

## **GOOD FOOD / BAD FOOD**

### **CLINICAL NUTRITION DIET PROTOCOL**

**Eggs—soft scrambled in butter, soft boiled, poached Butter**

**Salt**

**Dairy**

**Fish**

**Chicken**

**Pork**

**Lamb Beef—rare/medium rare Veggies**

**Fruit**

**Mixed, Salted Nuts—no peanuts**

**Nut Butters—no extra sugar**

**Rice**

**Millet**

**Pure Buckwheat (Isn't wheat).**

**Beans**

**Couscous (made from pearl millet only).**

**Quinoa**

**Coffee, Tea, Green tea, Red wine.**

**4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles.**

**Lard!**

**20,000 ORAC points of antioxidants daily - Do a Google search for “ORAC food values” and figure out which foods to eat to get to this number.**

**Any carbohydrate (except oatmeal -see below) that is “Gluten Free” is OK.**

### **BAD FOODS:**

**Wheat**

**Barley**

**Rye**

**Oats, oatmeal - even if it says that it is Gluten Free. Fried Food**

**Corn (with the exception of [air popped] pop corn and certified organic)**

**Soy**

**Oils—cooking or salad. Yes, this includes Olive Oil!!!**

**Fried Food**

**Well done meat (rare or medium-rare is ok)**

**Deli Meat, any nitrates added to meat – tell your butcher NO NITRATES**

**Skin of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.**

**Carbonated beverages during or within one hour either side of a meal**