

Foods to Eat & Foods to Avoid

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www.aplacetobe.com

The first step toward attaining a healthier lifestyle is learning which foods to eat and which foods to avoid.

Healthy food is not found in a box, bag, or a package!

This e-book will answer your questions including:

What foods should I eat?

What foods should I avoid?

How do I shop for healthy food?

This Sections of This E-Book Include:

Section I - general guidelines to follow when deciding what foods to eat and what foods to avoid.

Section II - a shopping guide to take to the store with you listing foods that are ideal, neutral, and the ones that should be avoided all together.

Section III - foods sources for vitamins and minerals are listed as well as the function the nutrient has on the body in order to guide you in proper food selection.

Use this e-book to guide you on your journey toward optimal health. More information and resources about how to be healthy can be found at www.aplacetobe.com, as well as in my book *The Guide to Healthy Eating*, co-authored with Dr. David Brownstein, MD.

SECTION I – FOODS TO EAT & FOODS TO AVOID

When grocery shopping, it is important to look at the ingredients on packages and food items before purchasing. Generally, if you cannot pronounce it, it probably isn't safe to eat. Many chemicals can be listed under a variety of names. If you have never heard of it, look it up or, better yet, avoid it altogether just to be safe!

FOODS TO EAT:

Buy whole, fresh foods only

Read labels carefully and look mostly for foods that contain only one or very few ingredients. Also, look for the word "whole" before the first ingredient on the label or ingredient list. Fresh food is more nutritious than frozen and frozen is better than canned. Always check for expiration dates on the label.

Produce

Buying fresh fruits and vegetables is a big part of having a healthy diet. Moreover, organic produce is much healthier and nutritious than non-organic produce. Ideally, all produce should be fresh, ripe, in season, and locally grown. Look for a local farmers' market or food co-op, or find the organic section at your grocery or health food store. Color counts — bring home an entire rainbow of colorful fruits and vegetables. (See “Organic and Local Buying Tips” in The Tips Section, page 199 of *The Guide to Healthy Eating*). A great video can be viewed online at www.storewars.org.

Poultry

Poultry should be organic (preferably free-range), antibiotic-free and hormone-free. Avoid meats from factory farms. More on factory farms can be found online at www.factoryfarm.org. Always look to support local farmers. Visit www.localharvest.org to find a farmer near you.

Seafood

Fish can be a great protein and is very rich in Omega-3 fatty acids; however, most fish is now contaminated with mercury, PCB's, and toxins, or unsustainably

harvested. Buy mostly wild-caught fish or fish farmed in non-destructive ways. Fish should smell a bit like the sea, but fresh – it *should not* smell bad. Visit <http://www.thegreenguide.com/food/buying/fish-picks/1> for a more detailed guide to buying fish.

Meat

Buy only organic (preferably grass-fed), hormone-free, and antibiotic-free meats whenever possible. Many grocery stores carry grain-fed meats, which do not have the same wonderful benefits as grass-fed meats. See the benefits of grass-fed meat at www.aplacetobe.com. Look for the specification that your meat is grass-fed or ask the butcher or farmer. Always look to support local farmers. Visit www.localharvest.org to find a farmer near you. A great video can be viewed online at www.meatrix.com.

Eggs

Ensure that you purchase eggs that are organic, antibiotic, and hormone-free. Preferably, you want to buy eggs from free-range hens so they have the proper ratios of Omega-3 and Omega-6 fatty acids. Eggs are the most complete protein and are a great source of long chain fats, EPA and DHA.

FOODS TO AVOID:

Non-domestic produce

Fruits and vegetables raised in foreign countries are almost always sprayed with pesticides, preservatives, fecal fertilizers, or other harmful chemicals – like most non-organic foods from the U.S.

Most fish and seafood

Virtually all seafood, whether from fresh or salt water, is now contaminated with toxic metals and dangerous chemicals. Farm-raised seafood is the least healthy and often the most contaminated. In addition, many fish are non-sustainably harvested. Larger fish species are generally far more contaminated than smaller species. Warm water species are less safe than those from cold water. If you are pregnant, it is usually advisable to avoid seafood altogether. If you do eat fish, ensure the product is wild-caught or farmed from a source you trust.

Food with additives

Avoid purchasing foods with labels listing additives, colors, preservatives, emulsifiers, thickeners, anti-caking agents, bulking agents, flavorings, added seasonings or sauces, or chemical names you do not know or cannot pronounce.

Non-whole and processed foods

Avoid or limit products with more than one ingredient. These are NOT whole foods. Look for “100%”, and then carefully read what that 100% actually is. Breads and pasta are actually processed foods; whole, un-ground grains and sprouted grains are always healthier. If you must buy breads or pasta, look for the word “whole” or “sprouted” when the label describes the grains they came from. In general, avoid most packaged foods as these tend to have multiple unnecessary ingredients and additives.

Trans-fats and hydrogenated fats

These particular fats are the “bad fats” that should be strictly avoided. Many items falsely imply they are trans-fat free yet still have hydrogenated oils in them. This is unfortunately because the government considers items to be trans-fat free if there is less than 0.5 grams of trans-fat per serving.

