

Foods to EAT:

Beverages

- Herbal and green teas (non-citrus)
- Spring water in glass bottles or clear plastic
- Seltzer (salt free), Perrier
- Pure fruit/vegetable juices without sugar or additives
- Rice and nut milks
- Caffix, Inka and Roma may be used as coffee substitutes

Vegetables

- All fresh vegetables!! EXCEPT corn and tomatoes

Fruit

- All fresh fruits, except citrus (see other column)

Sweetener

- Maple syrup

Grains/Cereals

- Rice
- Tapioca
- Millet
- Quinoa
- Amaranth
- Teff

Legumes

- All beans (including navy, white, red, kidney, black etc) EXCEPT soybeans
- Lentils
- Peas (fresh split or snap)

Protein

- Fish (refer to shopping guidelines)
- Organic poultry: chicken, turkey, duck, "game meat"
- Organic lamb
- Duck eggs

Nuts/Seeds

- Either raw or dry roasted without salt or sugar, nut butters (almond butter, cashew butter, walnut butter, sesame butter, and sesame tahini) EXCEPT peanuts/peanut butter

Oils/Fats

- Choose cold-pressed oils: sunflower, safflower, olive, sesame, flaxseed, and canola oils

Spices and Condiments

- Salt in moderation
- Pepper
- Herbal spices (without preservatives, citrus or sugar)
- Garlic, ginger

Foods to AVOID:

Beverages

- Alcohol
- All sodas
- Fruit drinks
- Black tea and coffee

Vegetables

- Corn
- Tomatoes

Citrus fruits

- Lemons, oranges, grapefruits, limes, tangerines (and other citrus-containing foods)

Grains/Cereals

- Wheat, including SPELT
- Rye
- Oats
- Barley

Dairy Products

- Milk, Cheese, Butter, Yogurt, Sour cream, Cottage cheese
- Whey, casein, sodium caseinate, calcium caseinate, and any foods containing these

Eggs (chicken)

- Includes any products containing eggs

Sugar

- Including table sugar and any foods that contain it (candy, soda, pies, cake, cookies, etc.)
- Other names for sugar include sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose

Soy and Soy products

- Soy sauce
- Soymilk
- Tempeh, Tofu, TVP (textured vegetable protein)
- Edamame

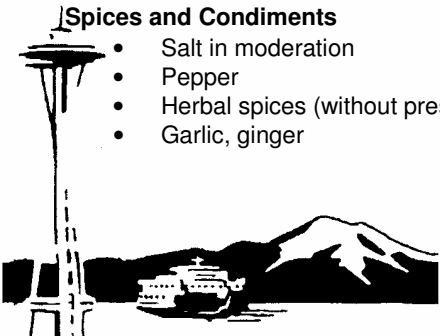
Refined oils

Corn

- Including any product with corn oil
- Vegetable oil from an unspecified source
- Corn syrup, corn sweetener
- Corn chips, Tortillas
- Popcorn

Protein

- Beef, Pork
- Bacon, Cold cuts, Hot dogs, Canned meat
- Shellfish



Emerald City Naturopathic Clinic, Inc., P.S.

1409 NW 85th Seattle, WA 98117 (206)781 2206 fax: (206)783-3949

www.emeraldcityclinic.com