

EAT REAL FOOD

Balance the fats, proteins, vegetables and fruits in your diet based on your unique nutritional needs.

HEALTHY FATS

OLIVE

Extra Virgin Olive Oil
Olives

COCONUT

Extra Virgin Coconut Oil
Coconut Milk
Unsweetened Coconut

AVOCADO

Avocados
Cold Pressed Avocado Oil

RAW NUTS & SEEDS AND

NUT/SEED BUTTERS

Chia/Salba, Flax, Hemp
Pumpkin, Sesame, Coconut,
Sunflower, Almonds, Brazil,
Cashews, Filberts, Hazelnuts,
Macadamia, Pecans, Pinenuts,
Pistachios, Walnut

FISH

Highest quality fish oil
Wild caught fatty fish

ORGANIC FULL FAT DAIRY

PROCURTS

(non-homogenized)

Saugeen Yogurt
Pinehedge Yogurt/Kefir
Ewenity Sheep Yogurt
Raw Milk Cheese
Organic Butter
Organic Grassfed Ghee

ORGANIC PASTURED ANIMAL FOODS

Organic Egg Yolks
Chicken/Goose/Duck
Pastured Beef & Pork
Organic Organ Meats

PROTEIN

LEGUMES

Lentils, Dried Beans, Chickpeas

WILD CAUGHT

OCEAN FISH AND

SHELLFISH

Avoid Farmed Fish

See www.edf.org for best choices

Herring, Sardines,
Mackerel, Anchovies
Wild Caught Salmon
Haddock, Halibut, Cod
Oysters, Clams, Shrimp, Crab,
Lobster, Fish Eggs

QUALITY MEAT

Drug/Hormone/Antibiotic Free

Naturally Raised, Organic

Free Range/Grass Fed/Pastured

Chicken, Turkey
Duck, Goose
Cornish Hen
Pheasant, Quail
Beef, Lamb, Veal
Goat, Rabbit, Pork
Buffalo, Bison
Elk, Venison
Wild game
Liver and Heart

ORGANIC EGGS

RAW MILK CHEESE

GOAT AND SHEEP CHEESE

FULL FAT YOGURT & KEFIR

Organic Non-Homogenized Live Culture

Pinehedge Yogurt or Kefir
Saugeen Yogurt
Ewenity Sheep Yogurt
Full Fat Goat Yogurt

LOW GLYCEMIC VEGETABLES

Arugula, Cilantro
Dandelion greens, Lettuce
Endive, Frisee, Chives, Mache,
Purslane, Snow Peas,
Mesculen, Fresh Herbs
Spinach, Watercress
Asparagus, Celery, Chard
Cucumber, Fennel,
Mushrooms, Radicchio
Garlic, Leek, Onions, Scallions,
Shallot

MINERALIZING

Celery, String Beans, Summer
squash, Zucchini
Cauliflower, Parsley
Dandelion Greens
Cooked Leafy Greens
Sea Vegetables

CABBAGE FAMILY

Mustard greens, Cabbage,
Cauliflower, Radish
Chard, Kale, Collards
Broccoli, Bok Choy
Brussels sprouts

NIGHTSHADES

Can aggravate arthritis

Tomatoes, Peppers, Eggplant,
Paprika, Cayenne
(potatoes are starchy nightshade)

HIGH OXALATES

Can aggravate some acidic types

Swiss Chard, Spinach
Beet Greens, Rhubarb
Gooseberries, Chocolate

CARBOHYDRATES

MODERATE TO HIGH GLYCEMIC VEGETABLES

MEDIUM GLYCEMIC
Artichoke, Beets, Carrot
Burdock root, Celeriac, Jicama,
Kohlrabi, Okra, Parsnip, Peas,
Pumpkin Rutabagas, Turnip,
Spaghetti Squash

HIGH GLYCEMIC

Jerusalem Artichoke
Parsnip, Potatoes, Yam Winter
Squash
Sweet Potatoes

MODERATE TO HIGH GLYCEMIC FRUIT

HIGH ORAC BERRIES

MOD-LOW GLYCEMIC

In season local/organic

Out of season dried or frozen

Blueberry, Cherry, Raspberry,
Strawberry, Blackberry, Gogi,
Elderberry, Black Currant
Pomegranate, Saskatoon, etc

MODERATELY HIGH

GLYCEMIC FRUIT

Apples, Pears, Nectarine, Peach

ACIDIC FRUIT

Can aggravate some acidic types

Apricots, Plum, Citrus,
Cranberry, Pineapple, Kiwi,
Gooseberry

HIGH GLYCEMIC FRUITS

Banana, Date, Fig, Melon,
Mango, Organic Grapes
Dried Unsulfured Fruit

MODERATE TO HIGH GLYCEMIC FOODS

LEGUMES

Lentils, Adzuki
Black, Navy, Pinto
Chickpeas etc

NON-GLUTEN GRAINS

Millet, Quinoa, Buckwheat,
Brown Rice, Wild Rice
Amaranth, Teff

GLUTEN GRAINS

Barley, Oats, Rye
Kamut, Spelt, Triticale

BREADS

Best breads are sourdough
Dimpflmeier 100% Rye
Little Stream Spelt/Rye
Little Stream Spelt
Little Stream Kamut
Little Stream Quinoa
Little Stream Buckwheat
Little Stream Brown Rice
Sprouted Grain Breads

CRACKERS

Mary's Crackers
Wasa, Ryvita, Finncrisp

EAT REAL FOOD: CHOOSE LOCAL, SEASONAL, ORGANIC FOODS AND GRASS FED