

Gaia Health Care List of Recommended Foods

Highly Recommended- The Foundation Foods		
<p>Meat Beef Buffalo/Bison Goat Lamb Pork Chicken Turkey Duck Goose Wild Game</p> <p>Fish Wild Salmon Sardines Herring</p> <p>Eggs Chicken, duck, etc.</p> <p>Vegetables Asparagus Bok Choy Brussels Sprouts Broccoli Beans in pod (snap, green)</p>	<p>Beets Cabbage Capsicum Carrots Cauliflower Celery Cucumber Eggplant Endives Fennel Garlic Globe Artichoke Jerusalem Artichoke Kale Kohlrabi Leek Lettuce Mushroom Onion Peas Peppers Pumpkin Shallots Squash Sweet Potato Tomato Zucchini</p>	<p>Nuts and Seeds Almonds Brazil nuts Cashews Hazelnuts Macadamias Pumpkin seeds Pine nuts Pistachios Sunflower seeds Walnuts</p> <p>Oils Coconut Macadamia, Olive</p> <p>Fruit Avocado Olives</p> <p>Beverages Water Tea (Black, Green, Herbal)</p>
Allowed in Moderation		
<p>Fruit and Berries Apples Apricots Blackberries Blueberries Cantaloupe Cherries Cranberries Elderberries Grapefruit Kiwifruit</p>	<p>Lemon Lime Lychees Mandarin Nashi Nectarines Oranges Passionfruit Peaches Pears Pineapple</p>	<p>Plums Pomegranate Raspberries Redcurrant Strawberries Tangerines</p> <p>Fish Shellfish White fish</p>

Not Recommended		
<p>Meats Commercially processed meats, such as bacon, hamburger, hot dogs, salami, sausage, wieners, etc. (organic/nitrate-free bacon and home-made hamburger patties and sausages using fresh ingredients are OK.)</p> <p>Calorie-Containing Beverages Alcohol Flavored milk Fruit juices Milk Soft drinks</p> <p>Vegetable Oils All except olive, macadamia and coconut oil</p>	<p>Fruit Banana Grape Mango</p> <p>Grains Barley Corn Kamut Millet Oats Rice Rye Spelt Triticale Wheat</p> <p>Products made from the above, including breads, bagels, donuts, pastas, breakfast cereals, pastries, etc.</p>	<p>Legumes Black-eyed beans Butter beans Fava beans Garbanzo beans Kidney beans Lentils Mung beans Navy beans Peanuts Soybeans and all soy products</p> <p>Sugar and Sweeteners Allowed only immediately after a glycogen-depleting exercise bout. Otherwise, strictly avoid all except stevia and xylitol.</p>

Allowable if Desired		
<p>Butter Cream Yogurt</p>	<p>Cottage cheese Ricotta</p>	