

FOOD AS MEDICINE Cultivating Vitality, Joy & Connection through Food

Eat Real Food ~ Quality ~ Minimally Processed ~ Variety ~ Individualized to Your Unique Metabolic Needs

THE FOODS IN THESE 4 COLUMNS CAN BE PARTICULARLY BENEFICIAL TO HEALTH – THE RATIO OF FAT/PROTEIN/CARB IS INDIVIDUAL

LOW CARB PLANTS

CABBAGE FAMILY incl GREENS

Arugula, Bok Choy, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Collards, Daikon, Garden Cress, Horseradish, Kale, Kohlrabi, Mizuna, Mustard Greens, Radish, Rapini, Rutabaga, Turnip, Turnip greens, Wasabi, Watercress

LETTUCE & CHICORY FAMILY

Green and Red Leaf Lettuces
Romaine, Butterhead etc
Dandelion and Chicory Greens
Endive, Escarole, Frisée, Sugarloaf
Belgian Endive, Radicchio

PARSLEY FAMILY

Celery, Parsley, Dill, Cilantro
Fennel, Carrot, Parsnip, Celeriac
Lovage, Sweet Cicely, Chervil
Anise, Caraway, Cumin

OTHER VEGETABLES

Asparagus, Capers, Olives, Avocado
Okra, Jicama, Cucumber, Zucchini
Bamboo shoots, Water Chestnuts
Summer squash, Alfalfa Sprouts,
Fiddleheads, Peas, String Beans

NIGHTSHADE FOODS

May trigger arthritis in some people
Tomatoes including juice/sauce/paste
All Peppers including Sweet & Hot
Paprika, Tomatillos, Ashwagandha

SEA VEGETABLES

Source of iodine & trace minerals
Arame, Dulse, Hijiki, Kelp, Kombu
Nori, Wakame, Sea Lettuce

HIGH OXALATE FOODS

Spinach, Beet greens, Chard, Sorrel,
Rhubarb, Lambs quarter, Purslane
Some people have a hard time with these foods. Traditionally prepared by immersing in large volumes of boiling water to remove excess oxalates

THESE ADD MORE FLAVOUR

ONION FAMILY

Garlic, Leek, Onion, Shallot, Chives

MUSHROOMS

White, Shiitake, Porcini, Maitake
Portobello, Chanterelle, Cremini etc

INCLUDE PLENTY OF SEASONINGS, HERBS & SPICES

Fresh Garlic, Ginger, Turmeric,
Lemon, Lime, Apple Cider Vinegar
Horseradish, Chili, Preserved Lemon
Salt, Coconut Aminos, Fish Sauce

These Herbs Taste Best Fresh

Parsley, Dill, Cilantro, Mint, Basil
Chervil, Lovage, Celery, Tarragon
Sweet Cicely, Fenugreek leaf

These are Used Fresh & Dried

Rosemary, Marjoram, Thyme, Bay,
Oregano, Savoury, Sage

Savoury Culinary Spices

Mustard seed, Cumin, Paprika
Dill seed, Celery seed, Galangal
Caraway, Chilies, Cayenne, Curry

For Teas AND Culinary Use

Citrus Zest, Lemongrass, Mint,
Sumac, Rose, Saffron, Turmeric
Ginger, Anise, Star Anise, Fennel,
Coriander, Cardamom, Clove, Mace,
Cinnamon, Nutmeg, Vanilla, Pepper

More Herbs for Teas

Chamomile, Lemon Balm, Holy Basil
Oat Straw, Rooibos, Lemon Verbena,
Plantain, Linden, Elderflower/Berry
Calendula, Nettle, Hibiscus, Rosehip
Burdock, Dandelion & Chicory root
Hawthorne, Red Clover, Violet Leaf
Strawberry & Raspberry Leaf etc

COFFEE TEA & CHOCOLATE

If you are not caffeine sensitive
Up to 1 oz of dark chocolate daily
All teas including green, pu-erh etc
Coffee if tolerated in moderation

NATURE'S CARBS

STARCHY VEGETABLES

Beets, Parsnip, Carrot, Pumpkin,
Winter Squash, Potato, Rutabaga
Celeriac, Sweet Potatoes, Yams
Burdock Root, Taro, Arrowroot
Cassava (Yucca, Manioc), Plantain
Jerusalem Artichoke, Lotus Root

ORGANIC LEGUMES

*Choose according to digestibility
Soaked/Sprouted & pressure cooked
Organic whenever possible as
legumes tend to be heavily sprayed
Be aware that soy is often GMO*
Black, Black eyed peas, Cannellini,
Chickpeas, Fava, Kidney, Lima, Great
Northern, Kidney, Lentils, Mung,
Navy/White, Pinto, Split peas, Soy etc

