

Country Doctor Nutritional Center

1801 Logan Ave
Cheyenne, WY. 82001

Telephone (307) 634-2464
Fax (307) 634-7103

GOOD FOODS LIST

It seems everyday we hear new reports of the harmful effects of certain foods. Many people ask "What's left to eat?" Here is a basic guide to healthy diet.

PROTEINS

- MEATS:** Range Fed Beef, Lean beef, lamb, veal, beefalo, and wild game meats
- Chemical free chicken, turkey, Cornish hen
- No lunch meat or cured meats with nitrites or MSG
- SEAFOOD:** Any fish or shellfish, fresh or frozen
- Homemade breaded fish, using whole wheat bread crumbs or flour
- OTHER PROTEINS:** Tempeh, Legumes
- NUTS & SEEDS:** Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc., raw or dry roasted
- Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter.

*Note: Make sure you get **adequate protein** each day. If you have a question on this, buy and read the book Protein Power, by Eades and Eades.

DAIRY: (PROTEIN AND FAT)

- Replace cow's milk with rice or almond milk / cow or goat raw.
- Fertile, free range or organic eggs
- Butter (NO MARGARINE!!)
- Cheese (raw and/or organic), Cottage cheese (non-colored)
- Yogurt without added sugar (Stoneyfield Farm Organic, Altadena or Brown Cow)

FATS

- Butter (NO MARGARINE, IT'S HYDROGENATED!)
- Fresh Flaxseed oil, lowers cholesterol
- Olive oil, cold pressed
- Fish oils

VEGETABLES

- Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 6 different colors per day
- All homemade soups or frozen soups from the health food store
- AVOID** starchy veggies (potatoes, yams, corn, squash, peas) more than 1-2 times per week, or less if you are on a more stringent carbohydrate restriction
- SALADS:** Raw vegetable salads
- Salad dressing - use any cold pressed oil with apple cider vinegar or lemon juice, try homemade or Haines brand, **cold pressed**, mayonnaise), Italian dressings made with fresh (preferably organic) ingredients, Paul Newman's are good. (Also see **CONDIMENTS**)

CONDIMENTS

- Natural herbs and spices
- Spike, Celtic Sea Salt
- Apple cider vinegar, lemon juice, or rice vinegar Mustard, low-sugar ketchup or health food store brand, low-sugar steak sauce

GRAINS (Limited quantities ONLY):

- Organic, sprouted grain bread: "Ezekial"
- Whole grain breads/crackers
- Whole grains - brown rice, quinoa, bulgar, millet
- Whole grain cereals, pastas - i.e. shredded wheat, oatmeal, health store cereals (organic is best!)

* Note: **Whole** grain must be listed as the FIRST ingredient, avoid breads containing **hydrogenated oils**: avoid eating more than 1-2 servings per day (less if advised by your nutritionist). Sprouted grain "Ezekiel". Check at Bread Basket for these and other whole grain foods that will work with this list.

FRUITS:

- Fresh organically grown fruits
- Fresh fruit or veg juices, diluted 50% with water
- V-8 and tomato juice (low sodium)
- Note: Only 1-2 servings per day of LESS if advised by your consultant

SWEETENERS: Not advised at all. But if you must, limit to limited amounts of the following, in consultation with your consultant

- Stevia
- Sweet n' Safe
- Raw Honey
- Pure Maple Syrup
- Fresh Fruit

BEVERAGES

- Organic, herb teas (have the clinician muscle test these)
- Roasted chicory, replacement for coffee
- Lemon water without or with powdered white stevia
- Avoid tap water, drink filtered water

DESSERTS - OCCASIONALLY

- Fresh fruit with yogurt and raw honey or fresh fruit
- Plain gelatin - add fruit
- Brown rice pudding made with raw honey or powdered stevia and rice milk. Do your best to avoid soy based products.
- Sorbet made from fresh fruit, no added sugar/fructose

SNACKS/TREATS FOR KIDS (also see DESSERTS)

- Popsicle's, for children (use natural fruit juices or black cherry concentrate)
- Fruit juice sweetened treat (cookies, bars, rice ice cream)
- Fresh fruit
- Whole grain chips/crackers (NO HYDROGENATED OILS!!)

NOTE: IF YOU ARE ON A CARBOHYDRATE RESTRICTED DIET, YOU SHOULD STUDY THE CARBOHYDRATE GRAM COUNTER IN THE BOOK, PROTEIN POWER, OR OTHER SIMILAR REFERENCES, AND APPROPRIATELY RESTRICT THE AMOUNTS OF FRUITS, GRAINS AND OTHER HIGH CARBOHYDRATE FOODS. KEEPING A WEEKLY FOOD INTAKE DIARY AND REVIEWING THIS WITH YOUR CLINICAL NUTRITIONIST REGULARLY IS THE KEY TO LEARNING HOW TO MANAGE YOUR CARBOHYDRATE CONSUMPTION.

PERSONS ON ALLERGY RESTRICTED DIETS SHOULD ALSO MAKE THE APPROPRIATE MODIFICATIONS TO THE ABOVE RECOMMENDED FOODS.

DIETARY CONSULTATIONS ARE AVAILABLE WITH ONE OF OUR HIGHLY TRAINED STAFF MEMBERS FOR FURTHER EDUCATION AND RECOMMENDATIONS.