

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!**

<p>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</p> <p>Unrefined Cold Pressed Oils Almond Avocado Butter Coconut Flaxseed Ghee Hempseed Olive Sesame Walnut</p>	<p>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</p> <p>Sauces & Dressings Coconut aminos Homemade recipe</p>	<p>Legumes Adzuki Black Black-eyed pea Cannellini Garbanzo Great northern Kidney/red Lentils Mung Navy Peas Pinto</p> <p>Whole Grains Barley Brown rice Couscous Einkorn Farro Millet Oats Rye Sorghum Spelt Wheat berries</p> <p>Milk Products Almond milk Coconut milk/water Hemp milk Rice milk Animal milk, yogurt, Kefir & cheese (raw is best, then non-pasteurized, then organic)</p>	<p>Animal Proteins Beef Bison Chicken Eggs Fish Game meats Lamb Pork/bacon (free of sugar & nitrites) Turkey</p> <table border="0"> <tr> <td>Nuts</td> <td>Seeds</td> </tr> <tr> <td>Almonds</td> <td>Amaranth</td> </tr> <tr> <td>Brazil</td> <td>Buckwheat</td> </tr> <tr> <td>Cashews</td> <td>Chia</td> </tr> <tr> <td>Hazelnuts</td> <td>Flax</td> </tr> <tr> <td>Macadamia</td> <td>Hemp</td> </tr> <tr> <td>Peanuts</td> <td>Pumpkin</td> </tr> <tr> <td>Pecans</td> <td>Poppy</td> </tr> <tr> <td>Pistachios</td> <td>Sesame</td> </tr> <tr> <td>Walnuts</td> <td>Sunflower</td> </tr> <tr> <td></td> <td>Quinoa</td> </tr> </table> <p>Sugars Agave nectar Coconut sugar Dates Fruit (fresh/frozen) Honey Maple syrup Molasses Monk Erythritol Stevia (SweetLeaf) /rebaudioside Xylitol Yacon</p>	Nuts	Seeds	Almonds	Amaranth	Brazil	Buckwheat	Cashews	Chia	Hazelnuts	Flax	Macadamia	Hemp	Peanuts	Pumpkin	Pecans	Poppy	Pistachios	Sesame	Walnuts	Sunflower		Quinoa
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Top Processed


FOODS TO AVOID



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<p>Fruits</p> <ul style="list-style-type: none"> → NO canned, boxed, bagged prepacked, and/or sugar added fruits <p>Vegetables</p> <ul style="list-style-type: none"> → Corn → Soy (<i>only organic & fermented</i>) <p>Nut/Butter</p> <ul style="list-style-type: none"> → Peanuts/butter (<i>only organic unsweetened</i>) <p>Sauces & Dressings</p> <ul style="list-style-type: none"> → Added sugar; ketchup, BBQ sauce, honey mustard, coffee creamer, etc. → Bottled salad dressings → Soy sauce (<i>use coconut aminos</i>) <p>Dairy</p> <ul style="list-style-type: none"> → Condensed milk → Flavored yogurts → Milk → Processed cheeses 	<p>Beverages</p> <ul style="list-style-type: none"> → All alcohol <p>NO SWEETENED:</p> <ul style="list-style-type: none"> → Coffee drinks → Juice → Milks → Protein powder → Smoothies → Soda → Sport drinks → Waters <p>Refined Foods & Carbohydrates</p> <ul style="list-style-type: none"> → Bagels → Bread → Breadsticks → Brownies → Cake → Candy → Cereal/Granola → Chips → Chocolate → Cookies → Couscous → Crackers → Croissants → Cupcakes → Muffins → Oats - flavored → Pasta → Pastries → Pita → Pizza → Popcorns → Rolls → Tortillas → Tortilla chips 	<p>Artificial Sugar Substitutes</p> <ul style="list-style-type: none"> → Acesulfame potassium: Sweet One, Sunett → Advantame → Aspartame: NutraSweet, Equal → Neotame: Newtame → Purified stevia: Truvia, PureVia, SweetLeaf, Sun Crystals, Steviva → Saccharin: Sweet'N Low, Sweet/Sugar Twin → Sucralose: Splenda <p>Hydrogenated & (PHO) Partially Hydrogenated Oils</p> <ul style="list-style-type: none"> → Canola (rapeseed) → Corn → Cottonseed → Crisco/shortening → Grapeseed → High-stearate/oleic acid → Margarine/butter spread → Palm → Peanut → Rice Bran → Soybean → Safflower → Sunflower → Vegetable <p>Fast or Fried Food</p> <ul style="list-style-type: none"> → Processed Meats → Deli, Bacon, Sausage 	<p>30+ Processed Sugars Names</p> <ul style="list-style-type: none"> → Barley malt → Beet sugar & syrup → Brown rice syrup → Brown sugar → Cane sugar/syrup/juice → Caramel & syrup → Confectioner sugar → Corn sugar & syrup → Dextrin → Dextrose → Evaporated cane → Fructose → Fruit juice & syrup → Glucose & syrup → High-fructose corn syrup (HFCS) → Invert sugar → Malt syrup <i>any kind</i> → Maltodextrin → Muscovado sugar → Palm sugar → Panela sugar → Saccharose → Sorbitol → Sorghum syrup → Sucanat → Sucrose → Sugar <i>raw/powdered</i> → Syrup → Tapioca syrup → Treacle → Turbinado sugar <p>In addition, please scan this Hidden Toxic Chemical Cheat Sheet.</p> 
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