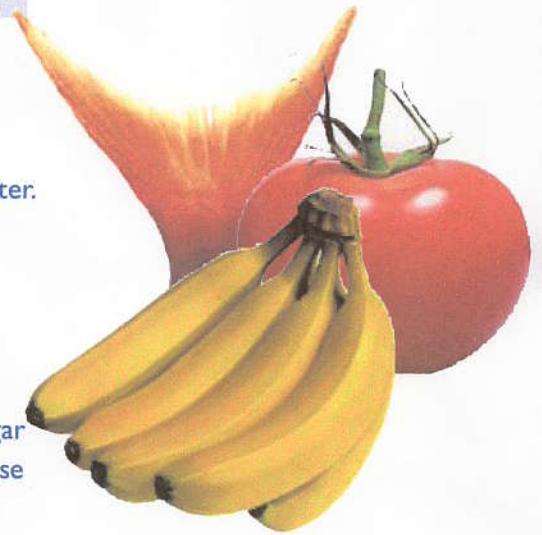


VITALITY FOOD GUIDE

VITALITY FOODS

- All fresh fruits.
- All raw and steamed vegetables.
- All sprouted seeds are legumes.
- All nuts and seeds.
- Fish — fresh is best. Make sure canned is in spring water.
- Organic free range eggs.
- Brown rice; rice porridge.
- Rye Breads (a lot of rye breads also have wheat in them — check ingredients).
- Sun — dried fruits — apricots, figs, peaches, sultanas etc.
- Goats, soy, rice or almond milk and/or yoghurt.
- Tamari (reduced salt), tofu, tahini (unhulled is best) — use as a spread in place of butter.
- Raw honey, rice brand syrup — use in place of sugar.
- Herbal seasoning — use in place of salt.
- Cold pressed virgin olive oil, lemon juice and apple cider vinegar (unfiltered) — mix together and use as salad dressing.
- All fresh fruit and vegetable juices.
- Filtered water.



VITALITY BLOCKERS

- Animal meats — pork, lamb, beef, chicken, turkey.
- Dairy products — milk, yoghurt, cheese, butter.
- Wheat products — bread, pasta, spaghetti, cous cous, flour products.
- Caffeine drinks — coffee, tea, cola.
- Alcoholic beverages — wines, beer and spirits.
- Polyunsaturated oils and spreads — margarine, jams, fruit spreads, peanut butter, vegemite.
- All drinks that contain added sugar and artificial sweeteners — soft drinks, Flavoured drinks, cordials.

OTHER VITALITY BLOCKERS

Sugar Salt, White rice, Processed food — canned, packaged; frozen, Junk food — chips, chocolate, donuts, cakes, biscuits, ice cream ect



JUMP START

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Challenge