



## **White Flint Medical & Natural Healing Center**

**Providing comprehensive health care since 1982**

### FOOD RECOMMENDATIONS

<b>Types of food</b>	<b>Foods to Avoid</b>	<b>Acceptable foods</b>
<b>Beans</b>	Canned beans or frozen beans with salt, animal fat or preservatives	All beans cooked without animal fat or salt
<b>Beverages</b>	Alcoholic drinks, coffee, cocoa, pasteurized or sweetened juices, sodas, tea (except herbal teas)	Herbal teas, fresh vegetable and fruit juices, cereal grain beverages, filtered water
<b>Dairy Products</b>	Avoid processed dairy (cheese, milk etc.)	Soy cheese, rice milk (Rice Dream), soy milk, butter, organic cheese, organic milk
<b>Eggs</b>	Avoid as much as possible especially when fried.	Boiled or poached (2 times weekly maximum)
<b>Fish</b>	Avoid fried fish, salted fish, anchovies, herring, fish canned in oil	In small quantities: freshwater white fish, salmon, boiled or baked fish, water packed tuna (mercury dioxin poisoning)
<b>Fruits</b>	Canned, bottled or frozen fruits with sweeteners	All fresh, frozen, stewed or dried (unsulphured) fruits without added sweeteners
<b>Grains</b>	All white (refined) flour products, white rice, pasta, crackers, instant oatmeal and other hot cereals	All whole grains and products containing whole grains (bread, crackers, rye, buckwheat, oats, brown rice, wild rice, whole grain cereals etc.
<b>Meats</b>	Beef, all forms of pork, hot dogs, lunch meats, duck, goose, spare ribs, gravies, organ meats	Skinless turkey and chicken. (Limit to three 3 oz. servings per week). A meatless diet is best.
<b>Nuts</b>	Peanuts (non-Valencia); all salted or roasted nuts	All fresh raw nuts, Valencia peanuts
<b>Oils</b>	All saturated fats (animal fats), hydrogenated margarine, refined processed oils, shortenings, heated oils	All cold pressed oils; corn, safflower, sesame, olive, flaxseed, soy, etc., egg-less mayonnaise
<b>Seasoning</b>	Black or white pepper, salt, vinegar except apple cider vinegar	Garlic, onions, cayenne, Spike, Vegisal, all herbs, dried vegetables, tamari (small amounts), seaweed, dulse, miso
<b>Soups</b>	Canned soups made with salt, preservatives, MSG, fat stock or creamed soup	Homemade (salt and fat free) bean, pea, lentil, vegetable, etc.
<b>Sprouts and Seeds</b>	All seeds cooked in oil or salt	Slightly cooked sprouts (except alfalfa which should be raw), raw seeds
<b>Sweets</b>	White, brown or raw cane sugar; corn syrup; chocolate; fructose (except in fruit); all syrup (except maple); all sugar substitutes; jams and jellies made with sugar	Barley malt or rice syrup, raw honey, maple syrup, unsulphured blackstrap molasses, unsweetened fruit jams, agave, stevia, and Xylitol
<b>Vegetables</b>	All canned or frozen that contain salt or additives	All fresh; frozen or home canned with no salt or additives

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**We can treat over 2,000 different conditions using:**

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