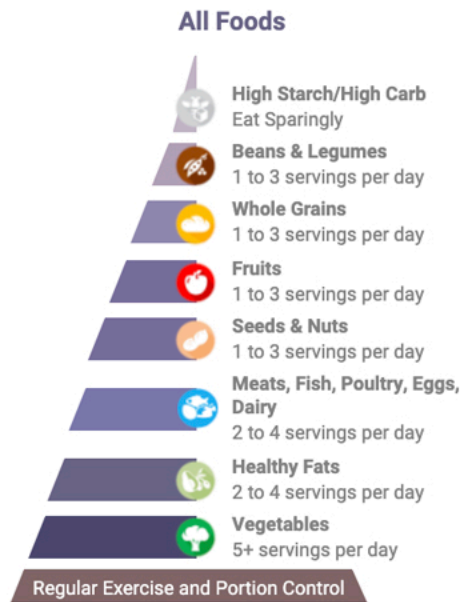


Basic Food Pyramid

For Wellness Use Only

John Doe

May 26, 2020 11:39 AM



Consider Eating More

Consider Eating Less

High Starch/High Carb



Molasses
Xylitol
Corn Syrup

Coconut Sugar
Maca
Sucrose

Beans & Legumes



Soy Bean
String Bean (Green)
Blackeyed Pea

Snap Pea
Lentils Green
Black Bean

Whole Grains



Wheat Berries
Rice, White
Semolina (Farro)

Kamut
Teff
Indian Ricegrass

Fruits



Elderberry
Lime
Plum

Casaba Melon
Mandarine Orange
Grapefruit

Seeds & Nuts



Pecans
Chia Seed
Chestnut

Pumpkin Seeds
Macadamia
Pomegranate Seeds

Meats, Fish, Poultry, Eggs, Dairy



Ostrich
Atlantic Pollock
Anchovy

Coho Salmon
Ricotta Cheese
Tilapia

Healthy Fats



Tallow (Beef/Mutton)
Cod Liver Oil
Ghee (Clarified Butter)

Grapeseed Oil
MCT Oil
Lard (Pork)