



OK foods (unlimited) **Green** --- Limit foods **Orange** --- Avoid foods **Red**

Vegetables

Artichoke
 Arugula
 Asparagus
 Bamboo shoots
 Beet greens
 Bok choy
 Broccoli
 Brussel sprouts
 Burdock root
 Cabbage
 Carrots~ raw(organic)
 Cauliflower
 Celeriac
 Celery (organic)
 Chives
 Collard greens
 Chard
 Cucumber
 Dandelion greens
 Endive
 Escarole
 Fennel
 Garlic
 Jicama
 Kale
 Kohlrabi
 Leeks
 Lettuces
 Mustard greens
 Okra
 Onions (organic)
 Parsley
 Radishes
 Rutabaga
 Scallions
 Shallots
 Spaghetti squash
 Spinach (organic)
 Sprouts (mould-free)
 Shiitake mushrooms~fresh (cooked)
 Swiss chard
 Turnips
 Watercress
 Yellow Squash (low starch)
 Zucchini

Nightshade vegetables

(allergenic, use only in rotation and only if tolerated)
 Bell peppers
 Cayenne
 Chili pepper
 Eggplant
 Ground Cherry
 Pepino
 Paprika
 Pimento
 Tomato
 Tomatillo

Spices

Organic fresh herbs.
 Dried fresh spices (less than 6 mos. old)
 Keep dry to prevent mold growth.

Fruit

(if tolerated, use in rotation)
 Avocado
 Lemons or Limes (organic)
 Cranberries (sugar & sulphite-free)

Organic Meat, Fish & Eggs

Antelope
 Beef
 Buffalo
 Chicken
 Cornish hen
 Duck
 Goose
 Game birds
 Lamb
 Rabbit
 Veal
 Venison
 Other natural meats
 Chicken eggs: (Organic. Caution- eggs can be allergenic ,use in rotation if tolerated)
 Goose, Pheasant, Turkey eggs (organic)

Fish

(caution- fish is a source of mercury & other toxins, use sparingly, 2 or less servings/week)
 All organically farmed fish
 Oily (high EFA) Fish Include: herring, kippers, pilchards, sardines, sprats, trout (not farmed), whitebait, anchovies, carp (farmed) and mussels.
 Non oily (low EFA): striped farmed bass, white bass, pacific cod, Dover sole, Alaskan and pacific halibut, red mullet, cold-water prawns, tilapia and turbot. (For a more complete list and to regularly check for up to date health & ecological information: <http://www.oceansalive.org/home.cfm>)

Sweeteners

Stevia extract-solvent& additive-free
 Chicolin natural chicory extract
 Yacon syrup

Beverages

Purified water
 Lemon or lime water
 Kolorex Tea (anti-fungal)
 Pau D'Arco tea (anti-fungal)
 Roobios tea (anti-oxidant)
 all natural herbal teas -(high quality or fresh to reduce risk of mold contamination)
 Sparkling water/soda water
 Fresh non-sweet veggie juices
 Diluted 100% lemon or cranberry Juice - can be diluted with water or sparkling water and sweetened with stevia.
 Nut Milks sweetened w/stevia chicolin

Nuts & Seeds (soaked or sprouted)

(Ideally purchase refrigerated from store with high turnover)
 Almonds -raw
 Brazil nuts
 Filberts
 Macadamia nuts
 Pine nuts
 Seeds:
 Pumpkin
 Sesame
 Sunflower
 Hemp seeds- (shelled)

Nut & Seed Butters (raw)

(Use sparingly to avoid excess mucous production)
 Almond
 Macadamia
 Hemp nut
 Pumpkin seed
 Sesame (tahini)
 Sunflower

Fats & Oils

(For detailed information see Diet FAQ on Fats & Oils)
 High quality, cold-pressed oils stored in dark container (most need refrigeration)
 Flax (for raw consumption only)
 Pumpkin
 Hemp
 Sesame
 Extra virgin olive (store in cool place)
Best oils for cooking:
 Ghee
 Organic coconut butter
 Palm oil
 Olive oil

Legumes (soaked &/or sprouted)

Aduki beans
 Black beans
 Black eyed peas
 Brown lentils
 Chick peas
 Green beans (organic)
 Green lentils
 Kidney beans
 Lupini beans
 Mung beans
 Navy beans
 Snow peas
 String beans

Starchy Legumes

(use in moderation)
 Pinto
 Romano
 Black eyed peas
 Great Northern beans

Miscellaneous

Brine soaked pickles or olives
 Water from young raw organic coconut



WholeApproach.com - Food List - (Limit Foods)

OK foods (unlimited) **Green** --- Limit foods **Orange** --- Avoid foods **Red**

