

Nutrient Rich, Carbohydrate Controlled Food Pyramid

WHOLE GRAIN FOODS properly prepared - OATS, RICE and if not sensitive to gluten, WHOLE GRAIN BREADS and SPROUTED VERSIONS

NUTS, SEEDS and LEGUMES properly prepared

FRUITS - PAW PAW, BERRIES, PINEAPPLE, KIWIFRUIT, APPLES, COCONUT and other fruits in moderation

VEGETABLES - SALAD GREENS, BROCCOLI, CAULIFLOWER, ASPARAGUS, AVOCADO, SPINACH, CABBAGE and other brightly coloured vegetables

PROTEIN & FATS – LAMB, BEEF, POULTRY, EGGS, CULTURED DAIRY PRODUCTS, BUTTER, SOUR CREAM, COCONUT OIL, OLIVE and other COLD PRESSED OILS. Limit FISH to smaller species due to methyl mercury.

