

# Recommended Foods for the Nutritional Balancing Program

TABLE 2.3

		BEST FOODS	GOOD FOODS	OCCASIONAL	BEST AVOIDED
VEGETABLES	ROOT	<ul style="list-style-type: none"> <li>• Beets (<i>golden</i>)</li> <li>• Carrots</li> <li>• Celery root</li> <li>• Garlic</li> <li>• Onions</li> <li>• Parsnips</li> <li>• Rutabagas</li> <li>• Sweet potatoes</li> <li>• Turnips</li> <li>• Yams</li> <li>• 10-12 oz. of carrot juice or 1-2 oz wheatgrass</li> </ul>	<ul style="list-style-type: none"> <li>• Red beets</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• All peppers</li> <li>• Eggplant</li> <li>• Potatoes</li> <li>• Tomatoes</li> </ul> <p>* <i>Nightshade vegetables like these can increase inflammation and arthritic tendencies.</i></p>	
	CRUCIFEROUS	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Cabbage (<i>red/green</i>)</li> <li>• Brussels sprouts</li> <li>• Cauliflower</li> </ul>			
	LEAFY	<ul style="list-style-type: none"> <li>• Bok choy</li> <li>• Swiss chard</li> <li>• Kale</li> <li>• Spinach</li> <li>• Collard</li> <li>• Mustard</li> <li>• Beet greens</li> </ul>		<ul style="list-style-type: none"> <li>• Lettuce</li> </ul>	
	SQUASH		<ul style="list-style-type: none"> <li>• Summer squash</li> </ul>	<ul style="list-style-type: none"> <li>• Winter squashes (<i>Acorn &amp; butternut</i>)</li> <li>• Spaghetti squash</li> </ul>	
PROTEINS		<ul style="list-style-type: none"> <li>• Free range, organic eggs</li> <li>• Lamb</li> <li>• Chicken or turkey</li> <li>• Wild game</li> <li>• Sardines</li> <li>• Almond butter or Almonds</li> <li>• Organic pistachio nuts (<a href="http://bragafarms.com">bragafarms.com</a>)</li> </ul>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• All other nuts and seed butters,</li> <li>• Salmon-one time a month</li> <li>• Standard eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Peanut butter and peanuts</li> <li>• Soy products</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Ham</li> <li>• Large fish</li> <li>• Pork</li> <li>• Processed cheese</li> <li>• Processed meats</li> <li>• Sausage</li> <li>• Shark</li> <li>• Swordfish</li> <li>• Tile fish</li> <li>• Tuna</li> </ul>
SPICES		<ul style="list-style-type: none"> <li>• Indian spices</li> <li>• Kelp</li> <li>• Hawaiian jade sea salt</li> <li>• Mustard</li> </ul>	<ul style="list-style-type: none"> <li>• Other mild spices</li> </ul>	<ul style="list-style-type: none"> <li>• Sea vegetables, other than kelp</li> </ul>	<ul style="list-style-type: none"> <li>• Table salt</li> <li>• All very hot spices</li> </ul>

		BEST FOODS	GOOD FOODS	OCCASIONAL	BEST AVOIDED
CARBOHYDRATES	COMPLEX	<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Organic blue and yellow corn chips and tortillas</li> <li>• Quinoa</li> <li>• Green lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Lentils &amp; other dried beans</li> <li>• White rice</li> <li>• Basmati</li> <li>• Yellow corn</li> <li>• Barley</li> <li>• Rye</li> <li>• Oats</li> </ul>	<ul style="list-style-type: none"> <li>• Tofu &amp; tempeh</li> </ul>	<ul style="list-style-type: none"> <li>• <i>All wheat products, including, white flours, whole wheat products, and organic whole wheat products.</i></li> <li>• <i>Many people are also sensitive to spelt products as well.</i></li> <li>• Red potatoes</li> <li>• Soy</li> <li>• White potatoes</li> </ul>
	SIMPLE FRUIT & SWEETENERS	<ul style="list-style-type: none"> <li>• Botija olives, dried</li> </ul>		<ul style="list-style-type: none"> <li>• Raw uncooked honey</li> <li>• 100 Percent natural maple syrup</li> <li>• Agave nectar</li> <li>• Fruit</li> <li>• Mannitol</li> <li>• Sorbitol</li> <li>• Xylitol</li> <li>• Stevia</li> </ul>	<ul style="list-style-type: none"> <li>• Cakes</li> <li>• Candy</li> <li>• Canned foods with sugar</li> <li>• Chocolate</li> <li>• Cookies</li> <li>• Protein bars</li> <li>• Ice cream</li> <li>• Sugared cereals</li> <li>• White flour</li> <li>• White sugar</li> <li>• All fruit juices</li> <li>• All preservatives, additives, chemicals and artificial sweeteners, fillers</li> <li>• Aspartame</li> <li>• Equal</li> <li>• NutraSweet</li> <li>• Saccharine</li> <li>• Splenda</li> </ul>
FATS & OILS		<ul style="list-style-type: none"> <li>• Butter</li> <li>• Egg yolk</li> <li>• Chicken, turkey, beef or lamb fat.</li> <li>• Sardines or occasional salmon</li> <li>• Toasted almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Olive oil</li> <li>• Other nut &amp; seed butters</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut oil</li> <li>• Canola</li> <li>• Corn oil</li> <li>• Peanut</li> <li>• Safflower</li> <li>• Sesame</li> <li>• Sunflower</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrogenated oils</li> <li>• Margarine</li> <li>• Trans-fats</li> <li>• Commercial peanut butter</li> <li>• Lard</li> </ul>
BEVERAGES		<ul style="list-style-type: none"> <li>• Spring water</li> <li>• Mild herbal teas</li> <li>• Raw goat or cow milk (see below regarding dairy)</li> <li>• Distilled water-for three months only</li> </ul>	<ul style="list-style-type: none"> <li>• Treated water</li> <li>• Sparkling Spring water,</li> <li>• Black, green and white teas</li> <li>• Carbon filtered water</li> </ul>	<ul style="list-style-type: none"> <li>• Organic wine –once a week, but not highly recommended</li> <li>• Sanka or other grain beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Artificially sweetened iced teas</li> <li>• Fruit juices</li> <li>• Low calorie drink mixes</li> <li>• Soda and soft drinks</li> <li>• Reverse osmosis</li> <li>• Alkaline water</li> <li>• Unfiltered tap water</li> </ul>
DAIRY		<ul style="list-style-type: none"> <li>• Organic or preferably raw certified cow or goat products, such as milk, plain yogurt, kefir and cheese</li> </ul>		<ul style="list-style-type: none"> <li>• Regular dairy products</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate milk</li> <li>• Processed cheese</li> </ul>