

# APPROVED OIL AND SWEETENER LISTS

## APPROVED OIL LIST

- **Avocado Oil**
- **Coconut Oil**
- **Extra Virgin Olive Oil**

These oils still need to be used sparingly. Vegetables baked, steamed and cooked without oil are healthier than vegetables fried with oil. But fried vegetables are still better than no vegetables. Too much oil in the diet whether from plant or animal source can lead to many health problems including heart disease, high blood pressure, etc. A simple analogy is that our bodies are nearly 70% water and oil and water don't mix. Oil clogs arteries just like my kitchen drain. Dr. Dean Ornish's nutrition plan which is approved by Medicare to treat heart disease is whole food plant based and no oil at all other than what is naturally occurring in whole foods like nuts and avocados. For the purposes of this challenge, we encourage you to use healthy oils, reduce oils and refrain from added oils and oils from animal products. Be careful with seed oils like sunflower and safflower, which are in most chips, because they are inflammatory.

## APPROVED SWEETENER LIST

- **Date Sugar**
- **Grade A Dark and Robust Maple Syrup**
- **Honey**
- **Blackstrap Molasses**
- **Monk Fruit**
- **Stevia**

The above are healthier forms of sugar/sweetener. Alternatively, refined sugars deplete the body of B vitamins. B vitamins are essential for healthy nerves. A depletion of B vitamins lowers our resistance to infection and makes us irritable and depressed. Too much refined sugar increases the blood fat levels and tends to clog the arteries. This lowers the body's resistance to disease. Sugar plays a significant role in the build-up of cholesterol. Too much sugar contributes to tooth decay, because it slows the fluid flow in the teeth. The teeth lose their resistance to viral and bacterial invasion and decay results. Rich, heavy desserts cause irritation of the stomach, mental dullness, and obesity. Natural sweets can satisfy the "sweet tooth" while furnishing vitamins and minerals. Sugar weakens the white blood cells, which furnish our main line of defense against invading germs. One white cell can normally attack and destroy 14 invading germs. After eating sugar, this capability is reduced dramatically. High fructose corn syrup, which is found in many conventional food items, actually deactivates Vitamin D's ability to regulate the immune system. If you are ill or just want to achieve optimal health, avoid or eliminate all processed sugars. For the purpose of this challenge, we recommend you use the natural sweeteners above in moderation and reduce or eliminate harmful sweeteners.