



CONCEPTS
FOR HEALTH

Food Plan Explanation

	FOOD TYPE	ALLOWED (Unlimited unless noted)	NOT ALLOWED
PROTEINS	Meat, Fish, Poultry	Beef, Chicken, Turkey, Lamb, Veal, Fish, Buffalo, Pheasant, Duck, Venison, Elk, Etc. Note: Unbreaded	All Processed Meats: Cold Cuts, Frankfurters, Hot Dogs, Sausage, Canned Meats, Canned Sausages, Etc.
	Legumes	All Legumes, Dried Peas, And Lentils	
	Eggs	Soft Boiled, Poached, Scrambled, And Hard Boiled	
	Nuts/seeds	Raw - Almonds, Walnuts, Brazil Nuts, Sesame Seeds, Sunflower Seeds, Pumpkin Seeds, Cashews (Limited), Flaxseeds, Etc.	Cooked Or Roasted Nuts
VEGETABLES & FRUIT	All Vegetables	Fresh And Limited Frozen Vegetables, Always Eat Twice As Many Vegetables As Fruit.	Creamed Or In Casseroles
	Yellow Vegetables	Small Portions; Fresh And Limited Frozen Vegetables.	Creamed Or In Casseroles
	Fruit	All Fruit In Limited Amounts, Except Bananas - Unsweetened Fresh Or Frozen	Bananas & Dried Fruit - Sweetened Or Unsweetened
BEVERAGES	Water	1/2 Oz. Per Pound Of Body Weight Daily & Unsweetened Sparking Water Is Also Ok	Soda (Regular Or Diet), Milk, Coffee, Cocoa, Alcoholic Beverages, Sweetened Beverages, And Citrus Juice.
	Herbal Teas	Unsweetened Herbal Teas (Limited)	
	Fruit & Vegetable Juice(S)	Unsweetend & Dilute 50% With Water	
GRAINS & STARCHES	Rice	Brown Or Wild Rice	White Rice
	Potatoes	White, Red, Or Sweet Potatoes (Limited)	Frozen & Boxed Potatoes
	Wheat Products	Not Allowed	Wheat Products - All Flour And Flour Products Like Pasta And Bread. No Enriched Products.
	Corn Chips & Corn Tortillas	Limited	
	Breads & Cereals	Any Made From Rice, Corn, Buckwheat, Millet, Potato Flour Or Gluten-free Based Products In Limited Amounts.	Wheat And Gluten Containing Products.
DAIRY	Dairy Products	Not Allowed	All Dairy & Soy Products - Milk, Cheese, Yogurt, Cream, Sour Cream, Ice Cream, Non-dairy Creamers & Soy Products, Etc.
	Butter	Real Butter Only	
SUGAR & SWEETENERS	Sugar	Not Allowed	All Sugar - Brown Sugar, Sugar Cane & Commercially Processed Sugars
	Artificial Sweeteners	Not Allowed	All Artificial Sweeteners - Aspartame (NutraSweet & Equal), Saccharin (Sweet N' Low, Sweet Twin, Necta Sweet), Acesulfame-k Or Acesulfame-potassium (Sunett & Sweet One), Sucralose (Splenda), Neotame, Sucrose, Glucose, Fructose, Dextrose, Sorbitol, Mannitol, Corn Syrup, High Fructose Corn Syrup
	Honey	Raw Honey (Limited)	Processed Honey
	Maple Syrup	100% Maple Syrup (Limited)	Processed Maple Syrup
FATS	Mayonnaise	Unsweetend	Sweetened
	Oil	Raw - Olive Oil, Walnut Oil, Sesame Oil, Flaxseed Oil, Sunflower Oil, Etc.	Processed Vegetable & Canola Oil
SOUP	Soups	Homemade Clear, Real Food Based Broth, Soups	Canned Or Cream Soups