

THE GREEN LIST

Great foods to have regularly for most people. (Obviously, there will be some exceptions due to food intolerances, different metabolisms, digestive systems, etc.)

<p>MEAT & POULTRY organic... Beef Veal Lamb Ostrich Chicken Turkey Duck Venison Dried meats (no pork/ham)</p> <p>Dairy & other milk products organic...and not excessively! Sour cream Sheep- and goat-cheese Full cream sheep- and goat-yoghurt Raw milk cheeses, if possible. Cottage cheese Feta Ricotta Crème fraiche</p> <p>FRUIT During the day only: Blueberries Cape gooseberries Blackberries Cranberries Goji berries Rasberries Papaya Cherries Johannesbeeren Stachelbeeren</p>	<p>FISH wild & fresh... Salmon Herring Cod Mackerel Tuna etc. (Have fish that is not endangered. South Africa: See the Sassi list.)</p> <p>NUTS and SEEDS Cashew nuts Pecan nuts Pine nuts Pumpkin seeds Sunflower seeds Coconut Macadamias Walnuts Almonds Flax seeds Sesame seeds Brazil nuts</p> <p>EGGS Chicken eggs Quail eggs Ostrich eggs</p> <p>SWEETENERS Stevia Isomaltulose (available in Switzerland and Germany. See www.tavarlin.de) Xylitol (in South Africa)</p>	<p>VEGETABLES Broccoli Cauliflower Green beans Aubergines Sauerkraut Chinese cabbage Fennel Red and white cabbage Celery Pumpkin Leeks Brussels sprouts Spinach Asparagus Baby marrow Garlic Onions Mushrooms</p> <p>DRINKS Water Hot water with lemon and / or ginger Herbal tea Green tea Pure coconut juice (coconut water) Freshly squeezed vegetable juices, such as carrot juice, wheat grass juice and beet juice flavoured with a bit of fresh ginger, lemon and <i>very little</i> apple.</p> <p>Other... Coconut milk Nut butters: Cashew nut butter Almond butter</p>	<p>SALAD Cucumber Radishes All fresh herbs Olives Tomatoes Avocado Chicory Rocket Lettuce (all kinds) Beetroot (raw only) Carrots (raw only)</p> <p>OILS and FATS Raw, unheated: Flax oil Hempseed oil Pumpkinseed oil Grape seed oil Sesame oil On bread: Butter For cooking & frying: Ghee Coconut fat</p> <p>HERBS AND SPICES Ginger Turmeric Cardamon Cinnamon Cloves Aniseed Cumin Galgant Sage Origanum Coriander Thyme Rosemary Chives Parsley Chillies etc....</p>
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Yellow/Orange list

These are good foods, but could raise your blood sugar or cause other problems if you have them at night or if you have too much of them. Have them during the day only, in small amounts, and more on days when you do exercise, less when you don't.

<p>GRAINS 2-3 tablespoons with a meal. Combined with vegetables, salads, oils, cheeses, meat and fish: Quinoa Buckwheat Brown rice Millet Polenta Oats</p> <p>DAIRY AND OTHER MILK PRODUCTS organic...and not excessively! Full cream Mascarpone Mozzarella</p> <p>FRUIT During the day only and with or after a meal (not as an in between snack unless directly before exercise): Apricots Figs Melons Watermelon Grapefruit Mandarins Plums Strawberries</p>	<p>SWEETENERS In very small amounts and not every day: Agave syrup</p> <p>BREAD No more than 2 slices a day and preferably not every day: Pumpnickel Tavarlin bread (www.tavarlin.de) Wholegrain 100% rye/spelt sourdough bread</p> <p>VEGETABLES Butternut Beetroot Carrots Peas Corn</p> <p>BEANS AND dried PEAS Mung beans Chick peas Red kidney beans Black beans Split peas Black eyed beans White beans etc.</p>	<p>DRINKS 1-2 a day, organic, high quality, daytime only and with no milk/sugar: Espresso Coffee Black / Oolong tea</p> <p>ALCOHOLIC DRINKS High quality, organic red wine, 1 small glass with dinner</p> <p>DRIED FRUIT Very small amounts, combine with nuts, seeds or with a meal: Apricots Cranberries Figs Papaya</p> <p>SNACKS AND TREATS Dark chocolate, 85% cocoa or more. Homemade hot chocolate with organic raw milk/sheeps milk with cocoa, real vanilla, some cinnamon and very little agave, or more stevia/isomaltulose/xylitol.</p>	
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Red List

These are good foods when you have them very rarely, never at night, only on days when you do exercise and not too much at a time.

VEGETABLES	DRIED FRUIT	DRINKS	NOODLES/PASTA
Potatoes Sweet potatoes	Very small amounts, combine with nuts, seeds or with a meal:	Freshly squeezed: Papaya juice Berry juice Grapefruit juice	Rice noodles Kamut noodles 100% wholegrain spelt noodles Quinoa noodles Gnocchi
OTHER Raw honey Sugar free jams (not with artificial sweeteners...)	Dates, raisins, peaches, plums		

Black List

AVOID these foods altogether, with the rare exception of being invited over to someone's house or situations where it might be socially complicated or as an absolute exception if you crave them :) :

- Sugar and any foods containing sugar (read labels to check for hidden sugars).
- White flour and anything made with white flour (bread, pasta, pastries, etc.)
- Food additives, such as colourants, preservatives and flavourants
- Certain fruits: grapes, mangos, bananas, pineapples, kiwis and oranges
- Fruit juices: especially grape juice, apple juice, mango and pineapple juice
- Pork
- Mass produced meat
- Artificial sweeteners, such as aspartame, sucralose, acesulfame K and saccharin.
- Milk, milk coffees, cappuccinos, lattes, etc.
- Bad fats (especially if you have high cholesterol, LDL-Cholesterol or Triglycerides):
 - Fried foods at restaurants, canteens and take aways
 - Commercial baked goods, including breads, biscuits, muffins and pastries
 - Pork fat
 - All kinds of chips, french fries and crisps

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