

Food Group	Eat lots of	Eat less of
Meat, Poultry, Eggs	Chicken, Turkey, Cold-water fish	Red-meat, Cold-cuts Sausage
Milk and Dairy	Soy milk, Rice milk Nut milk	Cow milk, Cheese Ice cream
Starches	Brown rice, buckwheat Gluten free products	Pasta, Cereals, Corn
Breads	Whole grain, Ancient grains Avoiding gluten	White bread, Donuts Pastries
Vegetables	All vegetables preferably fresh or frozen	None
Fruits	All Fruits preferably fresh or frozen	Fruit drinks
Soup	Home made, Avoid *MSG	Soups with *MSG
Beverages	8 to 10 glasses of water/day Fruit and vegetable juices	Diet pop, anything containing artificial Sweeteners
Fats/Oils	Flax, Olive, Sesame, Pumpkin, Walnut	Margarine, Lard, Shortening
Nuts	Almonds, Brazil, cashews, Flax, Pumpkin, sesame, walnut, Butter made from these nuts	Peanuts and peanut butter.
Sweeteners	Brown rice syrup, fruit sweeteners.	White sugar, Raw Sugar.

*MSG goes by many names:

Under current FDA regulations, significant amounts of free glutamate (MSG) can be included in food under the following ingredient labels: MSG, monosodium glutamate, glutamic acid, hydrolyzed protein, autolyzed protein, textured protein, yeast extract, autolyzed yeast extract, protein isolate, soy sauce, modified food starch, modified corn starch, calcium caseinate, and sodium caseinate. In some cases, significant amounts of free glutamate are also added as broth, maltodextrin, seasonings, or natural flavor.