



# Nutritional Frontiers

## Customized Food Program

### Detox Food Program

|                                   | Yes   | No  |
|-----------------------------------|---|---|
| <b>Fruits</b>                     | All fresh, frozen, water-packed, or canned  | Juice, grapefruits, oranges or citrus   |
| <b>Vegetables</b>                 | All fresh raw, steamed, sautéed, juiced, or roasted   | Corn; tomato, <b>creamed vegetables</b>   |
| <b>Starch</b>                     | 100% whole grains, sweet potatoes, yams, rice, gluten free oats, oatmeal millet, quinoa, amaranth, tapioca, buckwheat                               | Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products  |
| <b>Bread/Cereal</b>               | 100% whole grains, High fiber, oatmeal, rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa                            | Processed Carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products, 100% whole wheat bread                         |
| <b>Legumes</b>                    | All beans, peas, and lentils  | All Soy products, Soybeans, tofu, tempeh  |
| <b>Nuts and Seeds</b>             | Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds                                    | Peanuts, peanut butter  |
| <b>Meat and Fish</b>              | Organic or Free Range, All canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb   | Beef, pork, cold cuts, hot dogs, sausage, canned meats, shellfish   |
| <b>Milk and Dairy Substitutes</b> | Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks  | <b>NO MILK, Cheese, Ice Cream, Pizza, Grilled Cheese</b> , cottage cheese, cream, yogurt, “non-dairy” creamers                    |
| <b>Fats</b>                       | Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils                                    | <b>Fried Foods, Fast Foods, Margarine, butter, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads</b> |
| <b>Beverages</b>                  | WATER Filtered or pure spring water, herbal tea, seltzer or mineral water   | <b>Soda pop or soft drinks, juice</b> , alcoholic beverages, coffee, tea, other caffeinated beverages                             |
| <b>Spices/Condiments</b>          | All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar | Chocolate, ketchup, relish, chutney, soy sauce, barbeque sauce, other condiments  |
| <b>Sweeteners</b>                 | Brown rice syrup, fruit sweetener, blackstrap molasses, stevia  | Artificial Sweeteners, High Fructose Corn Syrup, White or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts    |



**Nutritional Frontiers**

*breaking through nutritional boundaries*

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