

H3 by Dan Food List

<u>OPTIMAL FOODS</u>	<u>CONSUME WITH CAUTION</u>	<u>AVOID THESE FOODS</u>
<u>PROTEINS "EYES"</u>	<u>PROTEINS "eyes"</u>	<u>VEGETABLE OILS</u>
Beef, Bison, Lamb pastured	Beef, bison, lamb grain fed	Corn
Liver fresh from clean source	Eggs conventional	Soy
Chicken, Turkey, Insect fed	Chicken, Turkey grain fed	Canola
Pork pastured only	Pork grain fed	Safflower
Venison	Fish Farmed or larger fish	Sunflower
Eggs pastured chickens	<u>CARBS "No Eyes"</u>	<u>TRANS FAT</u>
Milk Raw no RBGH	<u>FRUITS</u>	Margarine
Cheese no additives	Dried fruit high in mold	Crisco
Cottage Cheese no additives	<u>GRAINS</u>	Fats in processed foods
Ricotta Cheese no additives	Sourdough Flour, salt water	<u>Soy Products</u>
Yogurt no additives	Ezekiel Bread	Tofu
Fish Wild	Barley	Soy Milk
Beef or Chicken Broth	Buckwheat	Soy protein powder
Shellfish	Cornmeal	Soy sauce
Gelatin	Millet	<u>FRUITS</u>
<u>CARBS "no eyes"</u>	Oats Steel cut and soaked	Mangos-Poison Oak Family
<u>FRUITS</u>	Quinoa	<u>Fried Foods</u>
Apples ripe or cooked	Rice	Avoid foods not fried in coconut oil
Apricots	Rye	<u>Artificial Ingredients</u>
Cherries	Spelt	Avoid foods with long lists of ingredients that you do not understand
Grapefruit	Wheat	<u>Food Additives</u>
Nectarines	<u>Beans and Legumes</u>	Aspartame
Oranges	Legumes soaked is best	BHA and BHT

H3 by Dan Food List

<u>Optimal Foods</u>	<u>Consume With Caution</u>	<u>AVOID THESE FOODS</u>
Papaya	Beans soaked is best	Carageenan
Peaches	FATS	Food colorings and dyes
Pears ripe or cooked	Nuts raw, soaked is best	Gums, guar. Locus bean etc.
Pineapple	Nut Butters	High Fructose Corn Syrup
Plums	Seeds raw, soaked is best	Monosodium glutamate MSG
Watermelon		Nitrates
Whole Fruit juices		rBGH growth hormone in dairy
Tropical Fruits		Sodium Benzoate
VEGETABLES: Non-Startchy		Sucrolose
Cucumbers		Soy Lecithin
Peppers		Sulfur Dioxide
Summer Squash and Zucchini		Synthetic vitamins
Tomatoes		
Asparagus		
Artichokes		
Broccoli		
Cauliflower		
Brussels Sprouts		
Cabbage		
Celery		
Egg Plant		
Fresh Herbs and Garlic		
Fennel		
Green Beans		
Greens		
Leeks		

H3 by Dan Hellman, MSPT

www.h3bydan.com

P. 954.803.0545 | info@h3bydan.com

H3 by Dan Food List

<u>Optimal Foods</u>	<u>Consume With Caution</u>	<u>AVOID THESE FOODS</u>
Mushrooms		
Peas		
<u>Vegetables: Starchy</u>		
Bamboo Shoots		
Beets		
Carrots		
Jicama		
Potatoes		
Pumpkin		
Sweet Potatoes and Yams		
Winter Squash		
<u>FATS</u>		
Coconut oil Spectrum, refined		
Butter Organic cream, Salt		
Olive Oil extra virgin		
Cream Organic		
<u>Liquids</u>		
Clean Water		
Sparkling Water		
Fresh Squeezed Juices		
Organic Coffee		
Organic Tea		