

	<b>Proteins</b>	<b>Fats</b>	<b>Dairy</b>	<b>Carbohydrates</b>	<b>Beverages</b>	<b>Condiments</b>
<b>Traditional</b>	<ul style="list-style-type: none"> <li>-Fresh, pasture-raised meat: beef, lamb, game, chicken, turkey, duck and other fowl</li> <li>-Organ meat from pasture animals</li> <li>-Seafood from deep sea waters</li> <li>-Fresh shell fish in season</li> <li>-Fish eggs</li> <li>-Fresh eggs from pastured poultry</li> <li>-Organic fermented soy products</li> </ul>	<ul style="list-style-type: none"> <li>-Fresh butter</li> <li>-Fresh cream</li> <li>-Lard, beef, lamb, goose and duck fat</li> <li>-Extra virgin olive oil</li> <li>-Unrefined flax seed oil</li> <li>-Coconut oil</li> <li>-Palm oil</li> </ul>	<ul style="list-style-type: none"> <li>-Raw whole milk</li> <li>-Yogurt</li> <li>-Piima milk</li> <li>-Kefir</li> <li>-Raw cheese</li> </ul>	<ul style="list-style-type: none"> <li>-Whole grains treated for phylates</li> <li>-Sourdough</li> <li>-Sprouted grain breads</li> <li>-Soaked or sprouted cereal grains</li> <li>-Soaked and fermented legumes (lentils, beans, chickpeas)</li> <li>-Sprouted or soaked seeds and nuts</li> <li>-Fresh fruits and vegetables</li> <li>-Fermented vegetables</li> </ul>	<ul style="list-style-type: none"> <li>-Filtered, high-mineral water</li> <li>-Lacto-fermented drinks</li> <li>-Meat stocks and vegetable broths</li> </ul>	<ul style="list-style-type: none"> <li>-Unrefined sea salts</li> <li>-Raw vinegar</li> <li>-Spices in moderation</li> <li>-Fresh herbs</li> <li>-Naturally fermented soy sauce and fish sauce</li> </ul>
<b>Compromise</b>	<ul style="list-style-type: none"> <li>-Pork</li> <li>-Fish from shallow waters</li> <li>-Commercially raised beef, lamb, turkey and chicken</li> <li>-BBQed or smoked meats</li> <li>-Traditionally made sausage</li> <li>-Additive-free bacon</li> <li>-Commercially raised eggs</li> <li>-Tofu in small amounts</li> </ul>	<ul style="list-style-type: none"> <li>-Unrefined peanut oil</li> <li>-Unrefined sesame oil</li> </ul>	<ul style="list-style-type: none"> <li>-Raw whole uncultured milk from conventional dairies</li> <li>-Pasteurized cultured milk</li> <li>-Pasteurized cheese</li> <li>-Melted cheese</li> </ul>	<ul style="list-style-type: none"> <li>-Whole grains not treated for pylates</li> <li>-Quick-rise breads and pasta</li> <li>-Unbleached white flour</li> <li>-Canned legumes</li> <li>-Thin-skinned imported fruits and veggies</li> <li>-Canned tomato products</li> <li>-Well-cooked unsprayed seaweeds</li> <li>-Natural sweeteners: honey, maple syrup, Rapadura, date sugar and agave nectar</li> </ul>	<ul style="list-style-type: none"> <li>-Wine or unpasteurized beer</li> <li>-Diluted fruit juices</li> <li>-Herb teas</li> </ul>	<ul style="list-style-type: none"> <li>-Commercial salt</li> <li>-Pasteurized vinegar</li> <li>-Canned condiments without MSG</li> </ul>
<b>Newfangled</b>	<ul style="list-style-type: none"> <li>-Processed meats containing additives and preservatives (lunch meat, salami, bacon)</li> <li>-Hydrolized protein and protein isolates</li> <li>-Soy milk</li> </ul>	<ul style="list-style-type: none"> <li>-All highly processed vegetable oils</li> <li>-Margarine</li> <li>-Tub spreads</li> <li>-Vegetable shortening</li> <li>-Fat substitutes</li> <li>-Foods fried in vegetable oils</li> <li>-Lowfat products</li> </ul>	<ul style="list-style-type: none"> <li>-Pasteurized homogenized commercialized milk</li> <li>-Ultra-pasteurized cream and milk</li> <li>-Processed cheeses</li> <li>-Reduced-fat dairy products</li> </ul>	<ul style="list-style-type: none"> <li>-Bleached and fortified white flour products</li> <li>-Commercial dry cereals</li> <li>-Refined sugars in all forms (dextrose, fructose, high fructose corn syrup)</li> <li>-Granola</li> <li>-Irradiated and GMO grains, fruits and vegetables</li> <li>-Most canned products</li> <li>-Chocolate</li> </ul>	<ul style="list-style-type: none"> <li>-Soda pop</li> <li>-Distilled or pasturized alcohol products</li> <li>-Full strength fruit juices</li> <li>-Commercial rice and oat milks</li> <li>-Coffee</li> <li>-Tea</li> <li>-Cocoa</li> </ul>	<ul style="list-style-type: none"> <li>-Baking powder (With aluminum)</li> <li>-MSG</li> <li>-Artificial flavors</li> <li>-Additives &amp; colors</li> <li>-Chemically produced food preservatives</li> <li>-Aspartame</li> </ul>