

# GOOD FOOD BAD FOOD

## GOOD FOOD

- Eggs
- Butter
- Salt
- Veggies
- Fruit
- Nuts
- Rice & Beans
- Meat
- Poultry
- Fish
- Gluten-Free grains

## BAD FOOD

- Wheat
- Barley
- Rye
- Oats
- Fried Food
- Oil in a bottle
- Well-Done Red Meat
- Meat + nitrates
- Baked Potato SKINS
- Carbonated drinks during a meal

For more information please refer to the following information:

#1: *Cereal Killers* CD—an interview on absorption with Dr. Wallach and Blake Graham--available from [www.yteamtools.com](http://www.yteamtools.com)

#2: Go to YouTube and search for *Against the Grain*—a short video on the problem with wheat, barley, rye, and oats and *Understanding the 10 Bad Foods* by Dr. Glidden—a full webinar on the entire good food/bad food list.