

# *Making the Transition From Harmful to Healthful Foods*

*Aiming to eat foods as close to the way  
they were originally created as possible.*

- man-altered foods** can be replaced by  
whole, natural, healthful foods
- white sugar** honey, maple syrup, molasses, fruit juice, dates  
the best natural 'sweets' are fresh and dried fruits
- white sugar products -jams, jellies, gelatin desserts, condiments, cakes, candies, cookies, pies, pudding, canned fruits, etc.**  
whole fruit spreads, fresh or dried fruits, homemade baked goods with natural sweeteners, desserts sweetened with fruits and cooked fruits
- white flour** wholegrain flours (wheat, spelt, GF - brown rice, oat, buckwheat, sorghum, ...)
- white flour products -bread, pasta, pastries, etc.**  
wholegrain (GF) breads, pastas, brown rice, etc.
- white rice** brown rice
- refined, processed cereals**  
wholegrain (GF) cereals (oatmeal, hot cereals, muesli, granola, etc.)
- table salt** unrefined sea salt, herbs, other seasonings
- roasted nuts/seeds, salty snacks, potato chips, pretzels, etc.**  
unsalted (or lightly seasoned) raw nuts, seeds,  
popcorn, baked tortilla chips, wholegrain (GF) chips, crackers, etc.
- peanut butter** almond butter, cashew butter, etc.
- commercial raisins – (i.e.- brands commonly available)**  
organically-grown raisins
- white distilled vinegar**  
raw apple cider vinegar, lemon juice
- commercial dips and dressings**  
hummus, other homemade dips and dressings  
some store-bought dressings (check ingredients)
- refined and/or hydrogenated oils**  
extra virgin olive oil, cold-pressed, unrefined sunflower oil,  
flax oil, coconut oil, etc.
- margarine** coconut oil  
flax 'butter' (combine equal parts flax oil and coconut oil)
- fried foods** raw, steamed, baked, roasted, grilled, sautéed, stir-fried, etc.
- canned goods -that contain sugar, lots of salt, chemical additives**  
canned goods that contain only natural ingredients on the label,  
fresh fruits and vegetables, and beans cooked from dry

**'instant', packaged, convenience foods**

try some easy foods from scratch (smoothies, muesli,  
baked potatoes, muffins, homemade trail mix)

**ice cream, frozen yogurt, milkshakes**

fruit smoothies, sorbets, carob shake, banana berry ice cream

**milk – (for cereal, etc.)**

nut milks, banana milk, rice milk, etc.

**soft drinks – (made with sugar and chemicals)**

fresh fruit/vegetable juices, water, herbal teas

**stimulating beverages (coffee, tea, cocoa/chocolate)**

herbal teas, roast grain beverages, juices, water

*Target eliminating the SADdest of the SAD right away*

- margarine, refined oils, deep-fried foods
- shellfish, pork, and other meats
- cheese, yogurt, milk and other dairy foods
- white sugar (and white sugar products)
- white flour (and white flour products- bread, pasta, etc.)
- peanut butter

*Throw them out or give them to someone that was going to spend  
their own hard-earned money on them.*

*The Simplicity of Wholesome Eating*

**Simply aim to:**

1. Eat foods that God created as foods
2. Eat them as close to the way God created them as possible

Our food choices are greatly simplified when we can focus on whole and natural foods. When we do, we don't have to obsessively monitor the grams or micro-units of each nutrient, or spend ridiculous amounts of time reading labels.

*The good news is that GOOD foods naturally have all the good stuff in them,  
(in the proper ratios and amounts, and in a body-useable form)  
because God made them that way!*

GF= gluten free

SAD= Standard American Diet