# FOODS TO EAT

## FRUITS

APPLES, APRICOTS, BANANAS, BERRIES, CHERRIES, CUCUMBERS, DATES, FIGS, GRAPES, GRAPEFRUIT, LEMONS, LIMES, ALL MELONS, MANGOES, NECTARINES, PEACHES, PLUMS, PINEAPPLES, PEARS, PERSIMMONS, TOMATOES.

**VEGGIES**

APARAGUS, BEETS, BELL PEPPERS, BOK CHOY, BROCCOLI, BRUSSEL SPROUTS, CABBAGE, CAULIFLOWER, CELERY, COLLARDS, CORN(FRESH), DANDELION GREENS, EGGPLANT, GREEN PEAS, GREEN-BEANS, KALE GREENS, KOHLRABI, LEEKS, LETTUCE, MUSTARD GREENS, JICAMA MUSHROOMS, OKRA, ONIONS, PEPPERS, PURSLANE, RADISHES, RHUBARB, SEAWEEDS

(NORI, DULSE, KELP, WAKAME, ETC.), SHALLOTS, SPINACH(RAW), SQUASH(SUMMER), TURNIP-

GREENS, WATERCRESS.

AVOCADOES, APPLE CIDER VINEGAR(RAW), EXTRA VIRGIN OLIVE OIL, GARLIC, MAPLE-SYRUP, PARSLEY

***FOODS TO AVOID***

ALCOHOL, ARROWROOT POWDER, ASPIRIN, BARLEY, BLACK PEPPER, CAKE, CANNED OR FROZEN FOOD, CEREALS,CHICK PEAS, DAIRY PRODUCTS INCLUDING BUTTER AND ICE CREAM, EGGS, GRAINS(EXCEPT STARCHLESS ONES), HONEY, LEGUMES, LENTILS,

MUSTARD, NIACIN, OATMEAL, NUTS, PASTA, POPCORN, RICE, SALT, SEEDS, SODA, SOFTDRINKS, SUGAR-ALL FORMS(ANY INGREDIENT ENDING WITH OSE ), STIMULATES, TOFU AND SOY PRODUCTS, VINEGAR(DISTILLED), CIGARETTES

ALL WHEAT PRODUCTS INCLUDING GERMS, AND BRAN

ALL PERSERVATIVES, ARTIFICIAL COLORS, AND FLAVORS

***NO*** PROCESSED FOODS

***NO*** HIGH PROTEIN FOOD

***NO*** STARCH

**ABSOLUTELY NO ANIMAL OR ANIMAL BY-PRODUCTS**

THIS IS A NUTRUTIONAL PROGRAM ONLY, IT IS PROVIDED FOR INFORMATIONAL USE ONLY AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENCED MEDICAL PROFESSIONAL. THESE PRODUCTS OR STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.