MSG (monosodium glutamate)

MSG is a chemical used as a flavor enhancer in foods. It makes mediocre foods taste good. It may be disguised under names such as seasonings, spices, hydrolyzed proteins, soy protein isolate, or bouillon, just to name a few. This additive is extremely toxic to the nervous system and is known as a neurotoxin. More information can be found in the book *Excitotoxins: The Taste That Kills*, by Russell Blaylock.

Artificial sweeteners (e.g., aspartame, Splenda)

These are non-foods and they trick the body into thinking it is getting something sweet, which ultimately can create imbalance in the body. In addition, this type of sweetener has extremely toxic side effects. It is commonly found in fast foods, "fat-free" products, "sugar-free" products, diet soda, gums, ice creams, etc.

Genetically modified foods

Genetically modified (GM) foods may look and feel the same as conventional foods, but they are drastically (and possibly harmfully) different. Any item that is not organic may be genetically modified. Be aware of and avoid the most common GM foods, which include soy, corn, canola, and cotton. More information on GM foods can be found in the book *Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating*, by Jeffrey M. Smith.

Soy and Soy Derivatives

Soy is often touted in the media as a good source of protein. This information could not be farther from the truth. Soy is presently the cheapest crop to grow in the United States and, because it is widely available, it is being promoted as a healthy food. Soy contains enzyme inhibitors that block the absorption of many minerals essential in our bodies including: calcium, magnesium, zinc, molybdenum, manganese, and iron. If

that is not bad enough, large amounts of refined soy can also cause deficiencies of Vitamins B12, D, E, and K. Fermented forms of soy (e.g., miso, natto, and tempeh) are much healthier than the typical soy eaten in the United States (e.g., soy milk, cheese, yogurt, hot dogs, burgers, etc.). Soy should not be the major source of protein in your diet. In fact, it would be best to eliminate all refined soy products from your diet. For more information about soy see the authors' book *The Soy Deception*, as well as www.thesoydeception.com.

SECTION II –SHOPPING GUIDE

	<u>IDEAL</u>	<u>NEUTRAL</u>	<u>AVOID</u>
M E A T S	Grass-fed, organic and antibiotic/hormone free meats, like lamb, beef, wild game, goat, organ meats, and poultry.	Bacon, hot dogs, sausage and lunch meats that are free of nitrates, nitrites, hormones, antibiotics, and MSG.	Commercial sausage and lunch meats, smoked meats, imitation or soy meats, and any meat from animals bred in confinement or that were exposed to antibiotics or hormones.
F I	Fish that is fresh and caught wild from the ocean. Best types include salmon, scrod, haddock, orange roughy, snapper, herring, cod, grouper,	Trout, halibut, walleye, shellfish, wild shrimp, tuna and salmon canned in spring water, canned sardines, and whitefish are	Swordfish, shark, tilefish, catfish, fish that is canned in vegetable oils, fried fish, frozen fish sticks, and farmed fish are considered to

S H	mahi mahi, tilapia, sea bass, sole, sardines, and caviar.	acceptable in moderation, due to contamination from DDT, PCBs and mercury.	be either toxic, bottom dwellers, or too contaminated for consumption.
S T O C K S	Stocks from grass-fed and/or organic beef, chicken, turkey and fish.	Organic boxed or canned stocks.	Bouillon cubes.
E G G S	Organic, fertile eggs from free-range ducks or chickens.	Organic, high omega-3 eggs from free-range or cage-free chickens.	Commercial eggs or imitation eggs (Egg Beaters).
D A I R Y	<u>IDEAL</u> Whole milk and raw or fresh milk and cheese from organic, grass-fed cows or goats, yogurt, kefir and cream.	<u>NEUTRAL</u> Low-heat pasteurized, non-homogenized organic dairy from grass-fed cows or goats, plain yogurt or kefir, and homemade rice, almond, or oat milks.	<u>AVOID</u> Processed or artificial dairy products that have been ultra-pasteurized or contain MSG (includes soy) . These include low fat and skim dairy, powdered milk, sweetened yogurts, NutraSweet yogurts, soy milk or cheese, ice cream, soy ice cream, imitation creamer, processed cheeses (including singles, sprays and spreads with additives), boxed

			milks, and canned or imitation whipped cream.
F A T S A N D O I L S	Healthy fats and oils, which include cold-pressed, extra virgin, organic items stored in a dark container . Butter, ghee, coconut oil, palm oil, olive oil, flax oil and cod liver oil.	If in a dark container, cold-pressed, high oleic safflower or sunflower oils, sesame or peanut oils in moderation. Also, grocery store butter, vegetable shortening made from palm, coconut or sesame oils, and lard from pasteurized, organic pigs.	Oils exposed to high heat, pressure, oxygen or light and/or contain chemicals . These include oils in clear bottles such as processed canola oil, commercial vegetable oils (soy, corn, cottonseed, safflower, sunflower), margarine, anything partially hydrogenated , shortening, and any spreads containing vegetable oils or trans fats .
V E G E T A B L E S	<u>IDEAL</u> Non-starchy vegetables like asparagus, kale, kohlrabi, Swiss chard, and cultured vegetables like sauerkraut. Preferably organic, locally grown, in season	<u>NEUTRAL</u> Starchy vegetables like carrots, potatoes, parsnips or corn, frozen vegetables, and canned tomatoes. Preferably organic, locally grown, in season	<u>AVOID</u> Canned vegetables, instant mashed potatoes, and pasteurized veggies like pickles.
F R U I T S	Fruits that have a low glycemic level such as berries, apples, plum, oranges, etc. Preferably organic, locally grown, in season	Higher glycemic fruits, frozen fruits, dried fruits or fruit leather. Preferably organic, locally grown, in season	Fruits that contain salt, additives or preservatives , fruit snacks, juice concentrate, and canned fruit.
	Nutrient rich, natural	Minimally processed	Highly processed,

