

# Pathways to Wellness

## Food List

### Bad Foods:

- Wheat (it is contained in many forms in many foods, even as a thickener and binder in foods)
- Barley
- Rye
- Oats (especially oatmeal)
- Oils, Margarine, Dressings and Mayonnaise (bottled oils especially - even olive oil)
- Fried Foods (anything fried - this step alone will add 5 to 10+ years onto your life)
- Carbonated Beverages (soda, beer, Perrier water and champagne)
- Well Done Red Meat (charbroiled and grill marks are cancerous)
- Meat with Nitrates and Nitrites (deli meats, hot dogs, pepperoni, ham, bacon, corned beef, etc)
- Skins of Baked Potatoes, Yam and Sweet Potatoes (boiled are ok)

### Good Foods:

- Eggs (raw, soft boiled, soft scrambled in butter or poached; the yokes must still be runny)
- Butter, Ghee, Yogurt and Dairy Products (whole - full fat; not low fat, 1%, 2% or skim)
- Lard
- Extra Virgin Coconut Oil
- Salt (real "sea salt" is the best, stay away from "table salt"; salt your food to your taste)
- Spices (especially cayenne pepper, turmeric, cinnamon and black pepper)
- Herbs
- Vegetables (greens are the best, but eat a rainbow of colors; as raw and as many as possible)
- Fruits (especially non-sweet fruits; as raw as possible)
- Nuts and Seeds (except peanuts)
- Soups (without wheat, barley, rye, oats and pasta; watch out for hidden wheat)
- Rice
- Beans and Legumes
- Potatoes, Yams, Sweet Potatoes
- Meat (cooked rare to medium rare only; no nitrates or nitrites)
- Poultry (leave the skin on it)
- Fish and Seafood
- Quinoa
- Millet
- Couscous (pearl millet kind only)
- Gluten Free Anything (except oatmeal)
- Vinegar
- Red Wine
- Tea and Coffee (green tea is the best)
- Water (filtered to remove fluoride and contaminants)
- Superfoods