

# Dietary Guidelines

Sugar: glucose, high fructose corn syrup, cane juice, sucrose dextrose, maltose, fruit concentrate, turbinado sugar

**Eat grass fed free range animal foods.**

Avoid corn fed and cloaned meat and milk (approved by FDA for 2011).

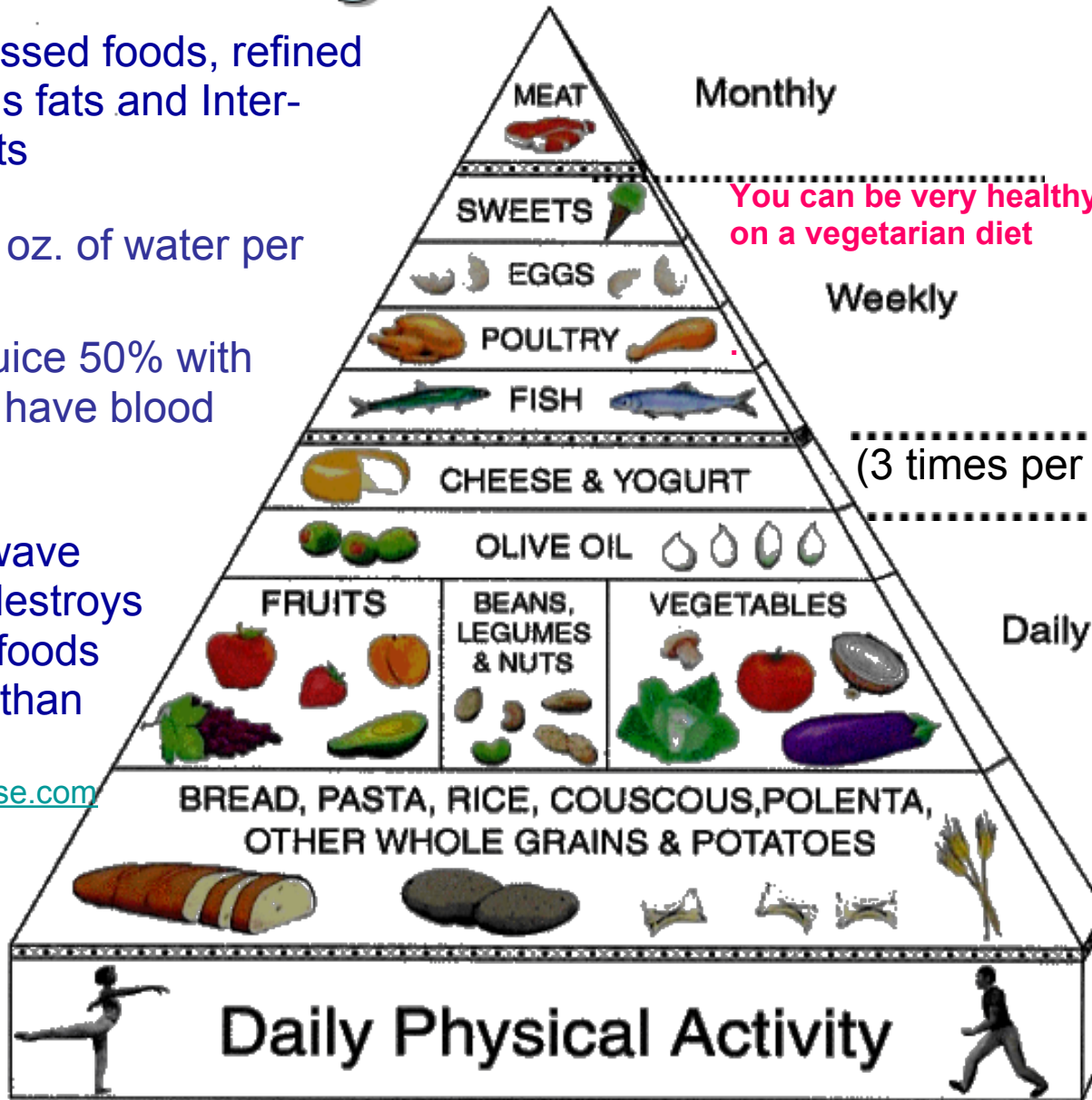
Minimize GMO and irradiated food.



Avoid artificial sweeteners: Nutasweet/Splenda/Saccharin  
**Use: Stevia/Xylitol**

Avoid MSG (Monosodium glutamate): AKA textured protein hydrolyzed vegetable/ plant protein, yeast food, autolized plant protein, glutamate, glutamic acid, yeast, autolized yeast, yeast extract, yeast food.

White Flint Natural Healing Center  
Dr. Robert A. Rifkin, Chiropractor  
[www.heal-naturally.com](http://www.heal-naturally.com)



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[www.oldwayspt.org](http://www.oldwayspt.org)

Avoid processed foods, refined grains, Trans fats and Inter-esterified fats

Drink 48-72 oz. of water per day.

Dilute fruit juice 50% with water if you have blood sugar px.

Limit microwave cooking. It destroys nutrients in foods much more than cooking.

[www.vegparadise.com](http://www.vegparadise.com)

Eat raw food daily.

**Take a multi-vitamin/ mineral + a green's product**

For a list of pesticides in 43 vegetables and fruits: [www.foodnews.org](http://www.foodnews.org)