

Phase I Food Program

Food Category:	Included:	Excluded:
Sugar	Honey in small amounts (raw and locally grown)	All
Other Sweeteners	Stevia (herbal)	All others (chemicals)
Fruit	Green Apples, Berries, Avocado, Grapefruit, Lemons, Limes, Melons	All other fruits
Meat ¹	Fish, Poultry, Beef	Breaded Meats
Eggs	Yolk intact (hard boiled, over easy/hard, sunny side up, poached, etc...)	Scrambled
Dairy Products ²	Plain yogurt (including goat yogurt), cream cheese, whipping cream, sour cream, butter, raw milk	All others including all margarine products and butter substitutes
Vegetables ³	Fresh Vegetables whole and juiced, black olives not aged in vinegars	Potatoes, yams, legumes (beans, peas), corn
Beverages	Water (distilled, bottled, filtered), non-fruity herbal teas, fresh lemonade made with stevia, unsweetened coconut milk	Coffee, black tea (including decaf), all sodas, including diet
Grains	None	Pasta, rice, corn, wheat, amaranth, millet, buckwheat, oats, barley (avoid any type of flour product)
Yeast products	None	All-including bread, beer, mushrooms, and pastries.

¹ Meat and fish are better if not corn fed. Avoid farm-raised fish. Avoid sources injected or fed anti-biotics, hormones, steroids or fed silo-stored grains.

² Dairy products are better from range fed cattle. Examples of some good yogurt products: Noosa, Stonyfield, Strauss, Wallaby. Whipping cream must be liquid, unsweetened, heavy whipping cream. Avoid sources injected or fed anti-biotics, hormones, steroids or fed silo-stored grains.

³ Organically grown vegetables are preferable.

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Vinegars and vinegar products ⁴	Unpasteurized Apple Cider Vinegar	Pickles, salad dressings, green olives, Saurkraut
Oils	Olive, Grapeseed, Flaxseed, Coconut oil-use cold pressed when available	Hydrogenated and partially hydrogenated oils and peanut oil
Nuts	Raw, including almonds, pecans, walnuts, cashews, pumpkin seeds, sunflower seeds, etc.	Peanuts and all peanut products, pistachios

⁴ Excluded because they are fermented

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Food Facts

There are always hidden ingredients in prepared foods. The following lists will assist you in spotting those ingredients that should be EXCLUDED from your diet. Investigate and *read all labels*.

Dairy:

Cow's milk	Sodium Caseinate	Lactalbumin Phosphate
Casein	Whey	Buttermilk or Buttermilk solids
Caseinate	Lactalbumin	
Solids		

The food industry also produces "non-dairy" or "dairy free" products; these should also be excluded from your diet.

Sugar:

Lactose (milk/dairy)	Maltodextrin	Corn Syrup
Sucrose	Maltose	Corn Syrup Solids
Glucose	Dextrose	Honey ⁵
Maltodextrose	Fructose	Maple Syrup

Artificial Sweeteners should be excluded from the diet. These are products like Nutra-sweet, aspartame, saccharin/saccharine and Splenda.

Vinegar products:

Catsup/ketchup	Pickles	Horseradish
Mustard	Pickled products	Dips
BBQ sauce	Hot sauce	Mayonnaise
Soy Sauce	Salad dressings	
Worcestershire sauce	Green Olives	

These items have been fermented and should be excluded.

Yeast:

Hydrolyzed yeast is an additive in many products such as canned and powdered soups and frozen dinners.

⁵ Honey can be an occasional exception, since it does have some antifungal properties

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Good Food Choices

Vegetables:

Alfalfa sprouts	Carrots	Prizehead
Artichoke, Chinese	Chayte	Salad Bowl
Asparagus	Celery	Red Leaf Chicory
Bamboo Sprouts	Celeriac (celery root, knob celery)	Arugula
Banana Peppers	Cucumber Curly endive (chicory)	Romaine
Bavarian Endive (escarole, chicory escarole)	Sea Kale	Rogquette
Bean Sprouts	Dandelion Greens	Rutabaga
Beets	Dulse	Onion
Beet Greens	Eggplant	Okra
Bell Pepper (sweet, red, green)	Fennel (fioccio)	Parsnip
Brussel Sprouts	Garden Cress	Pumpkin
Cabbages	Garlic	Radish
Bok Choy	Kelp (seaweed)	Tomatillo
Broccoli	Lamb's Quarters	Tomatoes (all kinds)
Cabbage Kraut	Leeks	Shallot
Cauliflower	Lettuces	Spiinach
Celery cabbage	Butterhead	Squashes
Chinese cabbage	Bib	Acorn
Collard Greens	Boston	Alligator
Head (green, red)	Celtuce (stem)	Banana
Kale	Loose-leaf	Boston Marrow
Kohlrabi	Lamb's	Bush
Savoy	Matchless	Buttercup
Capers (without vinegar)	Oakleaf (green, bronze)	Butternut
Cardoon		Caserta
		Cheese

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Squashes continued:

Cocozelle

Connecticut field

Cushaw

Delicious

GoldenNugget

Hubbard Varieties

Mammoth

Mirliton

Quaker Pie

Queensland

Straightneck

Table Queen

Turbin Virginian

Whitebush Scallop

Zucchini

Swiss chard

Turnip greens

Upland cress

Water cress

Whitloff chicory (Belgian or French endive)

Yucca

Agar-Agar

Aloe Vera

Carrageen (Irish Moss)

Pepino (melon pear)

Rhubarb

Meats

Beef

Milk product: plain yogurt

Buffalo

Goat (kid)

Milk, cheese

Lamb

Poultry

Chicken and chicken eggs

Dove

Duck and duck eggs

Goose and goose eggs

Guinea

Pea fowl

Pheasant

Prairie Chicken

Quail

Turkey and turkey eggs

Salt Water Fish

Tuna

Anchovy

Bluefish

Cod (scrod)

Flounder

Haddock

Halibut

Mahi-Mahi

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Ocean catfish	Carp
Ocean perch	Catfish
Pilchard (sardine)	Cavier (roe)
Red Snapper	Crapapie (crappie)
Sea bass	Pickereel
Sea herring	Salmon
Swordfish	Smelt
Fresh Water Fish:	Sturgeon
Beluga	
Trout	
White and yellow Perch	
Whitefish	
Yellow bass	
Veal	
Venison	
Miscellaneous ⁶ :	
Bologna	
Frankfurters	
Sausage	
Salami	
Hotdogs	

⁶ Not recommended for frequent consumption due to fermentation, parasite content and processing. Processing can include starch fillers and sugars.