

# Simple Food Rules.

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- 1. Eat like your grandmother and avoid fast food and Ultra Processed food.
- 2. Minimise sugar.
- 3. Eat any Meat, Bacon, Eggs, Fish, Dairy, Mushrooms.
- 4. Eat Fresh Vegetables, but not potatoes or corn
- 5. Avoid foods that are Ultra-Processed (factory made)
- 6. Throw out your vegetable oils, Soy, Canola, Corn, Safflower, etc
- 7. Replace with Coconut oil, Olive oil, Lard, Tallow, Avocado oil, Butter
- 8. Eat Cheese, Cream, Greek yoghurt, avoid milk.
- 9. Avoid Grains, Flour, Rice, Wheat, Oats, products made from these
  - Bread, pasta, cake, cookies, biscuits, pizza, cereal, cereal bars,
- 10. Avoid anything labelled "Low Fat"
- 11. Limit fruit to "berries" or 1 piece of whole fruit per day, no juices.