

Top Ten Foods to **INCLUDE** in **OUR DIET**

- 1. Handful of Dark Green Leafy Vegetables daily** - Enjoy in Salads, Smoothies and Savories; sprinkle with tiny seeds or soaked raw nuts on top.
- 2. Fresh Fruit daily** - Add Pumpkin seeds, Sunflower seeds, Dried fruit, etc.
- 3. Crucifers Raw or Steamed – double size of fist daily** - Examples include Cabbage, Bok Choy, Broccoli, Cauliflower, Brussels Sprouts, all varieties of Kale.
- 4. Raw, Whole Nuts or Seeds - 2-4 heaping TBSP daily (soaked)** – Nuts and seeds should not be eaten alone as they are hard to digest; sprinkle them over vegetable salads, smoothies, savories, fruit salads; make into sauces or pates.
- 5. Big Bowl of Colorful Rainbow Vegetable Salad daily.**
- 6. Fermented Foods daily** – Sauerkraut, KimChi, Tempeh, Keifer, Kombucha Tea, Miso, Rejuvelac, Greek Yogurt
- 7. Tropical and Subtropical - oils 1-4 TBSP daily** - Includes Avocado, Palm, Olive, Coconut, Macadamia nut and Sesame seed oils (At least three times a week to include Coconut oil).
- 8. Legumes Sprouted or Cooked - 3-5 days per week (excludes soy and peanuts)** – Lentils, Garbanzos, Mung Beans
- 9. Sea Vegetables - 3-4 times per week** - Includes macro algae (big vegetables of the sea such as Kelp, Nori, Dulse, etc). Does not include micro algae such as Blue-green and Spirulina algae.
- 10. Grains Sprouted or Cooked – 3-4 times per week - gluten free only serving size of a fist.** – Millet, Quinoa, Barley, Basamati, Buckwheat, Rye Rice, Wild Rice