S W E E T E N E R S	sweeteners like raw honey, maple syrup and stevia. Also, sucanat, rapadura, maple sugar, date sugar.	sweeteners like beet sugar or sugar alcohols such as sorbitol and xylitol.	genetically modified sweeteners that are lacking nutrients and can be toxic. These include corn syrup, white sugar, and artificial sweeteners like aspartame (NutraSweet) and sucralose (Splenda).
B E V E R A G E S	Drink lots of water , preferably that has been filtered . Other good beverage choices include raw vegetable and fruit juices, coconut milk, coconut water kefir, herbal teas, and naturally fermented drinks like Kombucha.	Fresh-pressed fruit juices are acceptable, as are organic wine and coffee and un-pasteurized, microbrewed beer.	Sodas, juice concentrate, Kool-Aid, chlorinated or fluoridated water, diet beverages and hard alcohol.
G R A I N S	IDEAL Gluten-free such as quinoa, millet, amaranth, buckwheat, brown rice, sprouted or sourdough bread, and soaked wheat, spelt, kamut, oats, barley and rye.	NEUTRAL Stone-ground, organic, 100% whole wheat or sprouted breads, hot breakfast cereals, pasta, crackers, spelt, wheat, kamut, oats, tortillas, and corn chips all that are free of MSG, soy flour, corn syrup or hydrogenated oils .	AVOID White flour products including rice, breads and pastas, cold breakfast cereals, granola, instant oatmeal, rice cakes, puffed grains, instant rice, or bread that contains hydrogenated oils or soy flour .
N U T	Raw, organic nuts or nut products like almonds, walnuts, pistachios, pecans, cashews, nut butters in their own oil , sunflower	Nuts that are dry-roasted or aren't raw .	Nuts in soy oil , nut butters that contain hydrogenated oils , and most canned nuts (including honey-roasted

S	and pumpkin seeds, macadamia nuts, pine nuts, coconut and coconut products like milk or cream.		peanuts.
L E G U M E S	Beans/Legumes like lentils or beans (black, adzuki, kidney, garbanzo pinto and white). Preferably organic. Fermented soy like miso, tempeh, and natto.	Canned beans/legumes and Valencia peanuts.	Unfermented soy, soy protein isolate and hydrolyzed soy protein.
C O N D I M E N T S	Raw, organic condiments like ketchup without corn syrup , broths made from bones, naturally fermented soy sauce, apple cider vinegar, sauerkraut free of vinegar, unrefined salt (Celtic sea salt), and fresh herbs .	Safflower oil mayonnaise, dried herbs, un-iodized sea salt, low-heat processed whey protein from grass-fed cows, and any sauces that contain natural ingredients and have no MSG or corn syrup .	Mayonnaise containing soy or canola oils, any sauces containing MSG or high-fructose corn syrup , irradiated spices, hydrolyzed proteins, iodized salt, and denatured whey protein.

SECTION III – FOOD SOURCES FOR VITAMINS & MINERALS

Note: Foods listed in descending order of potency per 3.5 oz. (100 gm) serving.

VITAMIN A

FUNCTION IN THE BODY: Vision, maintenance of cornea, epithelial cells, mucus membranes, skin, bone and tooth growth, reproduction, immunity.

FOOD SOURCES: Cod liver oil, lamb liver, beef liver, red chili peppers, dandelion greens, pork liver, chicken liver, carrots, dried apricots, collard greens, kale, sweet potatoes, parsley, spinach, turnip greens, mustard greens, Swiss chard, beet greens, chives, butternut squash, watercress, mangos, sweet red peppers, hubbard squash, cantaloupe, endive, apricots, broccoli spears, whitefish, green onions, romaine lettuce, papayas, nectarines, prunes, pumpkin, swordfish, peaches, acorn squash, chicken with skin, full-fat cheeses, cream, eggs, butter, sour red cherries, butterhead lettuce, asparagus, tomatoes, green chili peppers, kidneys, green peas, elderberries, watermelon, rutabagas, Brussels sprouts, okra, yellow cornmeal, yellow squash, fish roe.

BETACAROTENE

FUNCTION IN THE BODY: Protects cells from free-radical damage, reproduction, immunity.

