

## DIETARY RECOMMENDATIONS DO'S AND DON'TS

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FOOD	DO	DON'T
Sugar: Fruit juices (high fructose corn syrup) Pastries Candy Soda Pop	None	All sugar in any form
Artificial or Herbal Sweeteners	Stevia, Xylitol	Splenda, Aspartame, NutriSweet, Saccharin
Fruit	Berries, Apples, Cherries, Pears, Plums, Coconut, Peaches, Grapefruit, Pomegranates, Avocado, Olives, Tomatoes	Bananas, Grapes, Dried or Sun Dried (raisins, etc), Bottled or Frozen Fruit Juice, Canned Fruits
Meat	Fish, Chicken, Turkey, Beef, Pork (no nitrates), Beeler's Brand Sausage, Nitrate Free Bacon	Deep fried or breaded meats, no canned meats
Eggs	High Omega 3's (organic preferred)	Egg substitute products
Dairy Products	Butter, Plain Yogurt, Kefir, Goat Cheese, Coconut Milk, Rice Milk	Margarine, butter substitute, Cheese, Milk, Cream, Soy Milk
Vegetables	Fresh Vegetables Preferred: Garlic, Spinach Kale, Broccoli, Cauliflower, Red & Green Lettuce, Celery, Cucumbers, Sweet Potatoes, Carrots, Red Bell Peppers, Zucchini, Squash, Red Potatoes, Frozen Vegetables second choice	No canned vegetables, Potatoes, Corn, Peas
Breads	"Whole Grain" (Buckwheat, Oats, Barley, Quinoa, Coconut Flour, Wild Rice, Millet), Ezekiel Bread, LaTortilla Factory Gluten Free Teff Flour Wraps, Ezekiel Sprouted Corn Tortillas	"Processed" or "Enriched" (white, wheat), no white pasta, white rice
Seeds & Nuts	Sesame, Flaxseed, Almonds, Walnuts, Pecans, Hazelnut, Sunflower Seeds, Pumpkin Seeds, (Raw Preferred)	Peanuts and all peanut products, pistachios
Fat	Olive Oil (on salads), Butter, Coconut Oil, Palm Oil, Sesame Seed Oil, Flax Seed Oil (cold pressed), Avocado Oil (on salads)	Do not heat olive oil, Do not heat butter. Crisco, Vegetable Oil, Canola Oil, Hydrogenated or partially hydrogenated fats
Beverages	Bottled or filtered water; herbal teas, green tea, lemon water (add Stevia for fresh lemonade), Herbal Coffee (Dandy Blend, Herbal Beverage by NSP, Teechino Herbal Coffee)	Coffee and Tea (including decaf) soda pop (including diet), bottled or frozen juices

### MEALS SUGGESTION

**Breakfast:** 2 poached omega 3 eggs, protien shake, rolled or steel cut oats, chicken with avocado, nitrate free bacon or sausage

**Lunch:** 4 oz of chicken, turkey, beef, salmon with mixed greens or steamed vegetables, wild rice

**Dinner:** same as lunch

**Snacks:** Handful of raw almonds, celery sticks with almond butter, apple with almond butter