
Good Foods = Whole Foods

Bad Foods = Processed Foods

- Fruits (ALL)
 - Berries
- Vegetables* (ALL)
 - Broccoli, cauliflower
 - Cabbage
 - Spinach, greens
 - Carrots, radishes
 - Beans (Kidney, pinto, green)
 - V8
- Nuts (Omega 3 and 6 FA)
 - Walnuts
 - Almonds
 - Pecans
 - Cashews
- Seeds (Omega 3 and 6 FA)
 - Flaxseed
 - Sunflower seed
 - Pumpkin seed
- MINIMUM unprocessed whole grains
 - Barley, rye
- Meats*
- Cheese
- Eggs*
- Fish
- Butter
- Olive oil (Omega 9)
- Dairy, yogurt (plain, Greek)
- Spices
- Clean water

*Local/organic if available

Don't forget your favorite exercises!

- Refined foods
 - Cookies, cakes
 - Chips, pretzels
 - Pop tarts, Candy
 - Minute rice
 - Cereal
 - 'Organic' junk food
- White flour, white bread
- Sugar
- Fried foods
- Meat cooked at high temperatures
- Partially Hydrogenated Oils/
Transfats (check labels)
- Margarine
- Processed 'flavored' yogurt
- 'Low fat' foods (are processed)
- Soda, diet soda
- Excess alcohol
- Extremely low fat diets
 - Increase hunger
 - Obesity
 - Increase consumption of carbohydrates
- 'Processed' carbohydrate foods
(*not* 'healthy' fats)
 - Raise **insulin** levels (storage hormone, stores carbs as fats)
 - Weight gain, belly fat
 - Heart disease, Diabetes
 - Cancer, death from cancer
 - Arthritis, pain
 - Depression, fatigue
 - ELEVATE CHOLESTEROL
 - LDL and TG