

# Recommended Foods

My Recommended lists to eat. The chart of Nuts and their benefits is also included.

## Vegetables

bell pepper, fingerling potatoes, onion, radishes, tomatoes

acorn squash, carrots, pumpkin

spaghetti squash, yellow squash

arugula, artichoke, asparagus, avocado, bell pepper, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery,

chili pepper, collard greens, cucumber, escarole, fennel, garlic, kale, kohlrabi, leaf lettuce, leek, mustard greens, okra, onion

(white or green), parsnip, romaine lettuce, rutabaga, seaweed, shallots, spinach, tomatillo, turnip greens, watercress, zucchini

(green summer squash)

beets, cabbage), eggplant, fingerling potatoes, radicchio

cremini, portabella and shiitake mushrooms

## Fruits

cherries, guava, pomegranate, raspberries, strawberries, watermelon

apricots, grapefruit, mango, nectarine, orange, papaya, peach, tangerine

lemon, durian (although very stinky), star fruit

kiwi, lime, dragon fruit (white), lychee (white)

blueberries, acai berries, blackberries, fig (not dried), plums, pluots

## Fish

Wild Salmon that is truly wild caught

Small fish (smaller means fewer possible toxins) wild caught

Shrimp, oysters, clams, mussels, scallops

## Meat

Pasture-raised beef, lamb, or pork

Venison

Elk

Bison

Organ meat from the above animals (nutrient dense)

## Meat Recommended in Moderation

Recommended in Moderation (if nitrite free and pasture-raised)

Bacon

Ham

Sausage

Salami

## Poultry and Eggs

Pasture-raised chicken, turkey, and duck

Eggs from pasture raised chickens, turkeys, and ducks

# Recommended Foods

## Dairy

- Whole milk from pasture-raised cows or goats (goat milk is less inflammatory for those with intolerance or allergy to milk)
- Butter from pasture-raised cows or goats
- Ghee
- Cheese from pasture-raised cows or goats
- Yogurt from pasture-raised cows or goats with NO added sugar
- Kefir from pasture-raised cows or goats

## Fats and Oils

- Extra Virgin Olive Oil (do not cook at high temperature)
- Ghee, great for cooking (high smoke point)
- Lard or tallow if from pasture-raised animal
- Butter from pasture-raised cows or goats
- Coconut oil

## Legumes

- Green beans (very low in starch)
- Snow peas or green peas (very low in starch)
- Lentils
- Black beans
- Garbanzo beans
- Black-eyed peas
- Edamame (men of child-bearing age should not eat soy products, as it can lower sperm count)
- Soybean based foods like tofu or tempeh (men of child-bearing age should not eat soy products, as it can lower sperm count)
- Mung beans
- Fava beans (unless known or possible G6PD deficiency)

## Seeds

- Pumpkin seeds
- Chia seeds
- Flax seeds
- Sesame seeds

## Grains

- Rye (whole-kernel)
- Amaranth
- Millett
- Quinoa
- Wheat bran (outside covering of the seed that has increased fiber)

# Recommended Foods

## Beverages

- Water, Water, Water! - filtered if possible
- Decaffeinated fresh brewed tea, green tea is preferred (NO SUGAR)
- Caffeinated fresh brewed tea in moderation, green tea is preferred (NO SUGAR)
- Decaffeinated Coffee
- Caffeinated Coffee in moderation (only 16 oz daily)
- Wine in moderation (only 1 serving - 5 oz daily)
- Liquor in moderation (only 1 serving - 1 oz daily and do not mix with sugar filled drink)
- Coconut water (read the label and look for LOW or NO SUGAR)

## Sugars and Sweeteners

- Monk fruit
- Stevia products
- Coconut sugar
- Molasses
- Pure maple syrup
- Pure local honey

Nut	Benefits
Almonds	<ul style="list-style-type: none"> <li>Can lower bad cholesterol</li> <li>Can lower risk of cardiovascular disease</li> <li>Contain cancer fighting antioxidants</li> <li>Can increase growth of beneficial bacteria in the intestines</li> <li>Contain Vitamin E, magnesium, and ~3.5 grams of fiber per handful</li> </ul>
Pistachios	<ul style="list-style-type: none"> <li>Can improve arterial function and blood flow</li> <li>May help reduce the rise in blood sugar after a meal</li> <li>Contain ~3 grams of fiber per handful</li> </ul>
Walnuts	<ul style="list-style-type: none"> <li>Can lower bad and total and raise good cholesterol</li> <li>Can lower risk of cardiovascular disease</li> <li>Can reduce inflammation improving multiple chronic diseases</li> <li>Can improve arterial function and blood flow</li> <li>Contain magnesium, and ~2 grams of fiber per handful</li> </ul>
Cashews	<ul style="list-style-type: none"> <li>Can improve metabolic syndrome (decrease bad cholesterol or lower blood pressure)</li> <li>Contain magnesium, and ~1 gram of fiber per handful</li> </ul>
Pecans	<ul style="list-style-type: none"> <li>Can lower bad cholesterol and triglyceride levels</li> <li>Contain cancer fighting antioxidants</li> <li>Contain manganese and copper and ~ 2.5 grams of fiber per handful</li> </ul>
Macadamia nuts	<ul style="list-style-type: none"> <li>Can lower bad and total cholesterol</li> <li>Can lower risk of cardiovascular disease</li> <li>Can reduce inflammation improving multiple chronic diseases</li> <li>Contain cancer fighting antioxidants</li> <li>Contain ~2.5 grams of fiber per handful</li> </ul>
Brazil nuts	<ul style="list-style-type: none"> <li>Can lower bad cholesterol</li> <li>Can lower risk of cardiovascular disease</li> <li>Can reduce inflammation improving multiple chronic diseases</li> <li>Contain cancer fighting antioxidants</li> <li>Contain high levels of selenium (aids in digestion, metabolism, thyroid function)</li> <li>Contain magnesium, and ~2 grams of fiber per handful</li> </ul>
Hazelnuts	<ul style="list-style-type: none"> <li>Can lower bad and total cholesterol, as well as triglycerides</li> <li>Can reduce inflammation improving multiple chronic diseases</li> <li>Contain cancer fighting antioxidants</li> <li>Can improve arterial function and blood flow</li> <li>Contain Vitamin E, magnesium, and ~3.5 grams of fiber per handful</li> </ul>