

ABOUT FOODS

Excellent Protein Sources

Almonds
Almond Milk
Avocado
Beans: Anasazi
 Kidney
 Soy
 White (all kinds)
Feta Cheese (sheep or goat milk)
Goat Milk, Cheese, Yogurt
Grains (esp. wheat and wheat sprouts)
Mushrooms
Red Lentils
Red Potato
Rice Milk
Romano Cheese (sheep milk)
Sprouts
Soy Milk
Tofu (organic only)
Whole Wheat Pasta

Foods to Avoid

Apples
Black tea, iced tea
Bell Peppers
Brown potatoes
Carrots
Celery
Coffee, South American
Cow Dairy Products
Eggs (chicken)
Regular Garlic
Grapefruit
Ham, Pork Products
Hot Peppers
Iceberg Lettuce
NutraSweet, Aspartame
Oats
Oranges
Peanuts, Walnuts, Pecans
Pepper (black and white)
Shark
Soda Pop, Cola drinks
Squash
Sugar
Tuna
White Flour
White rice
Yellow & White Onions
Processed, Enriched, FD&C Foods
Chemically Preserved Foods

Excellent

Essential Fatty Acid Sources

Almonds
Almond Milk
Avocado
Cashews
Feta Cheese (goat or sheep milk)
Goat Milk, Cheese, Yogurt
Grains, (esp. wheat)
Oils-
 Cold, Expeller Pressed, & Extra Virgin
 Avocado oil
 Flaxseed oil
 Grapeseed oil
 Olive oil (Mediterranean region)
 Safflower oil
 Sunflower oil
 Wheatgerm oil
Olives
Pecorino Romano Cheese (sheep milk)
Pine Nuts
Soy Milk
Sunflower seeds

Oils Recommended for:

Cooking

Safflower oil
Sunflower oil

Dressings

Grapeseed oil
Olive oil (extra virgin)
Safflower oil
Sunflower oil

Skin Care

Avocado Oil
Olive oil (extra virgin)

Oils/Fats to Avoid

Canola oil
Palm oil
Peanut oil
Vegetable oil
Hydrogenated oils
Margarine
Shortening

Products to Avoid

Deodorants with Aluminum Chlorhydrate
Toothpastes with fluoride
Petroleum Lotions and Gels
Microwave foods