



## PROTEIN-TYPE DIET GUIDELINES

### GENERAL GUIDELINES

- ❖ 30% carbohydrates, 40% protein, 30% fat
- ❖ Nothing overcooked, charred, or burned
- ❖ No artificial sweeteners

### WHAT NOT TO EAT:

- ❖ Refined sugar
- ❖ Alcohol
- ❖ Refined carbohydrates – no baked goods
- ❖ White rice
- ❖ Starchy foods – white rice, pasta – starchy vegetables like zucchini
- ❖ Margarine, hydrogenated oils – use all oils sparingly
- ❖ Roasted and hydrogenated nut oils
- ❖ Avoid foods high in oxalic acid ( a naturally occurring acid that interferes with the absorption of calcium) – apples, strawberries, raspberries, grapes, plums, blackberries, cranberries, asparagus, beets, beet greens, chard, endive, green peppers, spinach, tomatoes, black tea, chocolate, cocoa
- ❖ Avoid gluten – please see gluten containing foods hand out

### WHAT TO EAT:

- ❖ High fat meats, poultry and fish – beef, duck, goose, fowl, lamb, dark meat chicken, venison, herring, mackerel, mussels, oysters, salmon, sardines, scallops, shrimp, tuna
- ❖ Nuts and seeds – only fresh and raw



# GREEN LAKE CHIROPRACTIC & NUTRITIONAL HEALING

Well Adjusted For Life

- ❖ Use only natural, cold-pressed oils – almond, flax, olive, sesame, walnut, macadamia
- ❖ Gluten free cereals – please see gluten hand out
- ❖ Fresh or frozen vegetables – organic if possible – good choices include artichoke, carrots, cauliflower, celery, mushrooms, peas, squash, lentils, tofu, fresh and/or dried beans
- ❖ Limit fruit intake and use only fresh or frozen – avoid citrus – no fruit juices – good choices include avocado, banana, pear

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