

The Wellness Source

Helping People Get Well and Stay Well For Life

Health Eating Made Simple

FOOD GROUP	ALLOWED	AVOID
Meat, Fish, Poultry Legumes Eggs	Chicken, Turkey, lean lamb All legumes, dried peas, and lentils Cold-water fish such as salmon, halibut, mackerel, trout, tuna	Red meat, cold cuts, frankfurter, sausage, canned meat, eggs, cholesterol-free egg substitutes
Dairy Products	Milk substitutes such as rice milk, nut milks, and soy milk Cassein-free soy yogurt	Milk, cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers
Starch	White or sweet potato, arrowroot, rice, tapioca, buckwheat, millet, gluten-free products	All gluten-containing products, including pasta All corn and corn-containing products
Bread/Cereal	Any made from rice, quinoa, amaranth, buckwheat, millet, soy, potato flour, tapioca, arrowroot, or gluten-free, flour-based products	All made from wheat, oat, spelt, kamut, rye, barley, or gluten-containing grains
Vegetables	All Vegetables, preferably fresh, frozen, or <u>freshly juiced</u>	All vegetables creamed or made with prohibited ingredients
Fruits	Whole fruits only	Fruit drinks, ades, cocktails, citrus, strawberries, and dried fruits preserved with sulfites
Soup	Clear, vegetable-based broth; homemade vegetarian, chicken, or turkey soup; chili made with ground chicken or turkey	Canned or creamed soup Any with glutenous flours or grains
Beverages	Freshly prepared or unsweetened fruit or vegetable juice, pure water, non-citrus herbal tea	Milk, dairy-based products, coffee, tea, cocoa, alcoholic beverages, soda pop, sweetened beverages, citrus drinks
Fats/Oils	Cold, expeller pressed, unrefined, light-shielded canola, flax, olive, pumpkin, sesame, and walnut oil; salad dressing made from allowed ingredients	Margarine, shortening, butter, refined oils, salad dressing, and oil spreads
Nut/Seeds	Almond, Cashews, flaxseeds, pecans, pumpkin, sesame, squash seeds, sunflower seeds, walnuts, hazelnuts/filberts, nut/seed butters, made with allowed ingredients	Peanuts, pistachios, peanut butter, macadamia nuts
Sweeteners	Brown rice syrup, fruit sweeteners, honey	Brown Sugar, ,molasses, maple syrup, corn syrup, fructose
Condiments	Salt-free herbs and seasonings such as basil, bay, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, balsamic or rice vinegar, savory, tarragon	Salt, soy sauce, mayonnaise, ketchup