

# Healthy Foods List

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<b>Meat, Fish &amp; Eggs</b>		<b>Vegetables cont.</b>		Split peas, snap or snow peas
	Beef		Spaghetti squash	White navy beans
	Bison		Spinach	<b>Breakfast Cereals</b>
	Chicken		Sprouts	All bran cereal (unsweetened)
	Cornish game hen		Swiss chard (and other greens)	Ground flaxseeds
	Duck		Tomato	Large rolled oats (not instant)
	Eggs		Yam, sweet potato	Whole grain or 7-grain cereals
	Goose and game birds		Zucchini	<b>Grains</b>
	Game meats (elk, venison, moose, rabbit)	<b>Fruits</b>		Whole grains (i.e. barley, wheat, oats, rye, spelt, millet)
	Lamb		Apples, apricots	Whole-grain pastas
	Pork (limited amounts)		Cherries,	Wild or brown rice
	Rabbit		Cranberries	<b>Beverages</b>
	Turkey		Grapefruit, oranges	Filtered water, with lemon or lime if desired
	Protein Powder (whey, hemp)		Peaches, pears	Fresh vegetable juice, V-8
	Veal		Pineapple, mango, papaya	Herbal teas (i.e. rooibos)
	Shrimp, prawns, lobster, scallops, crab (limited amounts)		Lemons, limes	<b>Fats and Oils</b>
	Wild fish (salmon, cod, bass, haddock, halibut, mackerel, perch, Pollack, snapper, sole, tuna, trout, tilapia, summer flounder, sardines)		Berries (blackberries, blueberries, raspberries, strawberries, currants)	Cold pressed flaxseed, sunflower, pumpkin seed, sesame, hemp, extra virgin olive oil – for dressings
	Soy-tofu, tempeh, miso (organic, fermented is best)		Plums	Coconut oil, ghee-for cooking
<b>Vegetables</b>			Cranberry juice (unsweetened)	<b>Condiments and Spices</b>
	Artichoke		Grapefruit juice (unsweetened)	All herbs
	Asparagus		Watermelon, other melons	All spices
	Avocado	<b>Nuts and Seeds and Nut Butters</b>		Balsamic vinegar
	Beets, Broccoli		Almonds	Capers
	Brussels sprouts		Brazil nuts, cashews	Carob or cocoa powder
	Cabbage		Filberts (hazelnuts)	Garlic
	Carrots		Flaxseeds, pumpkin seeds	Mayonnaise (unsweetened)
	Cauliflower		Pecans, pine nuts, peanuts	Organic apple cider vinegar
	Celery, corn		Sesame seeds, hemp seeds	Real flavour extracts
	Green beans		Sunflower seeds	Sea salt
	Cucumber		Walnuts, macadamia nuts	Unsweetened Dijon mustard
	Eggplant	<b>Breads and Crackers</b>		Unsweetened salsa
	Garlic (scallions, shallots, onions and leeks)		Whole grain wheat, rye and pumpernickel or rice	<b>Dairy</b>
	Lettuces		Whole grain sprouted (Country Way, Silver Hills, Ezekiel)	Medium fat cheeses (i.e. not skim, low fat or full fat)
	Mushrooms	<b>Beans and Legumes</b>		Milk, unflavoured yogurt and kefir (in moderation)
	Parsnips, potato		Black beans, black-eyed peas	Butter
	Peppers		Chick peas	<b>Sweeteners</b>
	Radishes		Lentils, kidney beans	Stevia
	Rutabaga, turnip		Pinto, Romano beans	Xylitol