



## Daily Nutritional Diet

(6) Vegetables

(2) Fruits

(1) Starch

(1) Meat Protein

### Note:

1. Try *not* eating starch and protein items at the same time. This is critical to maintaining proper digestion.
2. Eat fruit *alone*... as a meal or in between meals as a snack.

### Items to Avoid:

- Refined sugar products
- Processed flour products
- Dairy products from grocery stores
- Pork
- Foods fried in oils
- Margarine

***The body has three choices when it comes to what to do with the foods we eat.***

1. Use as nutrient in the body.
2. Discard as a waste or toxin to the body.
3. Store in the body for future use or elimination.