FOOD SOURCES: Cayenne pepper, dandelion greens, carrots, dried apricots, collard greens, kale, sweet potatoes, parsley, spinach, turnip greens, mustard greens, Swiss chard, beet greens, butternut squash, watercress, mangoes, sweet red pepper, cantaloupe, endive, persimmons, apricots, broccoli, green onions, romaine lettuce, papayas, nectarines, prunes, pumpkin, peaches, acorn squash, cherries, butter lettuce, asparagus, tomatoes, peas, green beans, watermelon, rutabagas, Brussels sprouts, okra, yellow cornmeal, yellow squash.

VITAMIN B1 (THIAMINE)

FUNCTION IN THE BODY: Helps body convert carbohydrates and fat into energy, helps maintain proper functioning of the heart, nervous and digestive systems.

FOOD SOURCES: Brewer's yeast, torula yeast, wheat germ, sunflower seeds, rice polishings, pine nuts, peanuts with skins, cowpeas, peanuts without skins, Brazil nuts, pork, pecans, beans (pinto and red), split peas, millet, wheat bran, pistachios, navy beans, beef heart, buckwheat, oatmeal, whole wheat, lamb kidneys, chickpeas, lamb heart, lima beans, hazelnuts, wild rice, cashews, rye, lamb liver, lobster, mung beans, cornmeal, lentils, beef kidney, green peas, macadamia nuts, brown rice, walnuts, garbanzo beans, pork liver, garlic cloves, beef liver, almonds, pumpkin and squash seeds, brains, red chili peppers, sesame seeds.

VITAMIN B2 (RIBOFLAVIN)

FUNCTION IN THE BODY: Essential for energy metabolism, required for the metabolism of fats, carbohydrates, and proteins.

FOOD SOURCES: Torula yeast, brewer's yeast, lamb liver, beef liver, pork liver, beef kidneys, chicken livers, lamb kidneys, chicken giblets, almonds, beef heart, lamb heart, wheat germ, wild rice, mushrooms, eggs, millet, hot red peppers, wheat bran, mackerel, collard greens, split peas, beef tongue, brains, kale, parsley, cashews, rice bran, lamb, broccoli, chicken, pine nuts, salmon, sunflower seeds, rye, navy beans, beet and mustard greens, beans (pinto and red), lentils, pork, prunes, mung beans, black-eyed peas, okra, sesame seeds.

VITAMIN B3 (NIACIN)

FUNCTION IN THE BODY: Essential for energy metabolism in living cells and DNA repair.

FOOD SOURCES: Torula yeast, brewer's yeast, rice bran, rice polishing, wheat bran, bee pollen, peanuts, lamb liver, pork liver, beef liver, turkey (light meat), chicken liver, chicken (light meat), trout, halibut, mackerel, beef heart, swordfish, turkey, goose, salmon, beef kidneys, wild rice, chicken giblets, lamb, sesame seeds, rabbit, halibut, royal jelly, sunflower seeds, sardines, beef, pork, brown rice, pine nuts, buckwheat, red chili peppers, whole wheat, wheat germ, mushrooms,

herring, barley, almonds, shrimp, haddock, split peas.

VITAMIN B5 (PANTOTHENIC ACID)

FUNCTION IN THE BODY: Essential for metabolism and synthesis of carbohydrates, proteins, and fats.

FOOD SOURCES: Brewer's yeast, torula yeast, chicken liver, beef kidneys, peanuts, brains, heart, mushrooms, split peas, beef tongue, perch, blue cheese, pecans, eggs, lobster, oatmeal, buckwheat, sunflower seeds, lentils, rye, cashews, salmon, chickpeas, Camembert cheese, wheat germ, broccoli, hazelnuts, turkey (dark meat), brown rice, whole-wheat, sardines, red chili peppers, avocados, black-eyed peas, wild rice, cauliflower, chicken (dark meat) kale.

VITAMIN B6 (PYRIDOXINE)

FUNCTION IN THE BODY: Assists in balancing of sodium and potassium, promotes red blood cell production, aids with immune system and cardiovascular health; may help with learning difficulties, dandruff, eczema, psoriasis, balancing hormonal changes in women.

FOOD SOURCES: Torula yeast, Brewer's yeast, sunflower seeds, wheat germ, tuna, beef liver, chicken liver, walnuts, salmon, trout, mackerel, pork liver, lentils, buckwheat, lima beans, black-eyed peas, navy beans, brown rice, hazelnuts, chickpeas, pinto beans, bananas, pork, albacore, beef, halibut, beef kidneys, avocados, whole wheat flour, chestnuts, eggs, kale, rye, spinach, turnip greens, beef heart, sweet peppers, potatoes, prunes, raisins, sardines, Brussels sprouts, elderberries, perch, cod, barley, Camembert cheese, sweet potatoes, cauliflower, popcorn, red cabbage, leeks, blackstrap molasses.

BIOTIN

FUNCTION IN THE BODY: Used in cell growth, production of fatty acids, metabolism of fats and amino acids, helps with the transfer of carbon dioxide, helpful in maintaining a steady blood sugar level and recommended for strengthening hair and nails.

