

# Kelly Schmidt Wellness

## Eat More of



## Eat Less of...

- Grass-fed Beef, lamb, pork, turkey, game meats
- Minimally processed lunch meat
- Wild fish
- Eggs (organic, pasture)
- All vegetables
- All fresh fruits, including avocados
- Raw nuts and seeds
- Organic, grass-fed dairy, as tolerated, especially fermented (kefir, yogurt, butter)

- Most regular lunch meats
- Processed cheese, low fat cheese
- Most fast food, especially fried foods
- Potato chips
- Donuts or Pastries
- Soda
- Cookies
- Most cereals
- Margarine

### *Eat Nature's Color*

- Purple cabbage, white cabbage
- Tomatoes
- All peppers
- Carrots, beets, garlic, onions
- Broccoli, cauliflower, sprouts
- Brussels sprouts, kale, collards, Swiss chard
- All leafy greens
- Squash, sweet potatoes
- Taro, cassava, gf oats
- Red grapefruit

- White flour
- Commercial cookies and candies
- Most breads
- Most pastas
- Crackers
- Sugar-laden dried fruit
- Sports drinks
- Artificial sweeteners

### *Eat Food Near Its Natural Form*

- Organic and wild rice
- Organic fresh fruit and veg
- Salad dressings made from olive oil
- Coconut flakes, cocoa nibs, dark chocolate
- Meat/seafood
- Organic coffee/tea
- Raw honey

- Sugar
- Commercial salad dressings
- Most sugar added peanut butters
- Hydrogenated oils, food colorings, artificial flavors
- Chemicals – MSG, aspartame, sucralose
- High fructose corn syrup
- Genetically modified grains

*Aim to eat foods  
that will rot or spoil, but eat them before they do!*