

**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 |
|-------------------------|---------------|

| 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