

Healthy Food for Life

Decreasing Toxicity, Preventing disease, and Optimizing Health



Foods for Optimal Health

Leafy Green Vegetables *Provide antioxidants and minerals to optimize cellular function, fiber for a healthy GI tract. Great for breakfast, lunch and dinner.*

Colorful vegetables *A rainbow of color on your plate Provides antioxidants, vitamins and minerals plus aesthetic pleasure (See below the ones to buy organic only)*

Organic Free-range, grass fed meats, wild cold-water fish and eggs *Healthy protein sources help stabilize blood sugar, provide essential fatty acids and amino acids necessary for growth and metabolism.*

Fruit & Berries *Whole fruit in a variety of colors provides fiber and vitamins essential to the body. Fruit makes a great dessert with its natural sweetness. Fruit should not be juiced as this concentrates the sugar. Berries are a great source of antioxidants and help to balance blood sugar.*

Healthy fats: fish oils, coconut oil, cold pressed virgin olive oil and organic butter *Our cells need healthy fats to maintain healthy cell membranes. Clean, healthy oils improve skin, hair, cellular function and communication and help prevent disease. These also help balance blood sugar.*

Nuts and Seeds *Organic nuts and seeds provide healthy sources of fiber, fat and protein*

Gluten Free Grains: buckwheat, teff, millet, brown rice and corn *New studies show that up to 1/3 North Americans have non-celiac gluten enteropathy; an inability to digest wheat and other gluten grains appropriately leading to inflammation of the GI tract and potentially more serious disease. Grains in moderation are a good source of fiber, minerals and carbohydrates for energy.*

Legumes *Beans provide protein and carbohydrates. Dried beans are better than canned. Experiment with recipes. Beans can be really fun making great soups, dips, and curries.*



Beverages

Water *At least 1/2 your body weight in water every day helps promote cellular detoxification and optimal function. Make sure your water is from a clean, pure source. Filter if necessary and try to avoid drinking from soft plastic containers.*

Green or Red Tea *Provide anti-oxidants and help chelate some metals.*

Freshly Juiced Vegetables *Vegetables, especially greens are not as sweet as fruit, don't disrupt blood sugar as much and are a great source of minerals.*

Healthy Food for Life

Decreasing Toxicity, Preventing disease, and Optimizing Health



Therapeutic Foods

Blue Green Algae *Rich in mineral and a natural chelator*

Cilantro *A natural heavy metal chelator and the key ingredient in salsa*

Celery *Chewing on four stalks a day can help modulate blood pressure*

Greens *Juiced, raw or lightly cooked are natural chelators and rich in minerals.*

Onions and Garlic *Help prevent cancer and decrease inflammation*

Turmeric and Ginger *Decrease inflammation, strong antioxidants*



Foods To Only Buy Organic

Apples, Bell Peppers, Celery, Cherries, Grapes (imported), Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Spinach, Strawberries, Mexican cantaloupe, Apricots, Green beans, and Cucumbers
These foods are heavily sprayed with pesticides.

Meat *All meat should be free range, organic. Fat stores pesticides and hormones but if organic, grass fed can be very healthy*

Eggs *Eggs, high in good fats when organic can be high in toxins when not.*

Butter, Cheese, Milk *If you tolerate dairy, be sure to buy dairy products from organic, grass-fed sources to optimize the healthy fats and decrease the amount of PCB's, hormones and antibiotics*

Nuts *Just as above, fatty foods are a good storage site for toxins, so organic is always better.*



On a Budget - Non-organic foods that are less toxic

Asparagus, Avocados, Bananas, Broccoli, Cauliflower, Corn(sweet), Kiwi, Mangos, Onions, Papaya, Pineapples, Peas (sweet), Sweet Potato, US Grapes, Brussel sprouts, Plums and Watermelon.

Thicker skins and less pesticide use allow these to be much less toxic if conventionally grown.

HAPPY EATING!