FOOD SOURCES: Brewer's yeast, lamb liver, pork liver, beef liver, rice bran, rice germ, rice polishings, eggs, peanut butter, walnuts, peanuts, barley, pecans, oatmeal, sardines, black-eyed peas, split peas, almonds, cauliflower, mushrooms, whole wheat, salmon, bran, lentils, brown rice, chicken.

FOLIC ACID

FUNCTION IN THE BODY: Necessary for production and maintenance of new cells, especially important during periods of rapid cell division and growth such as infancy and pregnancy, replicates DNA, helps make normal red blood cells and prevents anemia, and helps prevent changes to DNA that may lead to cancer.

FOOD SOURCES: Brewer's yeast, black-eyed peas, rice germ, wheat germ, beef

liver, lamb liver, tempeh, pork liver, bran, kidney beans, mung beans, lima beans, navy beans, chickpeas, asparagus, lentils, walnuts, spinach, kale, filberts, beet and mustard greens, peanuts, peanut butter, broccoli, barley, split peas, whole wheat, Brussels sprouts, almonds, oatmeal, cabbage, dried figs, avocado, green beans, corn, coconut (fresh), pecans, mushrooms, dates, blackberries, ground beef, oranges.

PABA (PARA-AMINO-BENZOIC-ACID)

FUNCTION IN THE BODY: Can stimulate intestinal bacteria, used in treatment of irritable bowel syndrome.

FOOD SOURCES: Sunflower seeds, liver, brewer's yeast, wheat germ, milk, yogurt, eggs, oats, spinach, cabbage, blackstrap molasses.

CHOLINE

FUNCTION IN THE BODY: Maintaining structural integrity of cell membranes, may reduce heart disease, aids brain functioning and lipid metabolism.

FOOD SOURCES: Lecithin, egg yolk, liver, whole eggs, wheat germ, black-eyed peas, chickpeas, Brewer's yeast, lentils, split peas, rice bran, peanuts, oatmeal, peanut butter, barley, pork, brown rice, whole wheat, blackstrap molasses, beef, green peas, cheddar cheese, sweet potatoes, green beans, potatoes, cabbage, spinach, milk, butter.

INOSITOL

FUNCTION IN THE BODY: Basis for a number of signaling and secondary messenger molecules and involved biological processes such as cell membrane maintenance, serotonin activity, and the breakdown of fats and reduction of blood cholesterol; used for treatment of bulimia, panic disorders, bipolar depression and obsessive-compulsive disorder.

FOOD SOURCES: Lecithin, wheat germ, navy beans, rice bran, barley, whole wheat, Brewer's yeast, oatmeal, black-eyed peas, chickpeas, oranges, peanuts, peanut butter, lima beans, green peas, blackstrap molasses, grapefruit, split peas, lentils, raisins, cantaloupe, peaches, cabbage, cauliflower, onions, sweet potatoes, watermelon, strawberries, beef liver, tomatoes, eggs, milk, beef.

VITAMIN B12

FUNCTION IN THE BODY: Necessary for cell division and growth, immunity.

FOOD SOURCES: Lamb liver, clams, beef liver, lamb kidneys, calf liver, beef kidneys, chicken liver, oysters, sardines, beef heart, eggs, lamb heart, trout, brains, mackerel, herring, flounder, salmon, tuna, lamb, sweetbreads, whey, beef, Edam cheese, Swiss cheese, Brie cheese, Gruyere cheese, blue cheese, haddock, flounder, scallops, cheddar cheese, cottage cheese, mozzarella cheese, halibut,

perch, swordfish.

VITAMIN B15*

FUNCTION IN THE BODY: Helps in amino acid formation, glucose oxidation, cell respiration, is an antioxidant, stimulates endocrine and nervous systems, and detoxifies the body.

FOOD SOURCES: Brewer's yeast, liver, corn grits, wheat germ, sunflower seeds, pumpkin seeds.

VITAMIN B17*

FUNCTION IN THE BODY: Believed to treat or aid in the avoidance of cancer.

FOOD SOURCES: Wild blackberries, elderberries, pear seeds, apple seeds, mung beans, macadamia nuts, bitter almonds, apricot seeds, bamboo sprouts, alfalfa, boysenberries, raspberries, chickpeas, currants, black-eyed peas, gooseberries, buckwheat, kidney beans, lentils, millet, lima beans, cashews, black beans, sweet potatoes.

VITAMIN C

FUNCTION IN THE BODY: Antioxidant, essential to the development and maintenance of scar tissue, blood vessels, and cartilage, immunity.

FOOD SOURCES: Rose hips, acerola cherries, red chili peppers, guavas, cayenne pepper, sweet red peppers, black currants, kale, parsley, collard greens, turnip greens, green sweet peppers, broccoli, Brussels sprouts, mustard greens, watercress, cauliflower, persimmons, oranges, strawberries, spinach, cabbage, lemons, grapefruit, papaya, elderberries, turnips, mangos, asparagus, kumquats, dandelion greens, cantaloupe, Swiss chard, green onions, limes, beef liver, okra, tangerines, oysters, lima beans, black-eyed peas, green peas, radishes, raspberries, Chinese cabbage, yellow squash, loganberries, honeydew melon, tomatoes, pork liver.

