



Nutritional Frontiers

Foundation Food Guide

Basic Dietary Guidelines for Good Health

<i>Everyday</i>	<i>Moderation</i>	<i>Rare Occasions</i>	<i>Never</i>
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food -High fructose corn syrup

Notes:

- If you carry excess weight in the abdominal area, consider reducing grains and eliminate sugar as much as possible.
- Whenever possible, choose organic foods, especially meat and dairy. Grass-fed organic meat is the best. Refer to list of the Top 12 Most and Least Contaminated Fruits & Veggies for a guide to the most important produce to buy organic.
- When eating fish, select safe fish that are not over-fished and not contaminated with PCB's, mercury, and other toxins. Avoid king mackerel, shark, swordfish, bluefin tuna, canned albacore tuna, Atlantic halibut. Good choices include wild Alaskan salmon (fresh or canned), herring, sardines, flounder, and sole, among others.
- Eat fresh, home-made, unprocessed and non-packaged whole foods as much as possible. Try to avoid unnecessary preservatives, additives, and food coloring. Eating a whole foods diet means eating food as close to its natural state as possible.

Supplements for Health Maintenance

Frontier Multi – 2 breakfast, 2 dinner

Pro Reds – 1 scoop daily

CybZyme – 1-3 each meal (especially if eating foods from the “Rare Occasions” category)

Omega 3D – 1 per meal



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breaking through nutritional boundaries

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