Foods to

Avoid and to Enjoy

By Village Naturopathic Clinic





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In Co-operation with Lennie MacLeod, Health Chef & Coach

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| **FOODS TO ENJOY** | **FOODS TO AVOID** |

VEGETABLES

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| All fresh vegetables: Try to increase dark green leafy vegetables such as kale, mustard greens, bok choy, broccoli, asparagus, Brussels sprouts, cabbage etc.  Vegetables should be raw, steamed or baked.  Sweet potatoes. | Corn, mushrooms, peppers, eggplant, Frozen, canned or jarred vegetables |

Fruits

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| All fresh fruits  Fruit sauces (applesauce etc.) that have no added sugar | Citrus (oranges, grapefruit), melons, strawberries, dried fruits |

Grains

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| Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth (many of these are available and Bulk Barn, Bulk Barrel).  Any cereals made from these grains  Brown rice pasta.  There are also bean based pastas available (Costco, Loblaws). | All gluten containing grains – (wheat, spelt, rye, oats, barley, kamut)  Any bread, pasta or other product containing gluten, or any of these grains |

Legumes

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| All legumes (adzuki, navy, black, garbanzo/chickpeas, etc.)  All peas (fresh, split, snap)  Lentils | Soybeans and soy products (tofu, soy milk, soy sauce, miso, tempeh,) |

Nuts and Seeds

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| Almonds, sesame seeds, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts (all in raw form) | Peanuts, pistachios,  Any nuts or seeds that are salted or flavoured in some way |

Animal Products

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| Free range chicken and turkey (can be grain fed if organic not available)  Organic lamb, wild game  Wild deep water fish (salmon, halibut, cod, mackerel, sardines)    For more info on the benefits of pasture raised meat please read our friend's blog here (link <https://threeridges.farm/why-pasture-raised-chicken-is-better/>). | Red meats (beef, pork, bacon), sandwich meats, hot dogs, sausage, canned meats, smoked meats, shellfish, catfish  Dairy milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers  Eggs |

Condiments

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| Oils: only olive, coconut and flax oil  All herbs and spices  Sea salt  Spreads: tahini paste, nut butters (almond, hazelnut, sunflower seed) apple butter, hummus or other bean dips  Sauces: pesto, mustard with no additives  Dressings: Apple cider vinegar, brown rice vinegar, lemon juice  Sweeteners: Stevia, Honey, Maple Syrup | Regular table salt  Refined oils, margarine, shortening  All sweeteners (corn/brown rice syrups, molasses, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc.)  All desserts, and all processed foods high in sugars |

Beverages

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| Filtered water – at least 8-9 glasses per day  100% fruit and vegetable juices (ex. Ceres brand)  Herbal teas  Green tea  Rice milk (Rice Dream), Almond (Almond Breeze) or other nut milk | Caffeinated beverages (coffee, black tea, pop)  Alcohol  Dairy milks or milk products  Soy milk  All fruit juices high in refined sugars  All vegetable drinks high in salt |

Things to watch for:

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| 􀁨 Cornstarch in baking powder and any processed foods  􀁨 Corn syrup in beverages and processed foods  􀁨 Vinegar in ketchup, mayonnaise & mustard is usually from wheat or corn  􀁨 Breads advertised as gluten-free which contain oats, spelt, kamut, rye  􀁨 Many amaranth and millet flake cereals have oats or corn  􀁨 Many canned tunas contain textured vegetable protein which is from soy;  look for low-salt versions which tend to be pure tuna, with no fillers  􀁨 Multi-grain rice cakes are not just rice. Purchase plain rice cakes. | READ ALL INGREDIENT LABELS CAREFULLY |