



THE HEIMERDINGER FOUNDATION

## ***Meals 4 Health and Healing Food List***

<i>Meals 4 Health and Healing kitchen <b><u>includes:</u></b> (ALL ORGANIC)</i>	<i>Meals 4 Health and Healing kitchen <b><u>excludes:</u></b></i>
<p><i>Quinoa, millet, amaranth Legumes, lentils Wild and Brown rice Locally grown/fresh vegetables Red-skinned, purple and sweet potatoes Alkalized water Wild caught pacific salmon and cod Pastured poultry and eggs Homemade nut milks</i></p>	<p><i>Refined &amp; processed foods White flours or refined grains White rice Corn and White potatoes Bottled water/tap water Farmed/factory meat or fish Red meat and pork and smoked meats Chemical additives Food colorants Genetically modified foods Bottled salad dressing and sauces All dairy</i></p>
<p><i>Unrefined, cold pressed healthy oils: Coconut oil Extra Virgin Olive Oil, cold pressed (no high heat exposure) Avocado oil Flaxseed oil Sesame oil Fermented Soy (a few times per year) Foods such as avocados, raw seeds and nuts</i></p>	<p><i>Highly processed refined oils such as canola oil, soybean oil, cottonseed oil Trans fats Hydrogenated fats Deep-fried foods Fast foods Tofu and Soy Peanuts</i></p>
<p><i>Green apples, berries Dehydrated unsweetened berries Raw local honey Pure grade B maple syrup</i></p>	<p><i>White sugars High fructose corn syrup Corn syrup Coconut sugar Agave Chemical sugar substitutes</i></p>
<p><i>Unprocessed Salts: Sea salt Sea vegetables</i></p>	<p><i>Processed Table salt</i></p>
<p><i>Herbs and Spices Mushrooms such as shiitake, maitake, reishi, and other seasonal mushrooms</i></p>	<p><i>Chili peppers Radiated herbs and spices</i></p>