

	<b>Lean Proteins</b>	<b>Vegetables</b>	<b>Fruit</b>	<b>Fats</b>	<b>Grains</b>
Best	Wild, Free-Range 3-4 ounce servings chicken, fish like haddock, tilapia, flounder	Leafy greens like romaine, red and green leaf lettuce, spinach, kale, collards, swiss chard. Aim to eat 4-5 cups a day!	Whatever is in season	Olive oil, coconut oil, Avocados	Quinoa is a good protein source.
Good	Wild salmon, eggs fermented soy like tempeh, beans	Asparagus, broccoli, cabbage, bok choy, onions, tomatoes, peppers, carrots, mushrooms, Brussels sprouts, cauliflower, celery, cucumbers, zucchini, yams	Eat 2-4 servings of fruit each day	Raw nuts like walnuts, almonds. Very calorie dense so be careful!	Whole wheat, brown rice, wild rice, oats, barley
Eat in Moderation	High mercury fish like tuna, beef (choose grass-fed if possible)	White potatoes, corn, lima beans	Dried fruit, fruit juices	Canola oil, nut butters with no added sugar	All whole grains should be eaten in moderation due to their high calorie content
Avoid	Farmed salmon, fried food, chicken fingers, commercial BBQ, Processed meats with nitrates including bacon, sausage, lunch meats			Trans fats, vegetable oils, soybean oil, corn oil, margarine, fake butter substitutes	White pasta, white rice, anything made with white flour.