



WHAT FUELS TO PUT IN YOUR BODY



Northwoods Natural Healing Center and Monarch Health Coaching

Good

Acceptable

Worse

Best



CARBOHYDRATES

Vegetables

artichokes
 asparagus
 bell peppers
 bok choy
 broccoli
 cabbage
 cauliflower
 celery
 chard
 collard greens
 cucumbers
 eggplant
 green beans
 kale and lettuce
 leeks
 mushrooms
 spinach
 radishes, snow peas
 tomato
 zucchini
 chives

Fruits/juices

cherry
 grapefruit
 peach
 pear
 plum
 strawberry
 blueberries

Sweeteners

crystalline fructose
 agave nectar

Legumes

lentils
 peanuts
 soybeans
 chickpeas

Dairy

milk products (sparingly)
 yogurt

Grains

barley
 bulghar
 brown rice

Beans

kidney and navy
 pinto and white
 split peas

Cereal

oatmeal (not instant)

Fruit/juices

apple and apple juice
 grapes
 oranges and orange juice
 raisins

Vegetables

sugar snap peas
 sweet potato and yams
 cooked onions

Grains/flour products

white and most wheat bread
 French bread
 buckwheat
 corn and corn chips
 millet and white rice
 pasta

Cereals

bran and corn flakes
 grape nuts and Rice Krispies
 oat bran and puffed rice
 shredded wheat
 All sugary cereals

Vegetables

potato and carrots
 corn and parsnips

Fruit/juices

banana and apricot
 mango and papaya

Sweeteners

sugar and honey
 corn syrup
 ice cream

PROTEIN

Seafood

Chicken

(free range)

Turkey

Beef

(free range)

Egg Whites

Tofu/Tempeh

Whole Eggs

Cottage Cheese

Hard Cheese

Dry Beans

(part Carb)

Duck

Lamb

Pork

Ground Beef

Hot Dogs

Liver

Pepperoni

Bacon

Salami

Processed Lunch meat

GOOD FATS

Cold Water Fish Flax Nuts
 Avocado Seeds (pumpkin, sunflower)
 Cold-pressed, dark bottle, organic oils
 (olive, sesame, safflower, soybean)



Eat Balanced & Exercise

At Each Meal
 eat a mixture:
 Protein
 Carbs
 Fats

Exercise:
 Interval
 Wt. Training
 Get Sleep

BAD FATS

Cakes, cookies, donuts, etc.
 Potato and other chips
 Lard, Margarine, cheese, red meat
 Deep fried foods. Poultry skin
 Trans Fat, Hydrogenated Oils
 Partially Hydrogenated Oils