
Good Foods = Whole Foods

Bad Foods = Processed Foods

- Fruits (ALL)
Berries
- Vegetables* (ALL)
Broccoli, cauliflower
Cabbage
Spinach, greens
Carrots, radishes
Beans (Kidney,pinto,green)
V8, vegetable smoothies
- Nuts (ALL) (Omega 3 and 6 FA)
Walnuts, almonds
Pecans, cashews
Peanuts, pistachios
- Seeds (Omega 3 and 6 FA)
Flaxseed, Chia
Sunflower seed
Pumpkin seed
- MINIMUM unprocessed whole grains
Barley, rye, quinoa
- Meats*
- Cheese
- Eggs*
- Fish
- Butter
- Olive oil (Omega 9)
- Dairy, yogurt (plain, Greek)
- Spices
- Clean water
- Sunlight, exercise, fresh air

*Local/organic if available

- Refined foods
Cookies, cakes
Chips, pretzels
Pop tarts, Candy
Minute rice, boxed potatoes
Cereal, bagels, granola
'Organic' junk food
- White flour, white bread
- Sugar
- Fried foods
- Meat cooked at high temperatures
- Partially Hydrogenated Oils/
transfats (check labels)
- Margarine
- Processed 'flavored' yogurt
- 'Low fat' foods (high in carbs)
- Soda, diet soda
- Excess alcohol
- Extremely **low fat diets**
Increase hunger, elevate insulin
Not effective for weight loss
Increase consumption of
carbohydrates
- '**Processed' carbohydrate foods,**
not healthy fats
Raise **insulin** levels
Weight gain, belly fat
Heart disease, Diabetes
Cancer, death from cancer
Arthritis, pain, inflammation
Depression, fatigue
Elevate LDL, VLDL and TG

Low glycemic/low sugar diets prevent cancer

Check out: 'A Big Fat Lie' and 'Metabolic Syndrome'
Phil Maffetone's Two-Week Test (Link: hormonebalance.org)