

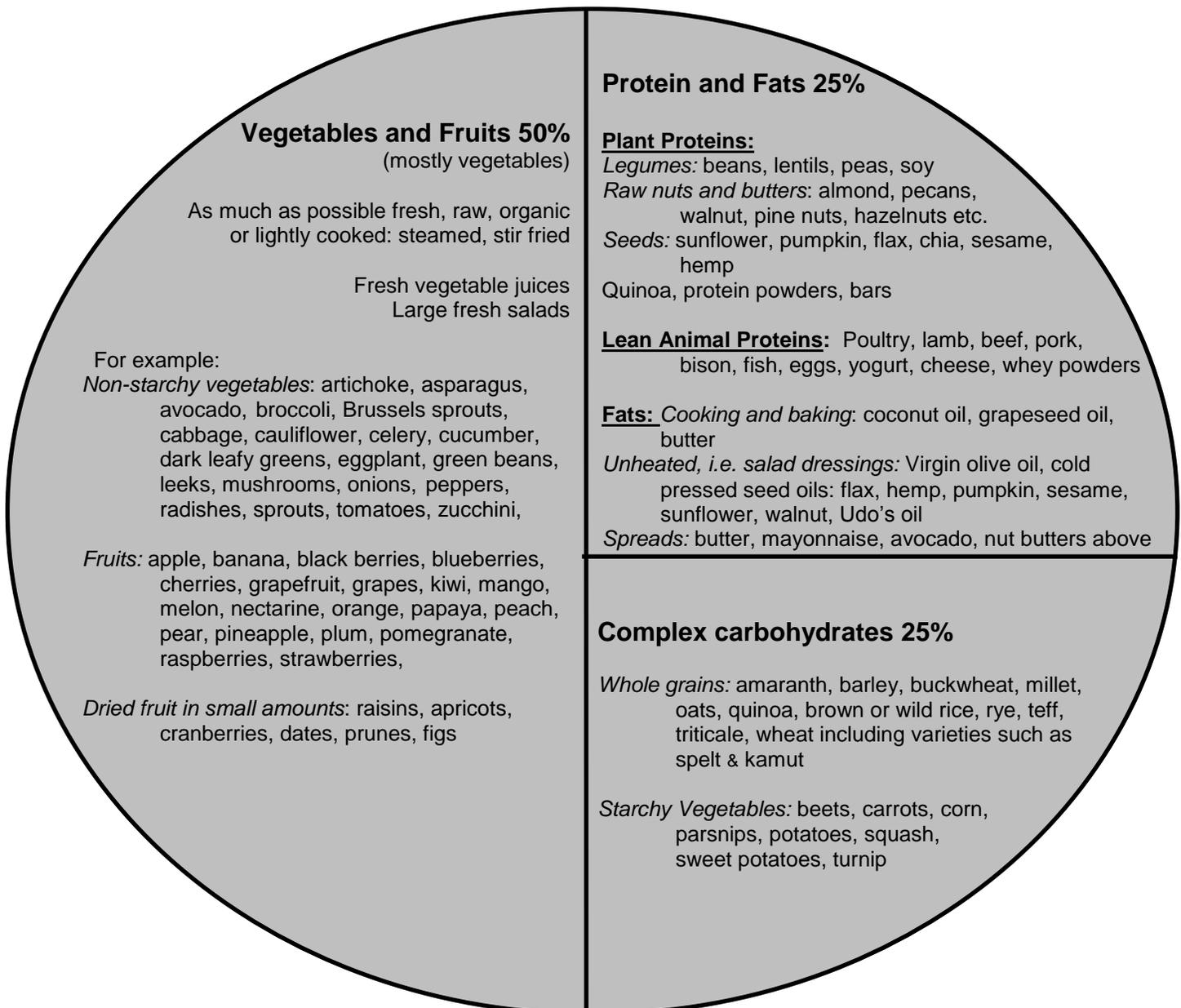


## The Whole Foods Diet

A whole foods diet is helpful for everyone as it includes the foods that our bodies were designed to grow and thrive on. Please do not consider this as a 'diet' that you try for awhile and then stop. It is a new way of eating that you should strive towards for the rest of your life. As well, this should not be an additional stress in your life. Do what you can for now and make further adjustments as you are able. Above all, love and respect your body and nourish it well.

- As much as possible, eat foods close to the way in which they come from the earth.
- Avoid processed, canned and pre-packaged foods.
- Buy as many foods organic/wild/free-range as you can afford.

Your meals and snacks should contain approximately the following ratio of nutrients:



**Beverages**

Pure filtered water: 8 glasses a day

Additional drinks: tea, green tea, herbal teas, lemon juice in water, freshly made vegetable juices

**Foods for Vitality***Vegetables*

avocado  
broccoli  
dark leafy greens  
onions  
tomatoes

*Proteins*

raw almonds  
beans  
flax & chia seeds  
turkey  
wild salmon  
yogurt, kefir

*Complex Carbohydrates*

beets  
oatmeal and oat bran  
sweet potatoes  
quinoa

*Fruit*

black or blueberries  
kiwi  
orange  
pomegranate

*Fats*

organic coconut oil  
cold pressed seed oils  
extra virgin olive oil

*Beverages*

fresh vegetable juices  
teas-black, herbal, green  
water with fresh lemon  
homemade broths

These foods are powerhouses of nutrients. They are loaded with vitamins minerals, antioxidants, good fiber and/or good fats. They have been proven to reduce the risk of diabetes, cardiovascular disease and some cancers. Choose these foods often.

**Avoid:** Coffee, white sugar, white flour products, pop, dairy products, artificial sweeteners, alcohol, margarine, shortening, MSG and additives, processed meats, peanuts, fruit juices.