<p>Vegetables Sweet potato (organic) Cassava Carrots cooked (organic) Parsnips Potato Beets Pumpkin Starchy squash (all but Spaghetti or yellow squash which are OK foods) Yams</p>	<p>Meat, Fish & Eggs Pork (as tolerated - only uncured un-smoked and un-sweetened)</p>	<p>Grains & Seeds (Types 1, 2, 3, 4) Type - 1 Gluten Free Low Glycemic Grains or Seeds Buckwheat</p>
<p>Legumes Fava beans Peas Red lentils Lima Beans</p>	<p>Raw Fruits, (raw) (For cautious use in Stage Two and Three of diet only if tolerated) Apples (organic) Apricot Blueberry Grapefruit (organic) Peach (organic) Pears Pineapple Plums Strawberries (organic) Raspberries (organic)</p>	<p>Type -2 Gluten Free, High Glycemic Grains or Seeds -use sparingly Millet All Rice (White rice is low in nutrients and fiber- use sparingly and eat with fibrous veggies)</p>
<p>Beverages/Juices (do not need to count as limits) Carrot and beet juices (1/4 cup servings)</p>	<p>Sweeteners Carob Food grade vegetable glycerin (can be Allergenic, especially if corn sourced)</p>	<p>Type- 3 also known as 'Bonus Limits' Gluten Free, Low Glycemic, High-Protein Grains/Seeds Amaranth Quinoa Wild rice Teff</p>
<p>Potential Allergens (do not need to count as limits, except corn) (Use only organic. Use rarely & only if cravings or symptoms are NOT triggered.) Goat or sheep cheese Goat or sheep yogurt Corn (counts as limit) Non GMO soy Potato- (white, yellow, red) Cow Kefir Organic coconut (soaked) Organic unsulfured whole coconut milk</p>	<p>Miscellaneous (Use with careful observation if tolerated. Fermentation can cause reactions.) Lactic acid fermented sauerkraut Lactic acid fermented veggies 3 year aged miso 3 year aged tamari (organic) Apple Cider Vinegar Black pepper Mayonnaise (organic) Organic cocoa (if well tolerated – can take Yellow Sun Ultra-Pure Cal/Mag with cocoa to counteract acidity)</p>	<p>Type- 4 Glutenous Whole Grains- Use cautiously, in Stage Three of diet only (if tolerated) Barley Kamut Oats Rye Spelt Whole grain pasta from any of the above grains</p>

NOTE: It's recommended that all foods be organic and non GMO (genetically modified). For those marked organic, this is particularly important.



WholeApproach.com - Food List - (Avoid Foods)

OK foods (unlimited) Green --- Limit foods Orange --- Avoid foods Red		
Vegetables Pickled with white vinegar	Sweeteners Artificial sweeteners Barley malt Brown sugar Corn syrup Granulated & powdered sugar Date sugar Dextrose Fructose Glucose Maple syrup Mannitol Molasses Monosaccharides Sorbitol Sucralose Sucrose Turbinado sugar Xylitol	Miscellaneous Yeast including: Bakers yeast Brewers yeast Nutritional yeast Yeast-leavened bakery products Yeast containing vitamins (look for those labeled "yeast free") Caffeine Edible fungi White vinegar Mustard Ketchup Worcestershire BBQ sauce Mayonnaise Maltodextrin Refined, cooked, hydrogenated, fractionated or superheated vegetable oils (see Healthy Fats and Oils FAW in Diet Section of WholeApproach Support Forum)
Beverages Fruit juices Soda pop Alcoholic beverages Coffee Black Tea	'Better Quality' Organic Sweeteners Fruit Sugars Honey Maple syrup Organic cane sugar Organic molasses Rice syrup	Dairy Butter Milk Cream Cow yogurt Cow kefir Ice cream Sour cream Whipped cream Cow cheeses
Meat, Fish & Eggs Smoked & processed meats: Smoked fish Pickled meat Smoked or cured meat Sausage Hot dogs Corned beef Pastrami Ham	Nut & Seed Butters Peanut butter	
Nuts & Seeds Peanuts Roasted, salted nuts Pistachios Pecans Walnuts Cashews	Grains & Seeds Wheat Cous Cous Bulgar Wheat Semolina Wheat Durham Wheat	
Fruits Dried or candied fruits Bananas Figs Grapes Mango Papaya		

Additional comments:

Mold grows in leftover food unless it is properly refrigerated. Use well sealed glass containers appropriately sized and don't keep for more than one extra day. Freezing leftovers is best.

Avoid hidden sugars in foods. Read Labels! Often, there are hidden sugars in: baking mixes, ketchup, salad dressings, pickles, luncheon meats, breads, dips, peanut butter, prepared seafood, frozen vegetables, crackers, tartar sauce, soups and sweetened yogurt. Ingredients that end in the letters "ose" are typically sugars.

Soaking and sprouting, seeds, grains and beans make them easier to digest, and, in the case of beans (which are usually cooked after), makes them cook faster. For general instructions, see the related post in the Diet FAQ's section on the WholeApproach Support Forum at www.wholeapproachforums.com.