

BREAKTHROUGH HEALTHCARE

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GOOD FOODS LIST

It seems everyday we hear new reports of the harmful effects of certain foods. Many people ask "What's left to eat?" Here is a basic guide to healthy diet.

PROTEINS

- **MEATS:** Grass fed beef, cage free eggs, antibiotic free and hormone free cage free chicken.
- No lunch meat or cured meats with nitrites or nitrates.
- **SEAFOOD:** WILD salmon, cod, haddock, trout. NO FARM FISH
- **OTHER PROTEINS:** Tofu or Tempeh, Legumes
- **NUTS & SEEDS:** Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc., raw or dry roasted
- Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter.

*Note: Make sure you get **adequate protein** each day. If you have a question on this, buy and read the book Protein Power, by Eades and Eades. OR **FOOD BABE**

DAIRY: (PROTEIN AND FAT)

- Replace cow's milk with **coconut milk** or **almond milk**
- Fertile, free range and organic eggs
- Butter (NO MARGARINE!!) Organic and non-GMO
- Cheese (raw and/or organic)
- Yogurt without added sugar or artificial sweeteners (Stoneyfield Farm Organic or Altadena, Greek Gods) or Any Greek yogurt.

FATS

- Butter (NO MARGARINE, IT'S HYDROGENATED!)
- Fresh Flaxseed oil, lowers cholesterol
- Extra virgin olive oil, cold pressed
- Fish oils, avocado oil, coconut oil, sesame seed oil.

VEGETABLES

- Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 3-5 servings per day
- All homemade soups or frozen soups from the health food store
- AVOID starchy veggies (white potatoes, yams, and corn)
- **SALADS:** Raw vegetable salads
- Salad dressing - use any cold pressed oil with apple cider vinegar or lemon juice, try homemade **cold pressed**.
- Extra virgin olive oil and lemon juice with herbs.

CONDIMENTS

- Natural herbs and spices
- Spike, Celtic Sea Salt, Pink Himalayan salt
- Apple cider vinegar, lemon juice, or rice vinegar Mustard, low-sugar ketchup or health food store brand, low-sugar steak sauce

GRAINS (Limited quantities ONLY):

- Organic, sprouted grain bread: "Ezekiel"
- Whole grain breads/crackers
- Whole grains - brown rice, quinoa, bulgar, millet

(Organic is best!)

* Note ... read labels, read labels, read labels. In bread, find gluten free or make sure there is no high fructose corn syrup.

ORGANIC IS ALWAYS BEST NO MATTER WHAT FOOD GROUP YOU ARE BUYING

FRUITS:

- ONLY ORGANIC
- Fresh fruit or veg juices, diluted 50% with water
- NO-Non organic fruit. *soft rind fruits contain over 57 chemicals.
- Note: Only 1-2 servings per day of LESS if advised by your consultant

SWEETENERS: Not advised at all. But if you must, limit to limited amounts of the following, in consultation with your consultant

- Stevia
- Sweat n' Safe
- Raw Honey
- Pure Maple Syrup
- Fresh Fruit

BEVERAGES

- Organic, herb teas (have the doctor muscle test these)
- Roasted chicory, replacement for coffee
- Lemon water without or with powdered white stevia
- Avoid tap water, drink filtered water

DESSERTS - OCCASIONALLY

- Fresh fruit with yogurt and raw honey or fresh fruit
- Plain gelatin - add fruit
- Brown rice pudding made with raw honey or powdered stevia and rice milk.
- Sorbet made from fresh fruit, no added sugar/fructose

SNACKS/TREATS FOR KIDS (also see DESSERTS)

- Organic is always best. Crackers, cookies, and treats.
- Fruit juice sweetened treat (cookies, bars, rice ice cream)
- Fresh fruit
- Any organic ice cream WITHOUT carotene.

NOTE: IF WE HAVE GIVEN YOU SPECIFIC GUIDELINES TO FOLLOW TAILORED TO YOUR PERSONAL REPORT OF FINDINGS, THEN YOU SHOULD MAKE THE APPROPRIATE MODIFICATIONS TO THE ABOVE RECOMMENDED FOODS.

PERSONS ON ALLERGY RESTRICTED DIETS SHOULD ALSO MAKE THE APPROPRIATE MODIFICATIONS TO THE ABOVE RECOMMENDED FOODS.

***DIETARY CONSULTATIONS ARE AVAILABLE WITH OUR HIGHLY TRAINED STAFF MEMBERS FOR FURTHER EDUCATION AND RECOMMENDATIONS.