

# S Type Foods

[www.begin-within-natural-skincare.com](http://www.begin-within-natural-skincare.com)

## Vegetables

**Beets**  
**Broccoli**  
**Brussels sprouts**  
**Cabbage**  
**Chard**  
**Cucumber**  
**Eggplant**  
**Garlic**  
**Jicama**  
**Kale**  
**Leafy greens**  
**Onion**  
**Parsley**  
**Peppers**  
**Potatoes**  
**Radishes**  
**Sprouts+**  
**Squash (summer)**  
**Tomatoes**  
**Turnip**  
**Yam**  
**Zucchini**  
Carrots  
Okra  
Parsnip  
Pumpkin  
Water chestnuts  
*Artichoke*  
*Asparagus*  
*Cauliflower*  
*Celery*  
*Green beans*  
*Mushrooms+*  
*Olives*  
*Peas*  
*Spinach*  
*Winter squash*

**Bold=Ideal**  
Black=Neutral

Fruit +  
All are OK including:

**Apples**  
**Apricots**  
**Berries**  
**Berries**  
**Pears**  
**Pineapple**  
**Plums**  
Cherries  
Citrus  
Grapes (US)  
Melons  
Peaches  
Tropical

## Meat, Fish & Eggs

**Eggs (organic, omega3)**  
**Chicken breast**  
**Cornish game hen**  
**Turkey breast**  
**White fish (watch mercury)**  
*Beef*  
*Bison*  
*Lamb*  
*Poultry (dark meat)*  
*Wild game*  
*Shellfish*  
*Oily fish (watch mercury)*

## Beverages

**Purified water**  
Chamomile tea  
Green tea (organic)  
Lemon or lime water  
Pau D'arco (antifungal)  
Peppermint tea  
Roobios (antioxidant)  
Vegetable juices (fresh)  
*Almond milk*  
*Rice milk*

*Italics=Caution (eat rarely and not initially)*

## Spices, Seasonings

Organically grown herbs  
Sea salt (unrefined)  
Apple cider vinegar (organic, unpasteurized)  
*Natural tamari*

## Nuts & Seeds

**Almonds**  
**Almond butter**  
**Tahini**  
Brazil nuts  
Chestnuts  
Filberts  
Hickory nuts  
Macadamia nuts  
Nut butters  
Pecans  
Pine nuts  
Pumpkin Seeds  
Sunflower Seeds  
Walnuts  
*Cashews+*  
*Peanuts (organic)+*  
*Pistachios+*

## Fats & Oils (unrefined)

**Extra virgin olive oil**  
Flax  
Hemp  
Sesame

For cooking:

Coconut oil (butter)  
Olive  
Sesame  
*Butter*

Legumes

**Aduki beans**  
**Black-eyed peas**  
**Chick peas**  
**Fava beans**  
**Kidney beans**  
**Lima beans**  
**Mung beans**  
**Navy beans**  
**Pinto beans**  
**Snow peas**  
Black beans  
Tempeh  
Tofu+  
*Lentils*  
*Soy beans +*

Grains +\*

**Amaranth**  
**Barley**  
**Buckwheat**  
**Corn**  
**Kamut**  
**Millet**  
**Quinoa**  
**Rice (brown)**  
**Rye**  
**Spelt**  
**Triticale**  
**Whole wheat**  
Rice (basmati)  
Wild rice  
*Oats*  
*Rice (white)*

Dairy (raw, organic and lower fat) +

Cheese\*  
Cottage Cheese  
Feta\*  
Goat cheese\*  
Kefir  
Yogurt  
*Cream\**  
*Cream cheese\**  
*Sour cream\**

Supplements

**Vitamin A (Fish Oil, Lemon Grass)**  
**Vitamin C (Ascorbic Acid)**  
**Vitamin B-1 (Thiamine)**  
**Vitamin B-2 (Riboflavin)**  
**Vitamin B-3 (Niacin)**  
**Vitamin B-6 (Pyridoxine HCl)**  
**Folic acid**  
**PABA (Para-Aminobenzoic Acid)**  
**Biotin**

**Magnesium**  
**Potassium**  
**Manganese**  
**Copper Iron**  
**Chromium**  
**Vanadium**

+ avoid with dysbiosis  
\* restrict for weight loss