

# A DETOXED LIFESTYLE

If you are allergic or sensitive to any of these foods, they can also cause inflammation.

Servings listed are a guideline; adjust as needed for weight reduction or gain.

FOOD GROUP	ALLOWED	AVOID
<b>Meat</b> <b>Fish</b> <b>Poultry</b> <b>Protein</b>  One (1) serving of meat is 4 ounces (the size of a deck of cards)	Free range poultry (2-3 servings per week) Free range beef, lamb, or buffalo (1-2 servings per week) Free range organic eggs (6-8 per week) Wild caught cold water fish. Ex. Salmon. (2-3 servings per week) Wild game meats Non GMO fermented soy products like tofu, tempeh, miso (4 ounces 2 times per week) Uncured bacon or sausage	Any processed meat. Ex. Cured, salted, nitrates, smoked, added chemical preservatives such as found in salami, sausage, hot dogs, luncheon meats, bacon, processed deli meats. Farm raised or fresh water fish due to toxic runoff in lakes and rivers
<b>Dairy</b>  1-2 servings daily	<u>Organic raw or grass fed milk, butter, cheese products only</u> 2-3 ounces milk or half and half 4 ounce yogurt or cottage cheese ½ cup ricotta cheese 1 ounce feta or mozzarella cheese One (1) - ½ ounce portion of cheese 1 tablespoon grated Parmesan or Romano	Commercially made milk, cheese, cottage cheese, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soymilk
<b>Starch/Grains/Bread/Cereals</b>  1-2 servings 3-4 times per week (organic if possible)	¼ - ½ cup steel cut oatmeal ½ cup amaranth, quinoa, millet, buckwheat ¼ - ½ cup short grain brown rice ½ cup cooked beans, chickpeas, or lentils ½ cup tapioca, arrowroot	White rice, barley, spelt, kamut, rye, wheat, wheat pasta, corn, processed cereals, French fries, white flour products, soy flour. (Try to go gluten free unless you know you are not gluten sensitive)
<b>Fruit - Fresh or frozen</b>  (All fruit is acceptable but lower glycemic index fruits are best. See <a href="http://www.glycemicindex.com">www.glycemicindex.com</a>  1-2 servings daily, organic if possible.	Examples of a serving:  ½ cup berries, or chopped fruit ½ avocado 2 figs 4 ounces pomegranate juice ½ banana	Fruit juices (except pure pomegranate juice, nothing added)
<b>Fats/Oils (unrefined)</b>  *If possible use organic, extra virgin first cold pressed oils.	Extra Virgin olive oil, flaxseed oil, sesame oil, walnut oil, almond oil, avocado oil, coconut oil	Margarine, shortening, hydrogenated or partially hydrogenated oils, processed mayonnaise, trans fats, vegetable oils (corn, soybean, canola, sunflower, safflower, peanut)

***“Bringing Wellness to the Wiregrass”***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC**  
**BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301      334-794-2225**

## A DETOXED LIFESTYLE

<p><b>Vegetables</b> (organic if possible)</p> <p>(4-5) ½ cups servings per day</p>	<p>All vegetables, fresh or frozen Seaweed</p> <p>NOTE: Many vegetables commercially grown are GMO, avoid if possible</p>	<p>Canned vegetables (unless no sodium added)</p>
<p><b>Sugars, spices, condiments</b></p>	<p>All spices. Especially good are: cinnamon, garlic, ginger, turmeric, basil, cilantro, parsley Stevia (pure) may be used as a sweetener Celtic sea salt Braggs liquid aminos (like soy sauce) Apple cider vinegar (with mother) Organic dark chocolate (at least 60% cocoa (1-2 squares 4-6 days per week) Raw local honey (1 tablespoon per day)</p>	<p>Sugars, all artificial sweeteners, all syrups. Commercially made ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, mayonnaise, salt, and other condiments.</p>
<p><b>Nuts, Seeds</b> (raw unsalted)</p> <p>Organic if possible</p> <p>Serving size – 1 ounce 5 servings per week</p>	<p>8 walnut halves or 12 almonds 1 tablespoon flaxseeds or chia seeds 2 teaspoons tahini (sesame paste), peanut and other nut butters per day</p>	<p>Salted, processed, cooked, fried or dry roasted nuts Nut butters with added sugar or oils</p>
<p><b>Beverages</b></p>	<p>64 ounces purified water daily Organic green tea- two (2) 8 ounce glasses per day Organic vegetable juice Organic herbal tea Red wine – 1 glass 3 times per week</p>	<p>Soft drinks, coffee (if you must have coffee use organic and limit to one cup per day), tea, cocoa, caffeinated drinks, alcoholic beverages</p>

