

Diet One

Food	OK	NO
1. Sugar	None	All sugar excluded
2. Sweeteners	Stevia, Stevia Plus	Aspartame, Saccharin
3. Fruit	Green apples, berries, avocados, grapefruit, lemons, limes, fresh coconut	All others, including fruit juices
4. Meat	Virtually all meats, including fish, poultry, beef, and pork.	Breaded meats
5. Eggs	All types allowed	Avoid egg substitutes
6. Dairy	Butter and yogurt (organic best), cream cheese, organic, unsweetened whipping cream, real sour cream	All others, including margarine and any of the butter substitutes
7. Vegetables	Most fresh, unblemished vegetables and freshly made vegetable juice	Potatoes and legumes (beans and peas)
8. Beverages	Bottled or filtered water, non-fruity, herb teas, stevia sweetened fresh lemon or limeade.	Coffee and tea (including decaf) and regular or diet sodas
9. Grains	Quinoa, amaranth, buckwheat	Pasta, rice, corn, wheat, millet, oats, and barley
10. Yeast	No yeast allowed	All are excluded, as are bread, mushrooms, pastries, and alcohol
11. Vinegars	Unpasteurized apple cider vinegar, black olives (not aged in vinegar)	Pickles, salad dressings, green olives, soy sauce
12. Oils	Olive, grape or flax seed, virgin coconut (cold pressed is best)	Partially hydrogenated ("trans") oils, corn, and peanut oil
13. Nuts	Raw nuts, including pecans, almonds, walnuts, cashews, pumpkin seeds	Peanuts (and all peanut products) and pistachios are excluded.