

Diet One

| Food | OK | NO |
|----------------------|--|--|
| 1. Sugar | None | All sugar excluded |
| 2. Sweeteners | Stevia, Stevia Plus | Aspartame, Saccharin |
| 3. Fruit | Green apples, berries, avocados, grapefruit, lemons, limes, fresh coconut | All others, including fruit juices |
| 4. Meat | Virtually all meats, including fish, poultry, beef, and pork. | Breaded meats |
| 5. Eggs | All types allowed | Avoid egg substitutes |
| 6. Dairy | Butter and yogurt (organic best), cream cheese, organic, unsweetened whipping cream, real sour cream | All others, including margarine and any of the butter substitutes |
| 7. Vegetables | Most fresh, unblemished vegetables and freshly made vegetable juice | Potatoes and legumes (beans and peas) |
| 8. Beverages | Bottled or filtered water, non-fruity, herb teas, stevia sweetened fresh lemon or limeade. | Coffee and pasteurized tea (including decaf) and regular or diet sodas |
| 9. Grains | Quinoa, amaranth, buckwheat | Pasta, rice, corn, wheat, millet, oats, and barley |
| 10. Yeast | No yeast allowed | All are excluded, as are bread, mushrooms, pastries, and alcohol |
| 11. Vinegars | Unpasteurized apple cider vinegar, black olives (not aged in vinegar) | Pickles, salad dressings, green olives, soy sauce |
| 12. Oils | Olive, grape or flax seed, virgin coconut (cold pressed is best) | Partially hydrogenated ("trans") oils, corn, and peanut oil |
| 13. Nuts | Raw nuts, including pecans, almonds, walnuts, cashews, pumpkin seeds | Peanuts (and all peanut products) and pistachios are excluded. |