

# Building Blocks for Healthy Eating

This chart provides general recommendations for healthy eating.  
Please consult your health care practitioner for individual nutritional advice.  
*Remember we are biochemically unique – everyone is different.*

## Purified Water

Drink purified water every day (not coffee, tea or soft drinks)  
6 – 8 (8 oz) Glasses Daily



## Complex Carbohydrates From Vegetables & Beans

Vegetables, tofu, beans & legumes – fresh or frozen; vegetable juices  
4 – 6 Servings Daily

## Complex Carbohydrates From Starches

### Bread, Cereals & Baked Goods

Unprocessed whole grains – Whole wheat, barley, oats, brown rice, rye, corn, millet, kasha, spelt, amaranth, kamut, etc.  
Potatoes with skin, whole grain breads, whole grain breakfast cereals, whole grain pasta, whole grain crackers.  
Rice cakes, whole grain pretzels, popcorn.  
2 – 3 Servings Daily – Balanced with Protein



## Protein

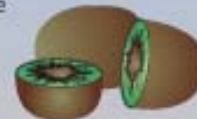
Tofu, beans & legumes, nuts, seeds, eggs, fish, wild game, free-range poultry, beef, pork and lamb  
2 – 3 Servings Daily



Milk-skim or 1%, yogurt, kefir, buttermilk, low-fat cheese  
If approved by your health care practitioner  
1 – 2 Servings Daily

## Fruits

Fresh, frozen, dried or juice  
1 – 3 Servings Daily



## Fats

Avocado, olives, pressed oils (olive, safflower, flax), butter, mayonnaise, salad dressings, nuts, seeds (*avoid* saturated fats, margarine, hydrogenated & partially hydrogenated oils and trans-fatty acids)  
1 – 2 Servings Daily



## Simple Carbohydrates

Sugars, white flour, sweets, cookies, cakes and processed foods  
Not recommended – minimal intake advised

Any foods including whole wheat, corn, nuts, eggs & dairy products (although natural) may present allergy problems to some people.

*Avoid any known allergy foods.*

*Proper food preparation is important to conserve nutrients*

*All foods should be as natural and chemical-free as possible*

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