrients and other plant toxins (they should be soaked or sprouted, and properly cooked).

5. **Dairy** - Goat Milk Powder (1 lb) this Hoosier Hill Farm product does not contain 'Vitamin D' (or calciferol) which is a fat-soluble steroid hormone precursor that is routinely added to commercial dairy products. To purchase -- <https://amzn.to/2SRAqP0>
6. **Simple Carbohydrate** - Sugar damages metabolism and is a highly addictive drug-like substance that leads to dysfunction and many illnesses.
7. **The term "ORGANIC"** means that production methods contain no chemical fertilizers, pesticides, herbicides, fungicides, growth hormones, antibiotics, other drugs, and industrial chemicals. In some cases, organic also means more earth-friendly agricultural methods. The legal classification "organic" has now been coopted by USDA regulations that favor corporate industrial food production and processors. And unfortunately, just because a food is labeled organic does not mean it has good nutrition. Studies show most vegetables have significantly lower nutritional value than 50 years ago due to soil mineral depletion. Support your local sustainable organic farmers, and/or grow your own.