VITAMIN D

FUNCTION IN THE BODY: Maintenance of organ systems, regulates calcium and phosphate levels, promotes bone formation, immune system functioning.

FOOD SOURCES: Cod liver oil, sardines, salmon, tuna, shrimp, crab, lobster, butter, sunflower seeds, liver, eggs, whole milk, mushrooms, whole milk cheeses of all types, fish roe.

VITAMIN E

FUNCTION IN THE BODY: Antioxidant, reputed to aid skin healing and scar reduction.

FOOD SOURCES: Fresh wheat germ, safflower oil, sunflower oil, sunflower seeds, almonds, sesame oil, peanut oil, corn oil, olive oil, wheat germ, peanuts, peanut butter, butter, spinach, oatmeal, bran, asparagus, salmon, brown rice, rye, pecans, wheat germ, whole-wheat bread, peas, walnuts, bananas, carrots, eggs, tomatoes, lamb.

VITAMIN F (ESSENTIAL FATTY ACIDS)

Omega 3 series

FUNCTION IN THE BODY: Essential to normal growth, may reduce risks of cardiovascular disease and cancer.

FOOD SOURCES: Salmon, sardines, cod liver oil, flax oil, flax seeds, walnut oil, walnuts, whole grains, dark green leafy vegetables.

Omega 6 series

FUNCTION IN THE BODY: Used to aid in treatment of arthritis, skin diseases, diabetes, anorexia nervosa, eye disease, osteoporosis, hormonal imbalance in women, allergies, heart disease and cancer.

FOOD SOURCES: Cold-pressed vegetable oils, nuts and nut oils, borage oil, evening primrose oil.

VITAMIN K

FUNCTION IN THE BODY: Blood clotting, bone metabolism, prevents calcification of organs and soft tissues, and regulates blood sugar.

FOOD SOURCES: Turnip greens, broccoli, romaine lettuce, cabbage, beef liver, spinach, watercress, asparagus, cheese, butter, pork liver, oats, green peas, whole wheat, green beans, pork, eggs, corn oil, peaches, beef, chicken liver, tomatoes, potatoes, milk, raisins.

VITAMIN P (BIOFLAVONOIDS)

FUNCTION IN THE BODY: Essential to vitamin C absorption, antioxidant, antibacterial, help improve circulation, stimulate bile production, lower cholesterol levels, treat and prevent cataracts, aids in immunity, maintains cell membranes, relieves pain, and reduces bleeding and inflammation.

FOOD SOURCES: Fresh fruits and vegetables, buckwheat, citrus fruit pulp, green peppers, grapes, apricots, strawberries, prunes, cherries.

CALCIUM

FUNCTION IN THE BODY: Used in building and maintaining bones and teeth, aids in blood clotting, nerve function, and muscle contraction, maintains normal levels of blood pressure and stomach acid.

FOOD SOURCES: Kelp, Swiss cheese, cheddar cheese, carob flour, dulse, collard greens, turnip greens, blackstrap molasses, almonds, Brewer's yeast, parsley, corn tortillas, dandelion greens, Brazil nuts, watercress, goat's milk, tempeh, dried figs, buttermilk, sunflower seeds, yogurt, beet greens, wheat bran,

whole milk, buckwheat, sesame seeds (tahini), olives, broccoli, walnuts, cottage cheese, spinach, pecans, wheat germ, peanuts, miso, romaine lettuce, dried apricots, rutabaga, raisins, black currants, dates, green snap beans, globe artichoke, dried prunes, pumpkin and squash seeds, beans, cabbage, whole wheat, oranges, celery, cashews, rye, carrots, barley, sweet potatoes, brown rice, garlic, onions, summer squash, lemons, green peas, cauliflower, lentils, sweet cherries, asparagus, winter squash, strawberries, millet, mung bean sprouts, pineapple, grapes, beets, cantaloupe, Jerusalem artichoke, tomato, eggplant, chicken, orange juice, avocado, beef, bananas, apples, sweet corn.

MAGNESIUM

FUNCTION IN THE BODY: Needed for healthy bones and teeth, proper nervous system functioning, and energy metabolism.

FOOD SOURCES: Kelp, wheat bran, wheat germ, almonds, blackstrap molasses, cashews, Brewer's yeast, buckwheat, Brazil nuts, dulse, filberts, peanuts, millet, pecans, whole wheat, walnuts, rye, tempeh, beet greens, coconut, brown rice, spinach, Swiss chard, dried figs, dried apricots, dates, collard greens, shrimp, corn, cheddar cheese, parsley, dried prunes, sunflower seeds, beans, barley, dandelion greens, garlic, raisins, green peas, potatoes, crab, bananas, sweet potatoes, blackberries, beets, broccoli, cauliflower, beef, carrots, celery, asparagus, chicken, green peppers, winter squash, cantaloupe, eggplant, tomatoes, cabbage, grapes, milk, pineapple, mushrooms, onions, oranges, iceberg lettuce, plums, apples.

PHOSPHORUS

FUNCTION IN THE BODY: Needed for healthy bones and teeth, energy metabolism, and acid/base balance in the body.

