

# Appendix chapter 2

## Back to the basics

### STEP 1: back to the basics

- Below is an overview of foods from the original diet at basic level:

#### Fruit

- The fruit that you buy in the regular supermarket is usually sprayed. The fruits below are ranked from least to the most sprayed.
- Avocado, banana, grapes (except Chilean), prunes, watermelon
- Blackberries, blueberries, cranberries, figs, gooseberries, grapefruit, kiwi, lemon, lime, lychees, mango, nectarine, orange, passion fruit, pear, persimmons, pineapple, pomegranate, raspberries, rhubarb, star fruit, mandarin
- Apples, apricots, cantaloupe melon, cherries, grapes (Chilean), peaches, strawberries

#### Vegetables

The vegetables that you buy in the regular supermarket are usually sprayed with pesticides and herbicides. The species below are ranked from least to most sprayed.

- Broccoli, chicory, cauliflower, onions
- Potatoes, sweet potato, pumpkin (starchy, so these species only occasionally eat)
- Artichokes, asparagus, beets, cabbage, carrots, kale, aubergine, endive, kohlrabi, lettuce, mushrooms, parsley, parsnip, purslane, radish, swede, chard, tomatoes, turnip greens, watercress
- Paprika, celery, cucumber, spinach

#### Nuts, seeds and seeds

- Linseed and walnuts (best ratio omega-3 and omega-6 fatty acids)
- Almonds, Brazil nuts, cashew nuts, hazelnuts, macadamia nuts, pecans, pistachios, chestnuts, sesame seeds, sunflower seeds, pine nuts, pumpkin seeds

#### Fish and seafood

- Fish: sardines, salmon, flatfish, catfish, perch, herring, haddock, mahi mahi, cod, Pollock, halibut, anchovies (these species have a relatively low mercury content)
- Seafood: scallops, lobster, and spiny lobster

#### Meat

- Beef: lean veal, tartar, sirloin steak, tournedos and other lean beef
- Pig: sirloin, cutlet, pork tenderloin, pork loin and other lean pork
- Poultry: chicken and turkey without skin
- Eggs: from chickens, ducks or geese
- Organ meats: from beef, pork or lamb; eg tongue or thymus
- Wild: rabbit, goose, pheasant, quail, wild boar, deer and other game (real game, no reared animals)

## **Oils**

- For baking: my order of preference: coconut oil, ghee (clarified butter), palm oil, lard and butter.
- For salads and other uses: olive oil (cold pressed), macadamia oil, walnut oil, linseed oil

## **Drinks**

- Water (filtered)
- Tea: both green and black tea, herbal tea
- Coffee
- Wine, beer (small quantities)

## **Sugars**

- Honey, maple syrup

## **STEP 2: choose organic**

If you choose to follow the diet at the advanced level, then all foods must be of organic origin. Organic food is free from fertilizers, pesticides, herbicides, growth hormones, antibiotics, preservatives, artificial colors, odors and flavors and other chemical additives. In addition, organic foods contain more nutrients (especially more minerals) than their non-biological counterparts.

- An advanced-level diet contains mainly game. In addition, you can eat meat from grass-fed animals. If you cannot find this, opt for free-range meat (these animals receive less grain feed) or organic. The same applies to eggs: from hatching chickens, ducks or geese

Liver is in fact one of the most nutritious foods. That is why you can put this on the menu quite often. Note: it must be liver from grass-fed animals (possibly supplemented with organically grown grain feed). No chemicals are stored in this liver, so the generally accepted advice not to eat too much liver does not apply here. And if you like to eat salmon then opt for organic or wild salmon. Most other (farmed) salmon contain antibiotics.

The diet at the advanced level contains organic vegetables and fruit. You can also use the same oils as mentioned above, but you should now opt for organic. You can also enjoy the same drinks, but take the organic version of tea and coffee here as well.

## **STEP 3: avoid or reduce wrong foods**

Of course there are also foods that you have to give up. Fortunately this list is not all that long, but it does consist of foods that we can often leave with difficulty. These are the foods that you can better avoid:

- All dairy products and all products containing dairy except for butter and yogurt of grass-fed animals, and raw milk cheese. These do not contain any antibiotics, hormones or remnants of pesticides.

\* Please note, these products must at least be certified organic.

\*Dairy products are not necessary for a healthy diet. Calcium can be extracted from other sources such as green leafy vegetables.

- All grains. Choose in moderation for organic whole grains, or sprouted cereal products, as well as amaranth, buckwheat and quinoa (even though the hunter-gatherers did not eat these grains)
- All legumes (beans, peas, etc.)
- Salty foods (think also of hidden salt, such as in olives from pot or can, ketchup, meats, salted nuts and salad dressings)
- All sorts of soft drinks
- All non-pressed fruit juices (such as fruit juice 'from concentrated juice')
- All kinds of sugar (except organic honey and maple syrup) and sweets