

Optimal Food Choices

Best Protein:

Organic, Hormone-Free, Free-Range/Wild Caught

Bison	Chicken
Cod	Eggs
Halibut	Lamb
Ostrich	Pork tenderloin
Salmon	Sardines
Scallops	Shrimp
Turkey	Fresh Tuna

Best Veggies:

Fresh, Raw, Steamed, Juiced or Roasted

Arugula	Asparagus
Avocado	Bamboo shoots
Beet greens	Bell peppers
Bok choy	Broccoli
Brussels sprouts	Cabbage
Cauliflower	Celery
Collard greens	Cucumber
Green beans	Jicama
Kale	Lettuce
Mustard greens	Onions
Snap peas	Snow peas
Spinach	Squash
Swiss chard	

Best Beans:

Black beans	Chick peas
Kidney beans	Lentils
Lima beans	Mung beans
Pinto beans	White beans
Yellow beans	

Best Fruits:

Apples	Blackberries
Blueberries	Boysenberries
Cherries	Cranberries
Pears	Plums
Pomegranates	Raspberries
Strawberries	

Best Gluten-Free Grains or Flour:

Amaranth	Millet
Rice (Brown, Wild or Basmati)	Quinoa
	Buckwheat

Best Nuts and Seeds:

Unsalted, Raw, Dry Roasted or Butter

Almonds	Hazelnuts
Pecans	Pistachios
Sesame	Walnuts

Best Condiments:

Use Oils that are Cold Expeller Pressed and Non-Hydrogenated

Assorted olives	Ghee - clarified butter
Capers	Coconut oil
Extra virgin olive oil	Fresh herbs and spices
Grapeseed oil	Grated horseradish
Roasted red peppers	Sea salt
Sesame oil	Stone ground mustard

Best Sweeteners:

Stevia	Truvia®	Xylitol
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Snack Suggestions:

1 small apple (sliced) and 1 tbs. nut butter
Hard boiled egg
Cucumber slices with lemon juice or salsa
1 tbs. nut butter on a celery stick
10-15 unsalted cashews, almonds, or pecans
¼ cup hummus on a celery stick or ½ red pepper sliced
¼ cup walnuts and ½ cup strawberries
4 – 8 rice crackers w/3 tbs. hummus
½ avocado, ½ tomato sliced, sprinkle of sea salt and drizzle of olive oil
1 piece of fruit and 10 to 12 raw nuts
1 ounce of meat
½ cup 2% cottage cheese with ½ cup fruit
Whey protein shake (low carb, low fat) *See Protein Shake Recipes
Small can albacore tuna with 1 small jar baby food (fruit or veggie)

Foods to Avoid:

Read labels

Alcohol	Processed/packaged	Artificial Sweeteners:
Caffeine	foods	Sucralose
Chocolate	Soda & soft drinks	Maltodextrin
Dairy (if allergic)	Soy, tofu & tempeh	Saccharin
Fast foods and fried	Sugar (white or brown	Aspartame
Foods	refined)	Sweet' n'Low
Gluten (wheat,rye,bar-	Dextrose	Splenda
ley, spelt,kamut,oats)	Fructose	Equal
Hydrogenated oils	Honey	
Margarine	Maple syrup	
Peanuts	High fructose corn	
Peanut butter	syrup	

Additional Resources and Links:

www.organicglutenfreeclub.com –for gluten-free items

www.grasslandbeef.com – US Wellness Meats

www.csaceliacs.org/gluten_grains.php - for a complete list of gluten-free grains