



Dietary Guidelines

What To Include:

Fresh vegetables and fruit, cereals and grains high protein foods, raw nuts and seeds.

FRESH VEGETABLES:

All fresh vegetables acceptable such as asparagus, beans, beets, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumber, dandelion greens, eggplant, endive, garlic, kale, legumes, lettuce (romaine, green and red leaf, butter, beet greens), mustard greens, okra, onions, parsley, peas, peppers (red, green, yellow), potatoes (white and sweet), radish, spinach, squash, tomatoes, turnip greens, zucchini. Limit intake of high carbohydrate vegetables and legumes such as lima beans, corn, lentils, parsnip, potatoes, peas, yams.

FRESH FRUITS:

apples, apricots, banana, berries (black, straw, blue, rasp.), cherries, mango, nectarine, oranges, papaya, peaches, pears, pineapples, plums.

CEREALS AND GRAINS:

barley, bran, corn, millet, oats, quinoa, rice (brown and white), wheat

HIGH PROTEINS:

chicken, duck, egg, fish, lamb, shellfish, turkey, veal, wild game.

NUTS AND SEEDS:

almonds, brazil nuts, filberts, pecans, pumpkin seeds, sunflower seeds. OILS: almond, apricot, corn, linseed, olive, safflower, sesame, soy, sunflower.

BEVERAGES:

water, freshly prepared vegetable juices and sparkling water. Limit coffee, tea, and diet soda due to poor nutritional content and possible mold.

VITAMINS AND MINERALS:

vitamins and minerals must be "yeast free" and "sugar free".

What To Avoid:

All types of cheese, sugars and sugar-containing foods, vinegar and yeast-containing foods, dried fruit, fermented and malted products, foods containing molds.

ALL CHEESES:

Including buttermilk, cottage cheese, sour cream.

SUGARS AND SWEETENERS:

Sugars - beet, brown, cane, fruit, table (white) and turbinado sugar. Sweeteners - honey, maple syrup, molasses, corn syrup, corn sweetener, fructose, galactose, glucose, lactose, maltose, sucrose.

SUGAR-CONTAINING FOODS:

ice cream, jellies, koolaid, pastries, pies, preserves, boxed cereals, candies, canned fruits, cakes, cookies.

VINEGAR-CONTAINING FOODS:

includes most condiments and sauces, olives, pickles, sauerkraut, mince pie. Condiments - catsup, mayonnaise, salad dressings.

YEAST-CONTAINING FOODS:

bread, pastry, and crackers.

DRIED FRUITS:

raisins, dates, apricots - all are very concentrated sugar and contain molds.

FERMENTED AND MALTED PRODUCTS:

malted milk, soy sauce.

FOODS CONTAINING MOLDS:

mushrooms

NUTS:

pistachios

LEGUMES:

peanuts and peanut products (usually contain molds)

DRINKS:

fruit drinks and fruit juices (canned, fresh, bottled or frozen) including apple, grape, orange, pineapple, soda pop, alcoholic beverages.