

# Healthy Diet

## Protein

Beef	Lamb
Chicken	Tempeh
Eggs	Tofu
Fresh fish	Turkey
Kangaroo	Veal

## Legumes

Black beans
Black eyed peas
Chickpeas
Green split peas
Kidney beans
Lentils
Lima beans
Mung beans
Navy beans
Pinto beans
White kidney beans
Yellow split peas

## Dairy

Cheese	Paneer
Milk	Whey protein
Natural yoghurt	

## Fruit

Apples	Melons
Apricots	Mulberries
Bananas	Nectarines
Blackberries	Papaya
Blackcurrants	Passionfruit
Blueberries	Peaches
Cherries	Persimmon
Cranberries	Pineapple
Custard apples	Plums
Figs	Pomegranate
Grapefruit	Rhubarb
Grapes	Strawberries
Guava	Limes
Jack Fruit	Lychees

## Rice/Grains

Barley
Basmati rice
Brown rice

## Vegetables

Alfalfa sprouts	Leeks
Asparagus	Lettuce
Avocado	Mushrooms
Beans, green	Onions
Bok Choy	Potato
Broccoli	Pumpkin
Brussels Sprouts	Radish
Broccolini	Rocket
Cabbage	Salad greens
Cabbage (purple)	Shallots
Carrots	Silver beet
Cauliflower	Snow peas
Celery	Spinach
Cucumber	Sprouts
Eggplant	Squash
Fennel	Sweet potato
Garlic	Tomato
Ginger	Watercress
Herbs	Zucchini

## Starchy carbohydrates

Bread 2 slices
Breakfast cereals ½ - 1 cup
Cous cous ½ cup (cooked)
Pasta ½ cup (cooked)
Potato 2 medium
Rice ½ cup (cooked)
Rice crackers 20 biscuits
Wheat crackers 10 biscuits

## Breads

Essene bread	Spelt
Multigrain	Wholemeal
Rye	

## Cereals

Bran
Muesli
Oats
Whole grain breakfast cereals

## Pasta/Noodles

Low carbohydrate pasta
Spelt pasta
Wholemeal pasta

## Snacks

Buckwheat crisp bread
Corn cakes
Rice cakes
Rice crackers

## Cooking oils

Apricot kernel oil
Flax seed oil
Macadamia nut oil
Olive oil
Salad oils
Sesame oil
Walnut oil

## Nuts and Seeds

Almonds
Brazil nuts
Cashews
Coconuts
Hazelnuts
Linseeds
LSA (ground linseed, sunflower seeds and almonds)
Macadamia nuts
Natural nut butter and spreads (limit to 2 serves per day)
Pecans
Pepitas
Pine nuts
Pistacchio
Sesame seeds
Sunflower seeds
Walnuts

## Sweets

Apple/ blueberry pie
Fresh fruit
Fruit sorbet
Frozen berries and yoghurt
Stewed fruit and custard

### \*Note: Gluten containing foods

Many grains and related foods contain gluten. Check with your Practitioner if gluten containing foods are suitable for you. Grains which contain gluten include: wheat, rye, oats, barley, spelt, triticale, semolina, bran, wheatgerm, bulgur and malt.