



## CARBOHYDRATE-TYPE DIET GUIDELINES

### GENERAL GUIDELINES

- ❖ 60% carbohydrates, 25% protein, 15% fats
- ❖ No tap water
- ❖ No microwaved foods

### WHAT NOT TO EAT:

- ❖ Commercial salts
- ❖ Artificial sweeteners
- ❖ Alcohol
- ❖ Refined sugar
- ❖ Caffeine
- ❖ Fried foods
- ❖ Avocado, artichoke, beans, peas, lentils, cauliflower, spinach, asparagus, organ meats

### WHAT TO EAT:

- ❖ Whole grains – important to eat a variety
- ❖ Broiled or baked seafood and animal protein – avoid red meat
- ❖ Eggs
- ❖ Small amount of, preferably, raw dairy
- ❖ Fresh or frozen vegetables – organic if possible – emphasize leaf vegetables over root vegetables
- ❖ Fresh or frozen fruits – organic if possible – no fruit juices
- ❖ Limit legumes
- ❖ Limit nuts and seeds (soaked)
- ❖ Minimize fats and oils

Green Lake Chiropractic and Nutritional Healing Center

9750 3<sup>rd</sup> Ave NE Suite 103 Seattle WA 98115

Phone 206 523-0121 ♦ Fax 206 523-0341

[www.glchiro.com](http://www.glchiro.com)