

Naturopath Eric Bakker's Best Whole Foods Chart

Click on any links to take you through to a comprehensive page to read.

<p style="text-align: center;">Best Choices Nourishing, traditionally prepared foods</p>	<p style="text-align: center;">Compromise Eat in moderation if you are healthy</p>	<p style="text-align: center;">Poorer Choices Modern, processed foods</p>
<p>Read: Healthy Protein Choices</p>		
<ul style="list-style-type: none"> • Organic, Naturally-Raised red meats (free range and grass fed) including beef, lamb, deer and game. • Organic, Free-Range Poultry. • NB : Eat some of the fat and skin attached to meat & poultry, as it contains important fat-soluble vitamins and beneficial fatty acids. • Organ Meats: liver, heart, kidney, from organic, grass fed animals. 	<ul style="list-style-type: none"> • Non-organic, but still grass fed, meats • Non-organic but free range poultry • Barbecued or smoked meats, cured meats • Traditionally made, additive free sausages & bacon • Organ meats like liver, heart or sweetbreads, from non-organic, non grass-fed animals (marinate in lemon juice for at least 2 hours first) 	<ul style="list-style-type: none"> • Grain fed meats • Factory-farmed poultry • Highly processed luncheon meats and sausage containing MSG and other additives. • Canned meats • Unhealthy junk foods
<ul style="list-style-type: none"> • Fresh Fish & Seafood. • Note that fish higher in the food chain, like tuna, (esp. shark) may have more mercury than those lower in the food chain, like sardines & anchovies. Eat fish that is fattier, higher in omega-3. 	<ul style="list-style-type: none"> • Canned fish, preferably in water, unsalted. Limit to 1-2 x a week, due to the dangers of mercury toxicity. Canned red salmon is a better option, especially wild-caught. 	<ul style="list-style-type: none"> • Fish from "fish farms" as they are fed soy meal.
<ul style="list-style-type: none"> • Free Range Eggs. • Fermented and Cultured Foods. Foods like sauerkraut and Kim Chi. • Whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yoghurt, cultured butter, whole cheeses and fresh and sour cream. 	<ul style="list-style-type: none"> • Battery-produced eggs. • Pasteurised, full fat dairy products that have not been homogenised (excluding milk, which should be either raw or fermented) • Microfiltered, cold processed, unsweetened whey protein, in moderation 	<ul style="list-style-type: none"> • "Vegetarian" eggs • Imitation egg products like Eggbeaters • Pasteurised and homogenised milk; lowfat or skim milk or dairy products (always buy full-fat dairy products), powdered milk or imitation milk products. . • "Ultra Pasteurised" dairy products. • Products containing protein powders
<ul style="list-style-type: none"> • Fermented Soy Products like tempeh, tamari and miso in small amounts. 	<ul style="list-style-type: none"> • Tofu 	<ul style="list-style-type: none"> • Unfermented soy products such as soy milk, soy protein powder drink mixes, soy protein isolate, textured vegetable protein (a fancy name for soy protein isolate), imitation soy "foods" like soy "cheese."

Read: Carbohydrates		
<ul style="list-style-type: none"> • Organic, Fresh Fruits and Vegetables, (in abundance) in salads and soups, or lightly steamed. • Sea vegetables from clean waters. 	<ul style="list-style-type: none"> • Non-organic, fresh fruits and vegetables, in salads and soups, or lightly steamed. • Imported fruits & vegetables • Canned tomato products, preferably with no added salt • Frozen berries • Frozen vegetables 	<ul style="list-style-type: none"> • Canned, sprayed, waxed, bio-engineered or irradiated fruits and vegetables. • Large amounts of fruit. ie. more than three whole pieces a day.
<ul style="list-style-type: none"> • Beans & Legumes. Red kidney beans, chickpeas, lentils, peas, etc, that have been properly prepared, in moderation. 	<ul style="list-style-type: none"> • Tinned beans and legumes, in an "emergency" 	
<ul style="list-style-type: none"> • Whole Grains (in moderation) that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients. • Sprouted grain breads; sourdough breads in moderation (sourdough white bread is unacceptable). 	<ul style="list-style-type: none"> • Whole grain breads which have not been naturally leavened (check the ingredients and avoid if they include soy, vegetable oils or sweeteners) • Whole grain pasta • Unbleached white flour 	<ul style="list-style-type: none"> • Rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress. • White flour, white flour products and white rice or foods containing them - including pasta and noodles. • Boxed cereals, including granolas.
<ul style="list-style-type: none"> • Fresh Nuts and Seeds. • Nuts & Seeds that have been prepared by soaking & drying, or sprouting, to neutralize anti-nutrients. • Nut butters made from properly prepared nuts • Fresh coconut 	<ul style="list-style-type: none"> • Nut butters made from raw nuts • Plain, natural peanut butter. • Canned coconut milk, if not homogenised 	<ul style="list-style-type: none"> • Commercially roasted nuts and/or seeds. • Roasted peanuts, preferably with no salt
Read: Healthy Fats & Oils		
<p>Traditional Fats and Oils</p> <ul style="list-style-type: none"> • Butter or ghee • Lard, duck fat, dripping. • Coconut oil • Extra virgin olive oil • Cold pressed sesame oil • Flaxseed oil 	<ul style="list-style-type: none"> • Non-organic butter or animal fats 	<ul style="list-style-type: none"> • All hydrogenated or partially hydrogenated fats and oils (eg margarine, shortening) or foods containing them • All vegetable oils made from soy, corn, safflower, canola or cottonseed. • Deep-fried foods - they are usually made with heated vegetable oils or hydrogenated oils.

