

## Best Food Choices Listed By Column

I'm often asked "What is it that I can eat?"

The truth is real food choices are more abundant than artificial, refined or non-nutritive, or dead preserved "foods".

**First, you MUST eat meat, fish, fowl and eggs.**

You must be willing to spend *some* time in the kitchen; not as long as you might think however.

Very good news: There is no limit on serving size.

Real food is delicious as well as nutritious, if it's not good tasting your not preparing it right.

Here then are the foods you *can* eat, all you want, by column in order of from best to least.

The "ANDI" number is listed next to the food to orient you as to which foods have the highest *balance* of nutrient density.

3% carbs or less	6% carbs or less	7-9 % carbs	12-21 % carbs limited basis (only 2-3 times weekly)
Asparagus 234	Bell Peppers 366	Acorn Squash	Celeriac
Bean Sprouts 444	Bok Choy Stems	Artichokes 244	Chickpeas 57
Beet Greens	Chives	Avocado 37	Cooked Corn
Bok Choy Greens 824	Eggplant	Beets	Grains, Spouted
Broccoli 376	Green Beans	Brussel Sprouts 672	Horseradish
Cabbages 481	Green Onions	Butternut Squash 156	Jerusalem Artichoke
Cauliflower 295	Okra	Carrots 240	Kidney Beans 100
Celery	Olives		Lima Beans
Chards (Swiss green, yellow, red) 670	Pickles		Lentils 104
Chicory	Rhubarb	Leeks	Parsnips
Collard Greens 1000	Sweet potatoes 83	Onion	Peas
Cucumber 50	Tomatoes 190	Pumpkin	Popcorn
Endive	Water Chestnuts	Rutabagas	Potatoes
Escarole	Yams	Turnips	Seeds, Spouted
Kale 1000		Winter Squashes	Sunflower Seeds 78
Kohlrabi 715	<b>Beverages</b>		
Lettuces (not iceberg) 389	Filtered or Spring Water		<b>In Very Limited Amounts</b>
Mushrooms	Beef Tea		Butter, raw
Mustard Greens 1000	Bouillon-Beef, Chicken, Fish		Caviar
Parsely (cilantro, Italian)	Herbal Teas		Cottage Cheese, raw
Radishes 554			Dressing-oil/cider vinegar only
Salad Greens	<b>Fruits</b>		Jerky
Sauerkraut	<b>Limited Quantity</b>		Kefir, raw (liquid yogurt)
String Beans	<b>On Limited Basis (Snacks only)</b>		Milk, raw
Summer Squashes			Nuts, raw (except peanuts)
Turnip Greens 1000	Apples 76		Sunflower 78
Watercress 1000	Berries 130-178-212		Sesame 65
Yellow Squash	Grapes 31		Flax 65
Zucchini Squash	Papaya 118		Oils-vegetable, cold pressed extra virgen olive oil (no Canola) 9
	Pears		
	fresh Prunes		

- 1) Each time you eat, it must be accompanied by meat/protein of *some* kind.
- 2) Foods eaten closest to their raw state have the best digestive enzyme ability and best nutritive value.
- 3) Take fluids more than one hour before or more than two hours after meals.
- 4) Limit fluid intake with meals to no more than 4 ounces.
- 5) No processed grains, white flour, sugar or sugar substitutes--read if sweet **NO!**

**Treat eating and cooking as if your life depends on it--because it does!**