

Eat the RAINBOW!



To eat or not to eat?

Eat and drink these*

- Vegetables, the more colour the better
- Mostly leaner meats (turkey, chicken, rabbit, wild game meat) or leaner parts of lamb, pork, beef)
- Fish (sardines, mackarel, anchovies, salmon, herring, and smaller size fish)
- Seafood
- Egg
- Rice, quinoa, gluten free oats
- Small handful nuts and seeds
- Fruits in moderation (low sugar content is preferred)
- Legumes (bean, pea, lentil)
- Fats, that can be consumed: coconut oil, olive oil, avocado oil
- Drinks: water, sugar and sweetener free herbal-, fruit- and green tea
- If you need to sweeten something, you can use dried dates, honey or stevia. (In moderation!!)
- Max 1 coffee a day without sugar or milk
- You can bake the foods in the oven, cook them in water, steam them or sautee them on low heat.

Do NOT eat or drink these

- Gluten containing foods (flour based foods, bakery products, pasta, bread, pizza etc.)
- Dairy products: milk, yogurt, butter, cheese, cottage cheese, sour cream, whipping cream
- Tilapia and bigger fish
- Soy and foods containing soy
- Refined sugar: brown, white, etc.
- Artificial sweeteners
- Sugar alcohols (xylitol, erytritol, sorbitol, etc.)
- Rice syrup, corn syrup, other syrups
- Processed foods (canned fish with water or olive oil, canned beans, coconut milk are exceptions**)
- Margarin, cooking oils, sunflower, safflower oil, corn oil, other processed oils, lard, duck fat, goose fat, soy butter, etc.
- Soda, fruit juices
- French fries and other deep fried or very fatty processed foods

*If you have some allergies or intolerances, please avoid the problematic foods.

**Always read the labels and check the ingredients! If there's any item from the do not eat list, don't buy it, don't eat it.

These are recommendations. The choice is yours!