FOOD SOURCES: Brewer's yeast, wheat bran, pumpkin and squash seeds, sunflower seeds, wheat germ, Brazil nuts, sesame seeds, almonds, pinto beans, cheddar cheese, peanuts, whole wheat, walnuts, rye, cashews, beef liver, scallops, millet, barley, pecans, dulse, kelp, chicken, brown rice, eggs, crab, garlic, cottage cheese, beef, lamb, lentils, mushrooms, peas, corn, raisins, milk, globe artichoke, yogurt, Brussels sprouts, dried prunes, broccoli, dried figs, yams, mung bean sprouts, dates, parsley, asparagus, bamboo shoots, potatoes, cauliflower, okra, spinach, green beans, pumpkin, avocados, beet greens, Swiss chard, winter squash, carrots, onions, red cabbage, beets, radishes, summer squash, celery, cucumber, tomatoes, bananas, persimmons, eggplant, lettuce, nectarines, raspberries, grapes, oranges, olives, cantaloupe, apples, pineapple.

POTASSIUM

FUNCTION IN THE BODY: Essential for maintaining proper fluid balance, nerve impulse function, muscle function, and cardiac function.

FOOD SOURCES: Dulse, kelp, sunflower seeds, wheat germ, almonds, raisins, parsley, Brazil nuts, peanuts, dates, figs, avocados, pecans, yams, Swiss chard, garlic, spinach, walnuts, millet, beans, mushrooms, potatoes with skin, broccoli, bananas, all meats, winter squash, chicken, carrots, celery, radishes, cauliflower,

watercress, asparagus, red cabbage, lettuce, cantaloupe, lentils, tomatoes, sweet potatoes, papaya, eggplant, green pepper, beets, peaches, summer squash, oranges, raspberries, cherries, strawberries, grapefruit juice, grapes, onions, pineapple, milk, lemon juice, pears, watermelon, eggs, brown rice, apples.

SODIUM

FUNCTION IN THE BODY: Helps maintain normal blood pressure and normal function of muscles and nerves.

FOOD SOURCES: Kelp, green olives, sea salt (1 tsp.), dill pickles, sauerkraut, cheddar cheese, scallops, lobster, Swiss chard, beet greens, buttermilk, cottage cheese, celery, cantaloupe, eggs, cod, spinach, lamb, pork, chicken, beef, beets, sesame seeds, watercress, whole milk, turnips, carrots, yogurt, parsley, artichokes, dried figs, lentils, sunflower seeds, raisins, red cabbage, garlic, white beans, broccoli, mushrooms, cauliflower, onions, sweet potatoes, brown rice, lettuce, cucumbers, peanuts, avocados, tomatoes, eggplant.

CHLORINE

FUNCTION IN THE BODY: Helps regulate the balance of acid and alkali in the blood, digestion.

FOOD SOURCES: Seaweed, watercress, avocado, chard, tomatoes, cabbage, endive, kale, turnips, celery, cucumber, asparagus, pineapple, oats, salt water fish.

SULFUR

FUNCTION IN THE BODY: Necessary for the formation of body tissues and the functioning of thiamine and biotin (2 B vitamins), detoxification, and tissue respiration.

FOOD SOURCES: Garlic, onions, leeks, radish, turnips, celery, string beans, watercress, soybeans, kale, fish, meat.

IRON

FUNCTION IN THE BODY: needed for the formation of hemoglobin, which carries oxygen from the lungs to the body cells.

FOOD SOURCES: Kelp, Brewer's yeast, blackstrap molasses, wheat bran, pumpkin and squash seeds, oysters, wheat germ, beef liver, sunflower seeds, millet, parsley, clams, almonds, dried prunes, cashews, beef, raisins, Jerusalem artichokes, Brazil nuts, beet greens, Swiss chard, dandelion greens, walnuts, dates, pork, beans, sesame seeds, pecans, eggs, lentils, peanuts, lamb, tempeh, green peas, brown rice, ripe olives, chicken, artichokes, mung bean sprouts, salmon, broccoli, currants, whole wheat bread, cauliflower, cheese, strawberries, asparagus, blackberries, red cabbage, pumpkin, mushrooms, bananas, beets, carrots, eggplants, sweet potatoes, avocados, figs, potatoes, corn, pineapple, nectarines, watermelon, winter squash, brown rice, tomatoes, oranges, cherries, summer squash, papaya, celery cottage cheese, apples.

COPPER

FUNCTION IN THE BODY: Needed for synthesis of hemoglobin, proper iron metabolism, and maintenance of blood vessels.

FOOD SOURCES: Oysters, Brazil nuts, almonds, hazelnuts, walnuts, pecans, split peas, beef liver, buckwheat, peanuts, cod liver oil, lamb chops, sunflower oil, butter, rye, pork, barley, gelatin from beef, shrimp, olive oil, clams, carrots, coconut, garlic, millet, whole wheat, chicken, eggs, corn oil, ginger root, molasses, turnips, green peas, papaya, apples.

IODINE

FUNCTION IN THE BODY: Regulates body's growth and development.

