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GOOD FOODS LIST

It seems everyday we hear new reports of the harmful effects of certain foods. Many people ask "What's left to eat?" Here is a basic guide to a healthy diet.

PROTEINS

- **MEATS:** hormone & antibiotic-free, grass fed beef, lamb, veal, pork, buffalo
 - Free-range, hormone & antibiotic-free chicken and turkey
 - No lunch meat or cured meats with nitrites or MSG
 - **SEAFOOD:** look for wild-caught fish rather than farmed to avoid fish raised on genetically modified feed; shellfish, fresh or frozen
 - **OTHER PROTEINS:** tempeh, legumes
 - **NUTS & SEEDS:** Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds (raw or dry roasted)
 - Natural nut butters where oil rises to the top - avoid commercial brands containing hydrogenated oils and sugar; almond butter preferred over peanut butter.
- *Note: Make sure you get **adequate protein** each day. If you have a question on this, buy and read the book Protein Power, by Eades and Eades.

DAIRY (Protein and Fat)

- Replace milk with whole cow's milk (raw and/or organic preferably) or goat milk; almond or other nut milks, unsweetened
- Fertile, free range organic eggs
- Butter (not margarine)
- Cheese (raw and/or organic); cottage cheese
- Yogurt without added sugar (Stoneyfield Farm Organic or Altadena are good examples)

FATS

- Butter, organic (no margarine, it's hydrogenated!)
- Fresh flaxseed oil - lowers cholesterol
- Olive oil, cold pressed (do not cook with)
- Fish oils
- Coconut oil (great for high temperature cooking)

VEGETABLES

- Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 3-5 servings per day
- All homemade soups or frozen soups form healthy source
- **AVOID** starchy veggies (potatoes, corn) more than 1-2 times per week, or less if you are on a more stringent carbohydrate restriction
- **SALADS:** raw vegetable salads
- Salad dressing - use any cold pressed oil with apple cider vinegar or lemon juice; try homemade or Haines brand, **cold pressed**, mayonnaise, Italian dressings made with fresh (preferably organic) ingredients - Paul Newman's are good.

CONDIMENTS

- Natural herbs and spices
- Celtic sea salt
- Apple cider & balsamic vinegar, lemon juice, or rice vinegar
- Mustard; low-sugar ketchup or health food store brand; low-sugar steak sauce

GRAINS: (limited quantities only)

- Organic, sprouted grain bread: "Ezekial" is a good example
- Whole grain breads/crackers
- Whole grains - brown rice, quinoa, bulgar, millet
- Whole grain cereals, pastas - i.e. shredded wheat, steel cut oats, oatmeal (organic is best!)

* Note: **Whole** grain must be listed as the **FIRST** ingredient. Avoid breads containing **hydrogenated oils**. Avoid eating more than 1-2 servings per day (less if advised by your nutritionist). Sprouted grain "Ezekiel", "Alvarado Street Bakery" and "Squirrel" breads are recommended and are available at your local health food stores.

FRUITS:

- Fresh organically grown fruits
- Fresh fruit or vegetable juices diluted 50% with water
- V-8 and tomato juice (low sodium)
- Note: Only 1-2 servings per day or less if advised by your consultant

SWEETENERS: Not advised at all.

But if you must, limit intake amounts of the following:

- Stevia
- Agave Nectar
- Xylitol
- Raw honey
- Pure maple syrup
- Fresh fruit

BEVERAGES

- Organic, herb teas (have the doctor muscle test these)
- Roasted chicory, replacement for coffee
- Lemon water with or without powdered white stevia
- Avoid tap water, drink filtered water whenever possible

DESSERTS – occasionally

- Fresh fruit with yogurt and raw honey or fresh fruit
- Brown rice pudding made with raw honey
- Sorbet made from fresh fruit, no added sugar/fructose

SNACKS/TREATS for Kids (also see desserts)

- Popsicles (use natural fruit juices or black cherry concentrate)
- Fruit juice sweetened treat (cookies, bars, rice ice cream)
- Fresh fruit
- Whole grain chips/crackers (no hydrogenated oils!)

NOTE: If you are on a restricted diet, you should study the carbohydrate gram counter in the book, "Protein Power", or other similar references and restrict the amounts of fruits, grains and other high carbohydrate foods appropriately.

Keeping a weekly food intake diary and reviewing this with your clinical nutritionist regularly is the key to learning how to manage your carbohydrate consumption.

Persons on allergy restricted diets should also make the appropriate modifications to the above recommended foods.

Personal dietary consultations are available with Dr. Dale Fountain for further education and recommendations.