

5 Steps to Healthy Eating

Step 1 →	Step 2 →	Step 3 →	Step 4 → + +	Step 5
Candy Soft drinks – coca cola, sprite, fanta etc Diet soft drinks Coffee Jellies & Jams Syrups Popsicles Processed Honey Brown and White Sugars Chocolate commercial Commercial Baked Goods Commercial Cereals Non-Dairy Creamers Hydrogenated Fats / Oils Margarines Artificial Fats Coconut & Palm Oils Fried Snack Foods Bacon Bits Beef Processed Cheeses	Fruit Juice Popsicles Canned Fruit in Heavy Syrup Flavoured Seltzers, Teas Sorbet & Sherbet Fruit & Juice Alone Raw Sugar Sweetened Carob Decaf Tea and Coffee White Rice, Pasta & Bread Ice Cream & Whipped Cream High-Fat Cheeses Butter Mayonnaise Peanuts Roasted Seeds & Nuts Organ Meats Fried Fish & Poultry Smoked Meats & Fish Canned Meats	Frozen Juices Commercial Juices Fruit Spreads Grain Sweeteners Blackstrap Molasses Date Sugar Raw Honey Unsweetened Carob Granola / Muesli sugar free Whole Grain Muffins Plain Cereals Low-fat Cheese Whole Milk Sweetened Yoghurt Frozen Yoghurt Canola & Olive Oils Safflower & Sunflower Oils Canned Legumes Canned Vegetables Eggs Meat & Poultry Frozen & Breaded Fish	Fresh Vegetable Juice Fruit smoothies All fruit sorbets Dried Fruits Frozen Fruit Herbal Teas Whole Grain Bread, Pasta & Cereal Goat's Milk Buttermilk / Airani / Kefir Miso / tempeh Legumes No-added- fat Nuts Frozen veggies Organic Eggs Organic Meats Sardines Wild-caught Salmon	Purified Water Free-range meats / grass-fed meats / Wild Game / Organic liver Fish / Seafood / Mussels Fresh veggies Fresh vegetable juice Fruit w/skin Pulses: Lentils, peas & beans Plain Goat's/sheep's yoghurt/cheese/kefir / airani Japanese noodles: soba, udon, somen Quinoa, wild rice, buckwheat, Amaranth, Millet, Oats Raw nuts & Seeds Sprouts Superfoods (Spirulina/Chlorella/Bee pollen/ Royal Jelly/Aloe Vera/ Maca/Acai/Moringa, Ashwaganda etc.) Medicinal mushrooms (Chaga, Reishi, cordyceps, shiitaki, Lion's mane) Cottage Cheese and flax oil mix Bone broth soup (organic meats), Fish soup Seaweeds (wakame, nori, dulse, irish moss, etc EXCEPT Hijiki) Green Tea + Herbal teas Asparagus Wild Edible Plants Dark chocolate 75% + Alternative Milks (coconut, almond, rice, hazelnut, quinoa) Herbs & spices – turmeric, ginger, black cumin etc..