Flavourings & dressings

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Celtic Sea Salt and a variety of herbs and spices for food interest and appetite stimulation. • A little fermented food/drink every day goes a long way -like tamari, tempeh, natto, sauerkraut, Kim Chee, kombucha tea, raw vinegar, fermented vegetables, fruit chutneys, full-fat plain or sour yoghurt, kefir, koumiss, or lacto-fermented beverages. • Meat broths or stocks from the bones of chicken, beef, lamb or fish. Use liberally in soups and sauces. • Home-Made Salad Dressing using raw egg yolk, balsamic vinegar, lemon juice, raw vinegar, extra virgin olive oil and flax oil. | <ul style="list-style-type: none"> • Commercial (refined, iodised) salt • Pasteurised vinegar • Canned condiments (check for bad fats and sweeteners, though) | <ul style="list-style-type: none"> • Artificial food additives, especially MSG, hydrolysed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and commercial condiments contain MSG, even if not so labelled. • MSG, foods with artificial flavourings or colourings. • Avoid foods made with any type of vegetable oil - this includes virtually all bottled salad dressings & mayos. |
|---|--|--|

Sweets

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Homemade desserts, made from whole foods and sweetened with stevia | <ul style="list-style-type: none"> • Natural sweeteners in moderation, such as raw honey, maple syrup, blackstrap molasses, and dehydrated cane sugar juice • Small amounts of dried fruit • Healthier desserts occasionally like pumpkin pie and coconut macaroons, preferably homemade • Ice cream that is made with full fat dairy, egg yolks and minimal amounts of natural sweeteners • Very small amounts of dark chocolate. Look for high cocoa percentage. | <ul style="list-style-type: none"> • All refined sweeteners such as white sugar, brown sugar, dextrose, glucose, pasteurised honey, fruit juice and high fructose corn syrup. • Artificial sweeteners like aspartame and saccharin, or any foods/drinks containing them. • Most cheap commercial chocolate. |
|---|---|--|

Drinks		
<ul style="list-style-type: none"> • Pure or Filtered Water (for cooking and drinking) • Healthy drink choices • Lacto-fermented beverages • Meat stocks • Vegetable broths 	<ul style="list-style-type: none"> • Red wine in moderation. • Diluted fruit juice • Herb teas and coffee substitutes in moderation 	<ul style="list-style-type: none"> • Fluoridated water. • Fruit juice. As it is a concentrated sugar source, it should only be drunk diluted. • Soft drinks. • Caffeine-containing beverages such as coffee, tea and cocoa • Beer, spirits white wines • Pasteurised alcohol • Distilled liquors
General guidelines		
<ul style="list-style-type: none"> • Choose foods above that are appropriate for you. • Read: Healthy Eating • Strive to eat fresh whole, natural foods. • Read: Healthy Food • Eat foods that spoil but eat them before they do! • Eat superfoods like cod liver oil, brewer's yeast, spirulina, bee pollen, raw wheat germ, and kelp. • Use natural supplements such as food-based vitamins and minerals. • Consider antioxidants • Cook only in stainless steel, cast iron, glass or good quality enamel. • Get plenty of sleep, exercise and natural light. • Practice forgiveness! 		<ul style="list-style-type: none"> • Avoid foods you are allergic, intolerant, or addicted to, even if they seem a “good choice”. • Strict vegans: careful not to run into vitamin B12 or iron deficiency. • Avoid commercially processed cookies, cakes, crackers, TV dinners, soda drinks, packaged sauce mixes, etc. • Avoid daily alcohol • Avoid “fat-free” foods. • Avoid “imitation” eggs. • Avoid any synthetic sweeteners and any foods containing them.