



**FOOD LIST**- If it's not on the list, don't eat it

**Vegetables**

Asparagus  
 Beets (fresh)  
 Broccoli  
 Brussel Sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Collard Greens  
 Cucumber  
 Green Beans  
 Endive  
 Jicama  
 Kale  
 Kelp  
 Kim Chee  
 Lettuces, Spinach, Romaine, Spring Mix, Radicchio, etc.  
 Onion  
 Peas  
 Pumpkin  
 Radish  
 Snow Peas  
 Sprouts  
 Summer Squash  
 Water Cress  
 Winter Squash  
 Zucchini

**Fruit**

Avocado  
 Blueberries  
 Blackberries  
 Coconut (fresh)  
 Grapefruit  
 Kiwi  
 Lemon  
 Lime  
 Papaya  
 Pomegranate  
 Raspberries  
  
**Grains**  
 Almond Flour  
 Buckwheat Flour  
 Buckwheat  
 Coconut Flour  
 Oats (Bob's Red's Mill Gluten Free)  
 Millet  
 Quinoa  
  
**Meats/Eggs**  
 Beef- Grass Fed Grass Finished  
 Bison  
 Turkey  
 Chicken / Eggs (Pasture Raised)

**Nuts & Seeds**

Almonds  
 Brazil Nuts  
 Chia Seeds  
 Coconut  
 Flax Seed  
 Hazelnuts  
 Macadamia Nuts  
 Pumpkin seeds  
 Sesame Seeds  
 Sunflower seeds  
 Walnuts  
 Water Chestnuts  
  
**Oils**  
 Avocado Oil  
 Coconut Oil  
 Flax  
 Olive - Organic Extra Virgin Olive Oil  
  
**Drinks**  
 Almond Milk  
 Coconut Milk  
 Coffee \*  
 Herbal Tea  
 Kombucha (plain)  
**Other**  
 Miracle Noodles  
 Buckwheat Pasta  
 Starch resistant rice

**Herbs/Seasonings**

Any and all watch sodium content  
  
**Grasses**  
 Wheat Grass  
 Kamut Grass  
 Oat Grass  
 Hemp Protein

**Sprouts**

Bean  
 Alfafa  
 Fenugreek  
 Broccoli  
 Mungbean  
 Raddish

**Dairy**

Ghee, grass fed butter  
 Goat Cheese  
 Goat yogurt  
 Goat Milk  
 Goat Butter

**Fish & Seafood:**

Wild Caught  
 Low Mercury

**Jeffrey S. Haskel, DC, PhD**

1290 Palmetto Avenue, Winter Park, FL 32789 **Ph 407.647.2220** Fx 407.647.2221  
 askdrhaskel@gmail.com