

# Dr. Nelson's Whole Foods Never Diet Plan

Eat MORE	Eat SOME	Eat LESS or NONE
<p>Leafy green vegetables (kale, collards, swiss chard, spinach)            Root vegetables (yams, parsnips)            Cruciferous vegetables (broccoli, cauliflower and brussel sprouts)            All other vegetables, as many as you like!            All fruits, especially berries            Raw nuts, especially almonds and walnuts            Raw seeds, like pumpkin or sunflower            Nut butters <i>without</i> added sugar            Beans, dried or canned            Salmon, canned, fresh or frozen            Sardines, canned, fresh or frozen            Cod and other "white" fish            Eggs, especially hard boiled            Whole grains, like rolled oats, quinoa &amp; Brown rice            100% Whole grain or sprouted bread            Olive oil            WATER            Herbal &amp; green teas</p> <p>* frozen fruits and vegetables are convenient and affordable            * organic when you can</p>	<p>Cheese, the real kind that needs to be refrigerated            Milk, 1 or 2%            Yogurt without fake sugar, candy, granola or other gimmicks            Kefir            Soy milk            Whole grain pasta (Barilla™ is a good brand)            Tofu            Tempeh            Meat, preferably organic            Deli turkey, chicken and ham, low salt            Tuna, light is best            Dry roasted unsalted nuts            Dry roasted unsalted seeds            %100 Whole wheat bread            Whole grain, high fiber, low sugar breakfast cereal (in a box)            Dried Fruit            Butter, small amounts for flavoring</p> <p>&gt;60% cocoa content dark chocolate, small amounts</p>	<p>Fast food (except maybe Subway)            Chinese fast food            Chain restaurants (TGIFs, Chilis)            Deep fried meats or veggies            Processed meat (bologna, hot dogs)            Fried white potatoes (French fries, potato skins)            Food with ingredients you can't pronounce            White bread, including bagels            Store bought (factory made) cookies, muffins, cakes &amp; other treats            Cereal with sugar            Instant oatmeal            Food with more than 23 g sugar            Food with high fructose corn syrup            Margarine/trans fats            Canned fruit (in heavy syrup)            Granola bars            Candy bars            Doritos™ Pringles™ etc            Canned soup            Artificial sweeteners            Bottled salad dressing            Fruit juice            Sugar soda            Diet soda</p>

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