**\*No one follows a diet 100% of the time. Don't put yourself in food prison. Follow the 90/10 principle. 90% of the time stick to the allowed foods, 10% of your meals (2-3 per week) eat sparingly from the avoid list.**

***“Bringing Wellness to the Wiregrass”***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC  
BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301    334-794-2225**

# A DETOXED LIFESTYLE

## Pantry Conversions

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry. **ATTENTION DIABETICS! The foods listed below in all capital letters should be AVOIDED until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.**

<u>Pantry Items</u>	<u>Healthier Pantry Choices</u>
baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
black tea	herbal teas
bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
canned soups	instant cup O soups home-made soups
	liquid aminos

***"Bringing Wellness to the Wiregrass"***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC  
BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301    334-794-2225**

# A DETOXED LIFESTYLE

<u><i>Pantry Items</i></u>	<u><i>Healthier Pantry Choices</i></u>
soy sauce	
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR; CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
<b><u>REFRIGERATOR ITEMS</u></b>	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VARIETIES only 1 for diabetic, borderline diabetic and hypoglycemic
Margarine & butter	Olive oil; sesame oil; grapeseed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source) Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free) Safflower mayonnaise Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
vegetables	Fresh or frozen; organic, if possible; all varieties

***“Bringing Wellness to the Wiregrass”***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC  
BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301    334-794-2225**

# A DETOXED LIFESTYLE

## Brands We Use

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W- diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf ( non GMO)			x	P
Cereal	Baker's on Main street			x		P W
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil- 1 <sup>st</sup> cold press				P W
Condiment	veganise	Mayonnaise				P
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W

***"Bringing Wellness to the Wiregrass"***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC  
BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301    334-794-2225**

# A DETOXED LIFESTYLE

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Greenwise	Organic Mustard	x	x	x	
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia					P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	glutino			x		P

***"Bringing Wellness to the Wiregrass"***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC  
BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301    334-794-2225**

# A DETOXED LIFESTYLE

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P
Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners/sugar	Stevia					P W
Sweeteners/sugar	Truvia					P W
Sweeteners/sugar	Organic Florida Crystal					P W
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W
Yogurt	Chobani		x	x	x	P W

***"Bringing Wellness to the Wiregrass"***

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC  
BOB CARNES, D.C.**

**2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301    334-794-2225**

## A DETOXED LIFESTYLE

P is Publix, W is Walmart, WD is Winn Dixie – I did not go to Winn Dixie so they might carry many more of these items.

Brands you can feel safe with; Amy's: [www.amys.com](http://www.amys.com); Glutino: [www.glutino.com](http://www.glutino.com); Bob's Red Mill: [www.bobsredmill.com](http://www.bobsredmill.com), Walnut Acres: [www.walnutacres.com](http://www.walnutacres.com), Arrowhead Mills: [www.arrowheadmills.com](http://www.arrowheadmills.com),

Cascadian Farms: [www.wcfarm.com](http://www.wcfarm.com), Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) [www.enjoylifefoods.com](http://www.enjoylifefoods.com) or 888-50-enjoy), Muir Glen: [www.muirglen.com](http://www.muirglen.com), udi's: [www.udisglutenfree.com](http://www.udisglutenfree.com)

on line store: [www.vitacost.com](http://www.vitacost.com)

It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.

Many of the restaurants have gluten free menus ...Just ask your server!

*"Bringing Wellness to the Wiregrass"*

**CARNES CHIROPRACTIC & WELLNESS CENTER, LLC**  
**BOB CARNES, D.C.**

2323 W MAIN ST, SUITE 109, DOTHAN, AL 36301 334-794-2225