

# Osainista Nutritional Guide



*A Guide to Vitality*

## Vegetables:

- Artichoke
- Asparagus
- Banana blossom
- Bok choy
- Burdock
- Callaloo
- Chard
- Chinese yam
- Dandelion greens
- Fennel
- Hearts of Palm
- Horseradish
- Leeks
- Mallow
- Mustard greens
- Onions
- Parsnips
- Purslane
- Radishes
- Ransom
- Scallions
- Sea Vegetables  
(wakame/dulse/aramé/hijiki/nori)
- Shallots
- Turnips
- Arugula
- Ginger
- Lettuce
- Wild yam



## Fruits:

- Ackee
- Asian pear
- Apricot
- Avocado



- Bananas: pink seeded banana, baby banana, burro banana

- Mangosteen
- Black cherry
- Black sapote
- Bitter orange
- Breadfruit
- Cacao fruit



- Dates
- Dragon fruit
- Eggplant
- Elderberry
- Guava
- Guinep
- Jackfruit
- Lychee
- Mango
- Mamey
- Naseberry
- Okra



- Papaya
- Passion fruit
- Peaches
- Pears
- Persimmons
- Peppers
- Pawpaw
- Plums:



- American Wild Plum
- June Plum
- Wild Purple Plum

- Pomegranate
- Prickly Pear
- Seeded Melons:

- Bitter Melon
- Cantaloupe
- Honeydew Melon

- Watermelon

- Seeded Grapes
- Star Apple
- Starfruit
- Tomatillo
- Tomatoes

## Oils:

- Avocado Oil
- Coconut Oil
- Grapeseed Oil
- Hemp Seed Oil
- Moringa Oil
- Extra Virgin Olive Oil
- Sesame Oil
- Sunflower Oil
- Walnut Oil

**\*\*Cold-pressed and unrefined oils are ideal.**

## Grains:

- Amaranth
- Barley
- Buckwheat
- Farro
- Fonio
- Kamut
- Millet
- Quinoa
- Rye
- Sorghum
- Teff
- Wild rice



## Legumes:

- Adzuki beans
- Bambara Groundnut

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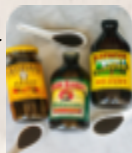


- Black beans
- Cowpeas
- Fava beans
- Garbanzo beans
- Lentils
- Long bean
- Locust bean
- Mung bean



## Sweeteners:

- Honey: Manuka, Buckwheat, Alfalfa
- Coconut palm sugar
- Date sugar
- Date syrup
- Molasses
- Raw Blue Agave Syrup
- Raw Maple Sugar
- Turbinado sugar



## Seeds, Nuts & Butters:

- Brazilian nuts
- Cocoa butter
- Hemp seeds
- Pine nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Shea butter
- Sunflower butter
- Sunflower seeds
- Tahini Butter
- Tiger nuts
- Walnuts
- Walnut butter



## Flours:

- Barley Flour
- Breadfruit Flour
- Buckwheat Flour
- Coconut Flour
- Emmer Flour
- Einkorn Flour
- Farro Flour
- Garbanzo Flour
- Millet Flour
- Quinoa Flour
- Rye Flour
- Sorghum Flour



## Hydration Sources:

- Coconut Water: Jelly Coconut and Fresh Young Coconut
- Spring Water
- Fresh Fruit and Vegetable Juices
- Non-Dairy Milk: Fresh coconut milk, walnut milk, hemp seed milk, banana milk, avocado milk, etc.



## Mushrooms:

- Chicken of the Woods Mushrooms
- Chaga Mushrooms
- Enoki Mushrooms
- Lobster of the Woods Mushrooms
- Lion's Mane Mushrooms
- Oyster Mushrooms
- Portobello Mushrooms



- Reishi Mushrooms
- Trumpet Mushrooms
- Turkey Tail Mushrooms

## Key Information for Wellness:

### 1. Stay Hydrated

Drink half your body weight in ounces of water daily.

Remember: You're 85% water and 15% minerals—this balance is essential!

### 2. Nourish Your Body

Ensure your meals include **fiber**, **minerals**, and **hydration** to support optimal health.

### 3. Support Digestion

After eating, wait 20-30 minutes before consuming fluids to promote proper digestion.

### 4. Simplify Your Eating

To lengthen your life, consider shortening your meals to one meal per day.

### 5. Patience

Be patient with your journey and consistently apply what you've learned. Do not allow the opinions of others to deter you from achieving your goals.