Dr. Wallach's Good Food, Bad Food List

GOOD FOOD	BAD FOOD
• Eggs (soft scrambled in butter, soft boiled/poached YOLKS still wet) • Fish • Chicken • Pork • Lamb • Beef (rare/medium rare) • Mixed, Salted Nuts (no peanuts) • Beans • Any "gluten-free" carbohydrate (except oats or buckwheat)* • Rice, Millet & Quinoa* • Corn (Non-GMO*) • Vegetables • Fruits* • Dairy • Salt • Nut Butters (no extra sugar, no peanuts) • Lard & Butter • 4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles. • Coffee • Tea • Green tea • Red wine	• Wheat • Barley • Rye • Oats, Oatmeal – even if it says that it's gluten-free. • Buckwheat • Fried Food – nothing fried! You should boil, broil, or bake and never more than medium rare for red meat. • Oils – Oils oxidize when they come into contact with the air (become rancid). Since almost all oil is continually exposed to some air from the time it is produced, the process of oxidation has begun in even the freshest oil. • Well done red meat; rare or medium-rare are ok. • Any nitrates added to meat – (i.e. deli meats) tell your butcher NO NITRATES or NITRITES! • No carbonated drinks of any kind within one hour before, during or one hour after meals. • Skin of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.

*Please note: If there is a blood sugar problem avoid the following foods until the blood sugar problem has been resolved for 2 months: Fruit, fruit juice, dried fruit, fresh squeezed vegetable juice, honey, sugar, maple syrup, molasses, and any sweetener that has a glycemic index. Erythritol, Monk Fruit, Stevia, and Xylitol are OK.