

**GOOD, BETTER, BEST
NEVER LET IT REST
UNTIL GOOD BECOMES BETTER
AND BETTER BECOMES REST**

The following is an excellent transitional chart for making a smooth transition to healthier foods. This information was taken in part from, *Junk Food to Real Food, A Blueprint for Healthier Eating*, by Carol A. Nostrand.

Transition Chart

{PRIVATE }Food to Avoid PROTEINS	Food to Enjoy PROTEINS	
Eliminate Immediately	Acceptable Foods (Experiment With These)	Vital Foods (Primarily Use These)
Meats with additives, such as luncheon meat packed with nitrites (bologna, salami, etc.)	Meat without additives, hormones, antibiotics, etc., raised free-range on organic feed	Sprouts
Meat with hormones, etc.	Deep ocean or pure-lake fish	Fresh, raw nuts and seeds: flax, chia, pumpkin, sunflower, sesame, almond, pecan, brazil, walnut, filbert, etc.
Processed cheese	Nuts and grain as the source to make rice, almond milk, cheese and yogurt	Nut butters
Processed eggs		Nut milks
Processed chicken -- raised in small coops, injected with antibiotics, etc.	Goat's milk, chevre, feta cheese (Goat's milk is very close to human milk constituents) and is acceptable, but not daily	Organic eggs
Pork		Beans: lentils, split peas, black beans, etc.
Pasteurized, homogenized cow's milk		Tofu, tempeh
Yogurt with sugar and toxic additives		

{PRIVATE }Food to Avoid	Food to Enjoy
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CARBOHYDRATES	CARBOHYDRATES	
Eliminate Immediately	Acceptable Foods (Experiment With These)	Vital Foods (Primarily Use These)
Sugar: white, brown, turbinado, sucrose, glucose, corn syrup, fructose, etc. Chocolate Processed carbohydrates such as white flour and white flour products White rice Anything packaged or canned with sugar, salt or toxic additives Processed pasta Ice-cream with sugar and toxic additives	Raw honey, blackstrap molasses, barley malt, pure maple syrup Carob Whole grain bread Whole grain pasta Grain/Nut ice-cream made without toxic additives or sugar	Vegetables: squash, carrots, celery, tomatoes, beets, cabbage, broccoli, cauliflower, leeks, turnips, radish, lettuce, etc. Fruit: apple, pears, plums, apples, etc. Sea vegetables Whole grains: brown rice, millet, rye, barley, etc.

{PRIVATE }Food to Avoid LIPIDS	Food to Enjoy LIPIDS	
Eliminate Immediately	Acceptable Foods (Experiment With These)	Vital Foods (Primarily Use These)
Oils that are rancid or overheated Rancid animal fats, such as lard, bacon drippings, etc. Anything deep-fat fried Artificially hardened fats, such as margarine and shortenings	High Oleic safflower, sunflower, olive oil Butter	Raw, cold-processed oils: olive, sunflower, sesame, flax, almond, walnut, avocado Raw, unsalted butter Avocado Fresh, raw nuts and seeds

{PRIVATE }Food to Avoid OTHER	Food to Enjoy OTHER

Eliminate Immediately	Acceptable Foods (Experiment With These)	Vital Foods (Primarily Use These)
<p>Coffee, tannic-acid teas; excess alcohol</p> <p>Common table salt (sodium chloride)</p> <p>Any commercial condiments with sugar, salt or toxic additives</p> <p>Commercial soft drinks made with toxic additives and sugar</p>	<p>Pure grain coffee substitutes</p> <p>Not more than one glass a day of non-chemicalized wine or beer</p> <p>Aluminum-free baking powder</p> <p>Soft drinks made without chemicals, sugar or toxic additives</p> <p>Potassium balanced salt; Celtic sea salt</p> <p>Vegetable salt and kelp</p>	<p>Herb teas and seasonings</p> <p>Organize apple cider vinegar</p> <p>Home-made condiments without salt or sugar</p> <p>Freshly juiced vegetables and fruits</p> <p>Fresh fruit ice-cream</p> <p>Reverse osmosis purified water</p>

"A Drugless Family Guide to Optimal Health"
 by Robert DeMaria
www.DeBob4Health.com