

Diet

It is important to continue these diet changes for at least 6 months to see any significant results.

NO

YES

Dairy (milk, yogurt, cheese, butter)	Soy (almond/coconut) 1 cup/day
Eggs (all forms)	Raw nuts (almonds, walnuts, pecans, peanuts)
Juice, Soda, Diet drinks, Gatorade, Koolaid, Powerade, Corn Syrup, or Artificial sweeteners	Fresh-squeezed fruits/limes, Honey, Brown sugar, and Raw sugar
White flour, Pasta, White bread	Brown rice, Whole grains or Multi-grains
Processed foods, fried foods, fast foods, or foods with artificial colors/flavoring	Unprocessed foods and soups
Hot Chili or Salad dressing	Salads with lemon juice, vinaigrette, or moderate amount of Italian dressing
	Vegetables- Raw, Boiled, or Stir fry in small amount of olive oil or flax seed omega 3 oil
	Beans, Lentils, and Legumes (unlimited)
	Fresh fruits