

JOYCE GERBER'S HEALTH IS AN INSIDE JOB

HEALTHY FOODS LIST

There are varying healthy food lists with conflicting information. Here are the food choices I recommend that have helped hundreds if not thousands of my clients get healthier and feel great in their bodies again.

***It's always important to do your best to get the organic choices, and to avoid the GMO (genetically modified organisms) products.**

Whole Grains:

The Vegetarian Protein Group

An important thing to note is that the grains are high in the amino acids (the smallest building blocks of protein) that the beans, seeds, and nuts are low in, and vice versa, so they complement, and complete, each other.

Below are all the **gluten-free grains**. The first three grains are the best because they are alkaline:

- Quinoa - it's unique because it has all the amino acids
- Millet
- Amaranth
- Buckwheat (it has no wheat in it - it known as kasha, and buckwheat pasta is known as soba noodles)

- Rice: Brown, Brown Basmati, Red, Black, Wild rice

- Teff
- Sorghum
- Corn** - very important to use organic, because otherwise it is grown with the very toxic chemical from Monsanto called Roundup. It is also prone to mold and fungus. It can be a vegetable or a grain.

Gluten-containing grains:

- Wheat** - This is highest in gluten. If you are not gluten intolerant or sensitive, and choose to eat it sometimes, make sure to use "whole

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wheat", and the best choice is with a **sour dough starter culture** used for leavening.

- Oats - Some types are gluten-free
- Rye
- Barley

Breads:

Ezekiel Sprouted: Gluten is not activated

- 4:9 Bread
 - Tortillas
 - Corn Tortillas
 - English Muffins
 - Veggie Burger Buns
 - Veggie Hot Dog Buns

 - Sprouted Manna Breads
 - Whole Grain Breads - No Refined Flour
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Beans, Seeds, Nuts - The Other Vegetarian Protein Group

Beans:

- Aduki, Azuki, or Adzuki - great for the kidneys
- Black
- Navy
- Kidney
- Lima
- Pinto
- Garbanzo (chickpeas)
- Lentils
- Split Peas
- Black-Eyed Peas
- Fava
- Great Northern
- Cannellini
- Red

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- White
- Pink

****Soybeans**** - Note: You must be careful to **avoid GMO soybeans**, and only eat those sourced from **organic**. I **only** recommend **fermented soybeans**, such as **unpasteurized miso**, and **tempeh**, which are fermented soybean foods. For people not dealing with hormone or cancer situations, small amounts of **organic tofu**, and best would be **organic sprouted tofu**, are permitted.

Seeds:

- Sesame
- Sunflower
- Pumpkin
- Chia
- Hemp
- Flax

Nuts:

The top 5 healthiest are:

- Almonds - the only alkaline nut
- Walnuts
- Pecans
- Brazil
- Cedar

There are also:

- Cashews
 - Pine
 - Hazelnuts (Filberts)
 - Peanuts** - very important to get organic, because they are prone to mold and fungus
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Animal Proteins:

I highly recommend a plant based diet for recovery and long term health. However, if you're choosing animal proteins, the best choices, in order, are:

- **Choose wild caught fish, not farm raised**
- Poultry, eg, chicken and turkey, should be organic, antibiotic free, and range free.
- Choose **grass fed beef**, and choose **Antibiotic free, and hormone free** as well for these foods. But NO pork ever.

Dairy**

I don't recommend dairy. If you eat dairy, **goat's milk products** are **much more digestible** for us than cow's milk products. There are goat's milk yogurts and cheeses. If you can get them **raw**, rather than pasteurized, so much the better.

Eggs:

If you choose to eat eggs, the best are in this order: pastured from a local farmer, high omega-3 eggs from the market, or organic eggs from the market.

Vegetarian/Vegan Cheeses:

Daiya - from arrowroot flour - it is best to use like melted cheese, and it melts very well

There are others made from non - dairy sources. The truly vegan ones have no casein.

Produce:

Leafy Greens- Good for Salads:

- Spring Mix
- Romaine
- Green Leaf Lettuce

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- Red Leaf Lettuce
- Escarole
- Butter Lettuce
- Spinach
- Endive

Others - Good Raw:

- Arugula
- Tomato
- Cucumber
- Onion
- Avocado
- Green & Red Pepper
- Carrots
- Celery
- Cabbage
- Beets
- Scallions

Veggies Better Cooked:

Cruciferous:

- Broccoli
- Cauliflower
- Brussel Sprouts
- Bok Choy
- Cabbage
- Kale
- Turnip
- Daikon

Others:

- Artichokes
- Swiss Chard - Red & Green
- Parsnips
- Zucchini
- Olives

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Starchy foods:

Squash:

- Buttercup/Kobacha
- Butternut
- Acorn
- Banana
- Yellow
- Green
- Delicata
- Hubbard

Other:

- Potatoes
- Corn

Sprouts:

- Lentil
- Aduki
- Garbanzo/Chick Pea
- Sunflower
- Buckwheat
- Mung
- Alfalfa
- Clover
- Broccoli
- Radish

Herbs/Spices/Seasonings/Etc:

- Garlic
- Ginger
- Cayenne
- Basil
- Cumin
- Curry
- Tamari or Shoyu - Healthy Soy Sauce
- Bragg's Liquid Aminos

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- Raw Apple Cider Vinegar
- Seasalt/Himalayan Salt/Celtic Sea Salt

Fruits:

- Melons
 - Berries
 - Apples
 - Pears
 - Peaches
 - Nectarines
 - Plums
 - Lemon
 - Grapefruit
 - Oranges
 - Tangerines/Tangelos
 - Grapes
 - Cherries
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Healthy Fats & Oils: Should be either cold pressed, expeller pressed, or unrefined. organic if possible:

- Coconut
- Olive - should be cold pressed, extra virgin
- Flax
- Sunflower
- Sesame
- Walnut
- Avocado

Nut Butters - Best Raw and Organic:

- Almond - alkaline
- Tahini or Sesame Seed - high in calcium
- Cashew
- Peanut - not as good

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Miscellaneous:

- Seaweeds
- Cultured vegetables/Raw Sauerkraut
- Unpasteurized Miso
- Herb/Green Teas
- Coffee Substitutes such as Cafix
- Spring water
- Alkaline Water
- Coconut Kefir

Sweeteners:

- Raw honey
- Grade B Maple Syrup
- Stevia
- Zylitol
- Coconut Sugar
- Lo Han Guo
- Sucanat
- Agave
- Yacon Syrup
- Barley Malt
- Rice Syrup

"Healthy Desserts"

Non -Dairy Ice Cream Made From:

- Coconut
- Hemp
- Rice
- Cashew
- Almond
- Soy - not as good

Cookies/Cakes/Crackers/Chips:

- Best are gluten-free and whole grain