

# **Foods To MINIMIZE/AVOID**

## **For Optimal Wellness**

**(“Make it the 12%”)**

1. **Milk products.** *Substitute with products from nuts, seeds or grains. Get low or nonefat, if any.*
2. **Minimize your meat intake,** including eggs and fish. *Make it more of an exception than a daily habit.*
3. **Refined foods like sugar and wheat flour (gluten).** *We want to stay close to nature in our food choices.*
4. **Processed sweeteners** like sugar, corn, agave and maple syrup. Any artificial sweetener like aspartame, splenda, nutrasweet, etc. *We can use dried fruits like dates and make a paste or syrup.*
5. **Processed food with additives, coloring and preservatives.** *Consumed on a regular bases, they are potentially harmful.*
6. **Processed salt.** *We prefer to use in moderation some celtic or Himalayan crystal salt. High salad intake deadens your taste buds. Natural sodium is in veggies like celery.*
7. **Any extracted nut or seed oils** like canola, soy, corn, hemp, etc. They are not stable and easily get rancid. Also, hulled seeds or seeds that are not freshly ground are not a good choice. *Instead we can use whole seeds, nuts and avocado. Tropical oils like coconut oil, olive oil are better than other oils.*
8. **Addictive stimulants** like caffeine, cola, cacao, alcohol, cigarettes, prescription and recreational drugs drain the body in the long term. *Occasionally organic red wine without any sulfites is the best choice if you want to have some alcohol, which is not recommended.*
9. **GMO contaminated foods** like corn and soy products. *Eat only organic soy and corn.*
10. **Unsafe water** (especially with added fluorides). City water must be purified.