

Back In Action Chiropractic

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Good Foods List

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

PROTEINS

- MEATS: Coleman Beef, Laura's Lean beef, lamb, veal, lean pork, buffalo
- Chemical free chicken, turkey, Cornish hen
- No luncheon meat or cured meats with nitrites or MSG
- SEAFOOD: Any fish or shellfish fresh or frozen; large fish such as tuna or salmon wild only
- Homemade breaded fish, using whole wheat bread crumbs or flour (if not gluten intolerant)
- OTHER PROTEINS: Tofu or Tempeh, Legumes
- NUTS & SEEDS: Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds raw or dry roasted with sea salt
- Natural nut butters where oil rises to the top; avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter

Note: Make sure you get an adequate protein intake daily. If you have questions about this, buy and read the book Protein Power by Eades and Eades.

DAIRY (PROTEIN & FAT)

- Replace cows milk with almond milk unsweetened or rice milk (less preferred)
- Fertile, free range/roaming or organic eggs
- Butter (NO MARGARINE!!)
- Cheese (raw and or organic) aged preferred, cottage cheese
- Yogurt without added sugar sweeteners (Stoneyfield Farm Organic or Altadena if not identified as Candida)

FATS

- Butter (NO MARGARINE, ITS HYDROGENATED)
- Fresh Flaxseed oil (helps to lower cholesterol)
- Olive Oil, cold pressed
- Fish Oils
- Coconut Oil (anti-microbial/anti-viral)

VEGETABLES

- Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 3 to 5 servings/day
- All homemade soups or with organic broth (soups can contain proteins + veggies)
- Avoid starchy foods (potatoes, yams, corn, squash, peas) more than 1 to 2 times/week, or less if you are on a more stringent carbohydrate restriction
- SALADS: Raw veggies when possible
 - Dressing: use any cold pressed oil with apple cider vinegar or lemon juice with added garlic (optional); salad dressings premade okay: Paul Newman's, Haines brand cold pressed mayonnaise, organic ingredients preferred

CONDIMENTS

- Natural herbs and spices
- Celtic Sea Salt
- Apple cider vinegar, lemon juice, rice vinegar mustard

GRAINS (Limited quantities ONLY and not gluten intolerant)

- Organic, sprouted grain breads
- Whole grain breads/crackers
- Whole grains: brown rice, quinoa, bulgar, millet
- Whole grain cereals, pastas e.g. shredded wheat, oatmeal

Please remember in the case of rice and any oatmeals (steel cut) soak grains for at least 24 hours to provide digestive enzymes and ease with gut digestion

In reading labels on whole grains: Whole grains must be the first ingredient listed; avoid breads containing hydrogenated oils: avoid eating more than 1 to 2 servings/day.

FRUITS

- Fresh organically grown fruit (go to www.ewg.org to review the fruits you should absolutely consider buying organic)
- Fresh fruit & veggie juices diluted with 50% bottled or filtered water
- V-8 and tomato juice (low sodium)

Note: 1 to 2 servings per a day preferred.

SWEETENERS: Not advised at all. But if you must limit in low quantities

- Stevia
- Agave
- Raw Honey
- Pure Maple Syrup

BEVERAGES

- Organic, herb teas
- Roasted chicory, replacement for coffee
- Lemon water without or with powdered stevia
- Avoid tap water, drink filtered water or bottled water

DESSERTS—OCCASIONALLY

- Fresh fruit with yogurt and raw honey or fresh fruit
- Plain gelatin add fruit
- Brown rice pudding made with raw honey or powdered stevia
- Sorbet made from fresh fruit, no added sugar

SNACKS/TREATS FOR KIDS

- Popsicles, use natural fruit juices or black cherry concentrate
- Fresh fruit
- Whole grain chips, crackers (NO HYDROGENATED OILS)