

Healthy Eating Made Simple

NON-PROCESSED WHOLE FOODS LIST

Making better choices and cultivating a healthier lifestyle involves opting for whole, unprocessed foods to provide your body with essential nutrients that promote health, wellness, and longevity.

Do your best, it's not all or nothing, but avoiding processed foods that contain excess sugars, additives, preservatives, pesticides, herbicides, fungicides, GMOs, nitrates, artificial flavors, colors, and smells will reduce your risk of negative health outcomes, including cancer.

Enjoy fresh fruits and veggies. With your legumes, nuts, and seeds soak before you eat, sprout if you can. Make homemade sauces and dressings with herbs from your pantry. Eat whole grains that aid in digestion and assimilation. Animal proteins should be grass-fed and humanely treated. Delight in unrefined and cold-pressed nutrient rich oils. **ENJOY.... Eat to Live, Not Live to Eat!**

Fruits Apples Apricots Avocados Bananas Berries (all) Cacao (chocolate) Cherries Grapefruit/Lemon/Lime Grapes Kiwi Mango Melons Nectarines Oranges/Tangerines Papaya Peaches Pears Persimmons Pineapples Plums Pomegranates Prunes Watermelon Unrefined Cold Pressed Oils Almond Avocado Butter Coconut Flaxseed Ghee Hempseed Olive Sesame Walnut	Vegetables Artichokes Arugula Asparagus Beets Broccoli Brussel sprouts Cabbage Carrots Cauliflower Cucumbers Egg plant Fennel Garlic Ginger Green beans Kale Leeks Mushrooms Okra Onions Peas Peppers (all) Potatoes Pumpkin Radishes Romaine lettuce Spinach Squash (all) Sweet potato/yam Swiss chard Tomatoes Watercress Sauces & Dressings Coconut aminos Homemade recipe	Legumes Adzuki Black Black-eyed pea Cannellini Garbanzo Great northern Kidney/red Lentils Mung Navy Peas Pinto Whole Grains Barley Brown rice Couscous Einkorn Farro Millet Oats Rye Sorghum Spelt Wheat berries Milk Products Almond milk Coconut milk/water Hemp milk Rice milk Animal milk, yogurt, Kefir & cheese (raw is best, then non- pasteurized, then organic)	Animal Proteins Beef Bison Chicken Eggs Fish Game meats Lamb Pork/bacon (free of sugar & nitrites) Turkey Nuts Almonds Brazil Cashews Hazelnuts Macadamia Peanuts Pecans Pistachios Walnuts Sugars Agave nectar Coconut sugar Dates Fruit (fresh/frozen) Honey Maple syrup Molasses Monk Erythritol Stevia (SweetLeaf) /rebaudioside Xylitol Yacon Seeds Amaranth Buckwheat Chia Flax Hemp Pumpkin Poppy Sesame Sunflower Quinoa
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