BERRIES and related FRUITS

Blueberry, Blackberry, Elderberry,
Black and Red Currant, Cranberry,
Gooseberries, Haskaps, Mulberry,
Grapes, Goji, Pomegranate,
Raspberry, Rosehips, Schisandra,
Serviceberry, Strawberry etc

APPLE & STONE FRUITS

Especially the Skins if Organic
Apples, Pears, Asian Pears, Quince,
Rosehips, Rowan berries, Cherries
Crab Apples, Hawthorne Berries
Peaches, Apricots, Nectarine, Plum

CITRUS FAMILY

Include Organic Citrus Zest
Orange, Grapefruit, Lemon, Lime,
Mandarin, Tangerine, Kumquat

MELONS

Cantaloupe, Honeydew, Watermelon

TROPICAL FRUITS

Banana, Dates, Fig, Pineapple,
Papaya, Persimmon, Pomegranate
Mango, Passionfruit, Acai, Acerola,
Camu, Guava, Jujube, Lychee etc

BEST FATS & ANIMAL FOODS MOST RESEARCHED FATS/OILS

Coconut and Coconut oil
Avocados and Avocado oil
Olives and Extra Virgin Olive Oil
Wild Fatty Cold Water Ocean Fish
Omega 3 Fish Oils

BEST FATS FOR HEATING

Coconut oil and Avocado oil
Organic, Pastured Grass Fed Fats
including Butter, Ghee, Tallow, Lard,
Schmalz, Duck fat

RAW NUTS AND SEEDS

Benefit maxes at 1oz or 30 g daily
Flaxseed, Pumpkin, Sesame,
Sunflower and Hemp seed
Almonds, Walnuts, Brazil nuts,
Chestnuts, Filberts/Hazelnuts, Pecans,
Cashews, Pistachios
Macadamia nuts, Pine nuts

BEST SEAFOOD CHOICES

Herring, Sardines, Mackerel,
Anchovies, Wild Caught Salmon
Mussels, Oysters, Clams
Fish Sauce, Clam Juice, Fish Broth
Fish Eggs, Caviar, Roe

For additional beneficial seafood see

[EWG's Seafood Guide](#)

MOST NUTRIENT DENSE ANIMAL FOODS

*Organic, Pastured, Grass Fed
Not fed GMO soy or corn*

Organ meat - Liver, Heart, Giblets etc

Bones, Bone Broth & Bone Marrow
High Collagen knuckle bones, shanks,
hocks, oxtail, skin, necks, feet etc

Organic Eggs especially the Yolks

Grass Fed Cheese, Yogurt, Kefir

Wild Game, Grass Fed Beef & Lamb
Organic Pastured Poultry & Pork

CHOOSE THESE FOODS ON AN INDIVIDUAL BASIS

MAKE YOUR CHOICE BASED ON
Pleasure, Enjoyment & Connection
Your Metabolic Needs & Health Goals
What Works Best for YOU
Your Ethical Choices & Values

ALL OTHER DAIRY PRODUCTS

*A2 milk & cheese including sheep and
goat may be better tolerated by some*

ALL OTHER ANIMAL FOODS

Any other meats & animal foods


GRAINS & PSEUDOGRAINS

*Best Grains are Organic, Soaked,
Sprouted, Fermented or Sourdough*
GLUTEN FREE PSEUDOGRAINS
Amaranth, Buckwheat, Quinoa, Chia
OTHER GLUTEN FREE GRAINS
Millet, Rice, Wild Rice, Sorghum, Teff,
ORGANIC LARGE FLAKE OATS
WHEAT & GLUTEN GRAINS
Organic 100% Rye Sourdough
Organic Wheat, Spelt, Kamut, Triticale,
Einkorn, Emmer, Barley
Sprouted, Essene, Ezekiel Bread

NATURAL SWEETENERS

Maple Syrup, Honey, Stevia, Monk etc

AND ALL THE REST

Food is more than just nutrients
Does eating these things bring you joy,
ease, comfort or connection? There are
times in our lives for eating other things.
Times to grab something on the run,
choose an easy family meal or a
"night off" from cooking. Enjoy 
Dogma & Perfectionism Destroy
Love, Nourishment & Joy Heal
Honour Body & Soul. No Judgement.

Sugar and Processed Sweeteners
Other Seasonings or Flavourings
Processed Foods and Snacks
Refined Baked Goods
Party & Celebration Foods
Restaurant Meals, Wine or Beer