



# Nutrition

Worst -----> Best

Fruit & Veggies	Conventional foods on the Dirty Dozen List, GMO, pesticides, juices, canned items	Clean 15 can be bought conventionally, Dirty Dozen bought organic, fresh or frozen	Organic Non-GMO, fresh or frozen	Buying local or growing fresh, organic produce *Limit high sugar fruits on the Advanced Plan
Nuts & Seeds	Conventional roasted nut butters, conventional roasted nuts containing rancid oils or flavorings and additives	Roasted nuts and seeds made with natural seasonings and good oils	Raw nuts, seeds and butters	Homemade or organic raw nuts, seeds and butters, kept refrigerated. Almond flour, coconut flour, preferably soaked/sprouted
Grains	GMO corn, conventional flours (white or wheat), white rice, pasta, cookies, crackers, cakes, etc.	Unrefined whole wheat, whole wheat pasta/couscous, organic grains "Gluten free" flours like tapioca, rice flour, potato starch, corn-starch	Sprouted, cracked grains (kept refrigerated), ancient grains: quinoa, brown rice, buckwheat, spelt, bulgur, kamut, barley, teff	Very minimal or eliminate grains completely (see ML Nutrition Plan book for more information) Replace with almond flour, coconut flour, psyllium husk
Eggs	Egg substitutes	Store-bought, conventional eggs from factory farming	Store-bought organic, cage-free eggs	Locally pastured, cage-free eggs
Dairy & Dairy Alt.	Conventional dairy from factory farms, skim/low fat milk, cheese, yogurt, pasteurized and homogenized with sugars and/or artificial sweeteners, soy milk	No RBGH dairy, pasteurized and homogenized	Store-bought organic dairy with no sweeteners, preferably not homogenized (usually can't find non-pasteurized)	Raw dairy from grass-fed cows, cultured grass-fed dairy (like kefir or amasoi), preferably local. Dairy alternatives: full-fat coconut milk, unsweetened almond milk
Seafood	GMO, imitation seafood, large fish, fish prone to toxins, shellfish, farm raised	Farm raised, low toxic load	Wild-caught fish	Wild-caught fish with low toxic load and high Omega-3s
Oils/Other Fats	Margarine, trans fats, hydrogenated fats, unnaturally extracted fats like canola, corn, vegetable, soybean, safflower, sunflower, cooking sprays/spreads	Store-bought butter, grape seed oil, olive oil	Organic butter, extra virgin olive oil	Grass-fed, organic butter, coconut oil, organic extra virgin olive oil, avocados
Beans & Legumes	Conventional, canned, containing flavorings/additives/preservatives	Conventional fresh, frozen or canned	Organic fresh, frozen or canned (for chickpeas, white beans, kidney beans)	Fresh, organic beans and dried/soaked beans
Meat	Conventional, factory-farmed poultry, grain-fed beef, pork, all processed meats	Organic, hormone-free poultry, grain-fed beef and pork, turkey bacon	Organic, free range poultry, grass-fed beef, nitrite-free turkey bacon	Organic 100 percent grass-fed and finished beef, whole pasture-raised poultry *No pork or shellfish
Sweeteners	High fructose corn syrup, corn syrup, refined white sugar, brown sugar, powdered sugar	Agave syrup, molasses, store-bought honey, turbinado sugar	Local honey, pure maple syrup, Sucanct, coconut nectar, coconut sugar	Stevia, erythritol, chickory root, xylitol (in moderation)