

## 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:**

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

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