

RATING YOUR FOODS

East foods high on the chart.

Based on nutrient density = vitamin, protein, fiber + healthy fats per 100 kilogram
& glycemic index = how quickly that food raises blood glucose
& anti-cancer properties (i.e. ellagic acid in berries)

BEST

oil from fish, flax, primrose, borage, hemp, MCT, PAM, olive, sesame, lecithin	green leafy broccoli cabbage peppers sprouts onions beets tomato carrot asparagus cauliflower	cod halibut salmon tuna, trout orange roughy bass, sole sardine haddock pumpkin yam organic liver	oranges apples, pears berries cantaloupe kiwi, fig cherries apricot red grapefruit yogurt wheat germ brewer yeast	whole grain: barley oats, flax rice, rye millet amaranth buckwheat spelt wheat Ezekial bread	soy bean garbanzo kidney lentil navy bean split pea black eyed pea pinto beans black beans bee pollen spirulina	garlic vinegar mustard salsa, curry cinnamon ginger green tea cayenne stevia kelp
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GOOD

canola oil coconut oil	radish celery lima bean zucchini squash lettuce avocado vegetable juice	turkey chicken lamb liver, eggs veal, pork wild game sword fish	watermelon grapes honeydew plum banana pineapple papaya	pasta popcorn cottage cheese parmesan cheese low fat milk low fat cheese soy milk	walnut almond sunflower seed sesame seed	soy sauce Worcester Tabasco flax dressing sage thyme black tea
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FAIR

oil from soy, corn safflower	olives can vegetables fried vegetables white potatoes	lobster clams beef, duck shrimp catfish	dried fruit raisins dates prunes can fruit	corn ships granola wheat crackers tortilla grits	peanuts peanut butter regular cheese xylitol	Italian dressings red wine carob chocolate
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POOR

commercial breakfast cereals	bacon pizza smoked ham prime rib	gelatin desserts sweet corn	white rice wheat molasses butter	white wine beer mayonnaise	Celtic salt coffee honey fructose
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BAD

pickles salami bologna	sausage hot dog BBQ ribs	waffles pancakes	cake cookies	ice cream	blue cheese dressing
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WORST

margarine aspartame	syrup MSG	soda pop diet pop	pastry, pie doughnuts	lard hydrog fat	sugar hard liquor
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