

Foods to Buy

Fresh vegetables
Fresh fruits
Berries
Shredded lettuce
Sprouts and sprouted grains
Whole grains
Beans and lentils
Pearled barley
Raw, plain nuts
Avocados
Eggs
Unprocessed meats
Salmon and fish

Fresh seafood
Hummus
Bran-a-Crisp fiber bread
Whole grain breads
WASA fiber rye bread
Whole grain cereals
Flax oil / flax meal
Unrefined coconut oil
Unsweetened soymilk
Tofu
Rice/soy protein powders
Healthy cooking oils
... and many more

Foods to Avoid

Processed peanut butter
Packaged meats
White breads and pastries
Sugary breakfast cereals
Beef jerky with MSG
Salad dressings with
MSG/sugar
Canned soups
Fried foods
Lunch snack paks
Diet soft drinks
Sugary yogurts
Homogenized milk

Margarine
Sugary granola bars
Instant breakfast grains
Candy bars and sweets
Canned fruits
"Energy" bars
Dinner mixes
Sauce mixes
Instant potatoes
Breakfast sausages
Frozen breaded fish
... and many more



YACHTER Family Chiropractic

Dedicated to keeping families healthy

This chart is provided for information purposes only and is not a substitute for medical advice, nor is it intended to diagnose, prevent or treat any disease. Always work with a qualified health professional before making changes in diet, lifestyle or medications.

