



Eating for Optimal Health

Vegetables

* Eat as many vegetable as you like, especially greens and richly colored veggies.

* Include starchy vegetables at a level that fits your carbohydrate needs.

Greens kale swiss chard collard greens salad greens arugula spinach beet greens bok choy rapini watercress	cabbage cauliflower bussels sprouts onion	tomatoes eggplant okra mushrooms
Sulfur-Rich Veggies broccoli	Colorful Vegetables bell peppers beets zucchini summer squashes chayote asparagus cucumber celery	Starchy Roots & Plants sweet potatoes plantains carrots winter squashes turnips parsnips rutabaga sunchokes

Protein

* Have plenty of healthy protein. Eat as much as is satisfying.

Eggs	Chicken	Heart
Beef	Breast	Marrow
Steak	Legs	Lamb
Roasts	Thighs	Bison
Stew	Duck	Game Meats
Ribs	Quail	Venison
Pork	Organ Meats	Pheasant
Chops	Liver	Fish
Loin	Kidney	Shellfish
Ground Pork	Tripe	



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Fats

- * Eat plenty of healthy fats. There is no need to avoid saturated or mono-unsaturated fats.
- * Be cautious of polyunsaturated fats: emphasize Omega-3 and avoid excessive Omega-6 fats.
- * Eliminate industrial seed oil, vegetable oils, and all trans-fats.

Saturated Fats

Coconut
Lard
Bacon Grease
Butter (grass-fed)
Ghee
Coconut Milk

Mono-Unsaturated Fats

Olive Oil
Avocado
Nuts & Nut Oil

Omega-3 Fats

Walnuts
Flax Seed
Fish & Fish Oil

Vegetable & Omega-6 Fats

Canola
Soy
Vegetable Oil
Corn Oil

Trans-Fats

Hydrogenated and partially hydrogenated oils

Fruit

- * Eat several servings of fruit daily.
- * If you have blood-sugar issues or carbohydrate sensitivities, you may need to limit your fruit intake or stick to lower-sugar choices.

bananas
apples
berries
cantaloupe
melon
mango
orange

pear
cherry
fig
date
kiwi
lemon
apricot

peach
papaya
grape
grapefruit
persimmon
passionfruit

Superfoods

- * Incorporate some health-boosting super foods daily.
- * Fermented foods must be unpasteurized to contain beneficial organisms. If you are not accustomed to consuming, begin with very small amounts and slowly increase.

Flora-Enhancing Foods

sauerkraut
kimchee
lacto-fermented vegetables
kefir
yogurt
miso
beet kvass

Liver & Organ Meats

Bone Broth

Seaweed & Kelp

Spices

Turmeric
Ginger

Garlic

Parsley
Cilantro
Cinnamon

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Dairy

- * Dairy is a healthy food if well tolerated, but intolerance to some or all dairy products is quite common.
- * Only consume dairy that is full-fat, not reduced-fat or skim. Emphasize grass-fed and organic sources.
- * Fermented dairy is easiest to digest for many people.

Ghee Butter Yogurt	Kefir Cheese Cream	Sour Cream Milk
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Grains & Legumes

- * Grains and legumes, especially gluten-containing grains, are problematic for many people.
- * When grains or legumes are consumed, they should always be properly prepared by soaking, sprouting, or fermenting to break down phytic acid and increase digestibility.

Non-Gluten Grains	Gluten Grains	Legumes
Rice Millet Quinoa Corn	Wheat Rye Barley Oats*	Lentils Beans Chickpeas Peas Lima Beans

Foods to Limit and Avoid

- * Eliminate all added and refined sugars. Small amounts of naturally occurring sugars are okay if well tolerated.
- * All grain flours, including whole grain flours, should be avoided. Small amounts of nut flours are okay.