FOOD SOURCES: Clams, shrimp, haddock, halibut, oysters, salmon, kelp, sardines, beef liver, pineapple, tuna, eggs, peanuts, whole wheat bread, cheddar cheese, pork, lettuce, spinach, green peppers, milk, butter, cream, cottage cheese, beef, lamb, raisins.

MANGANESE

FUNCTION IN THE BODY: Activates many enzymes, skeletal development, blood formation, maintains blood sugar levels and reproductive process.

FOOD SOURCES: Pecans, Brazil nuts, almonds, barley, rye, buckwheat, split peas, whole wheat, carrots, broccoli, brown rice, Swiss cheese, corn, cabbage, peaches, walnuts, spinach, peanuts, oats, raisins, turnip greens, rhubarb, beet greens, Brussels sprouts, oatmeal, cornmeal, millet, Gorgonzola cheese, butter, tangerines, peas, eggs, beets, coconuts, apples, oranges, pears, lamb, pork, cantaloupe, tomatoes, whole milk, chicken breasts, green beans, apricots, beef liver, scallops, halibut, cucumbers.

ZINC

FUNCTION IN THE BODY: Necessary for formation of enzymes and proteins, respiration of body tissues, digestion; may assist in lowering cholesterol levels constituent of insulin and male sperm, and also aids in metabolism of phosphorus.

FOOD SOURCES: Oysters, herring, ginger root, ground round steak, beef, lamb, pecans, split peas, Brazil nuts, beef liver, eggs, whole wheat, peanuts, brown rice, wheat germ, sesame seeds, rye, lima beans, oats, almonds, walnuts, sardines, chicken, buckwheat, hazelnuts, clams, anchovies, tuna, haddock, green peas, shrimp, turnips, parsley, potatoes, garlic, whole wheat bread, black beans, raw milk, pork chops, corn, grape juice, olive oil, cauliflower, spinach, cabbage, lentils, butter, lettuce, cucumbers, yams, tangerines, string beans.

SILICON

FUNCTION IN THE BODY: Formation of collagen and glucosamine.

FOOD SOURCES: Alfalfa, nettle, oats, kelp, apples, strawberries, grapes, beets, onions, parsnips, almonds, peanuts, sunflower seeds.

CHROMIUM

FUNCTION IN THE BODY: Metabolism of carbohydrates, improves body's glucose use, and may lower cholesterol levels.

FOOD SOURCES: Brewer's yeast, beef round, whole wheat, wheat bran, rye, fresh chili, oysters, potatoes, wheat germ, green peppers, eggs, chicken, brown rice, corn, apples, butter, parsnips, cornmeal, lamb chops, scallops, Swiss cheese, bananas, spinach, pork chops, carrots, navy beans, shrimp, lettuce, oranges, lobster tail, blueberries, green beans, cabbage, mushrooms, beer, strawberries, milk.

SELENIUM

FUNCTION IN THE BODY: Prevents oxidation of saturated fats in blood, related to vitamin E function; may prevent certain cancers.

FOOD SOURCES: Butter, herring, smelt, wheat germ, Brazil nuts, apple cider vinegar, Brewer's yeast, scallops, barley, whole wheat bread, lobster, bran, shrimps, Swiss chard, oats, clams, crab, oysters, milk, cod, brown rice, top round steak, lamb, turnips, blackstrap molasses, garlic, barley, orange juice, gelatin from beef, beer, beef liver, lamb chops, eggs, mushrooms, chicken, Swiss cheese, cottage cheese, wine, radishes, grape juice, pecans, hazelnuts, almonds, green beans, kidney beans, onions, carrots, cabbage, oranges.

BORON

FUNCTION IN THE BODY: May influence hormone production, improve brain and psychological functions, boost immunity, essential to bone metabolism and calcification, and cartilage formation and repair.

FOOD SOURCES: Apples, beans, pears, leafy vegetables, prunes, raisins, almonds and other nuts, honey, dates.

MOLYBDENUM

FUNCTION IN THE BODY: Essential for enzyme functioning.

FOOD SOURCES: Lentils, beef liver, split peas, cauliflower, green peas, Brewer's yeast, spinach, wheat germ, beef kidney, brown rice, garlic, oats, eggs, rye, corn, barley, fish, whole wheat, chicken, cottage cheese, beef, potatoes, onions, peanuts, coconut, pork, lamb, green beans, crab, molasses, cantaloupe, apricots, raisins, butter, strawberries, carrots, whole milk, cabbage, goat milk.

VANADIUM

FUNCTION IN THE BODY: Metabolism of lipids, helps form red blood cells, affects thyroid gland function; may protect against cancer, help aid diabetes and cell division.

FOOD SOURCES: Buckwheat, parsley, safflower oil, eggs, sunflower seed oil, oats, olive oil, sunflower seeds, corn, green beans, peanut oil, carrots, cabbage, garlic, tomatoes, radishes, onions, whole wheat, lobster, beets, apples, plums, lettuce, millet.

*Vitamins B15 and 17 are believed to promote tissue oxygenation (B15) and to

prevent cancer (B17), though these contentions are not accepted by the entire scientific community.

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