



# VIRIDITAS CLINIC

John Redden R.H.

Medical Herbalist

2775 Dundas St. W. Toronto, ON M6P 1Y4

Tiffany Wyse ND R.H.

Naturopathic Doctor | Medical Herbalist | Doula



Choose the appropriate proportions of fat, protein, vegetables and other carbohydrates based on your individualized food plan. Monitor your response to these proportions in your food log and fine tune accordingly. Aim for \_\_\_\_% fat \_\_\_\_% protein \_\_\_\_% carbohydrate

## HEALTHY FATS

### MONOUNSATURATED FATS

Avocados and Avocado Oil  
Avocado Mayo Chosen Foods / Primal Kitchen  
Macadamia, Hazelnut  
Highest Quality Olive Oil such as  
*Acropolis, Silver Leaf from GR*  
*Organic from Olive Your Favourites*

### OMEGA-3 FISH OIL

1 lb/week cold water omega3 fish  
Rosita Extra Virgin Cod Liver Oil

### OMEGA-3 PLANT FOODS

Flax, Chia, Walnuts

### RAW NUTS & SEEDS AND NUT/SEED

#### BUTTERS

*Soaking overnight improves digestibility*

Pumpkin, Sesame, Sunflower, Almonds,  
Brazil, Cashews, Filberts, Macademia,  
Hazelnuts, Pecans, Walnuts, Pinenuts,  
Pistachios

### SATURATED FAT

Coconut Oil - for higher heat cooking  
Palm Kernel Oil

Organic Butter (Grass fed is best)  
Grass-fed Ghee [pureindianfoods.com](http://pureindianfoods.com)  
Organic Poultry Fat & Egg yolk  
Fat from Pastured Grassfed meats

### MAYO and SALAD DRESSING

Only as good as the quality of oil used

### AVOID DAMAGED FATS/OILS

Margarine, Canola oil, Corn oil, Safflower  
oil, Cottonseed oil, Tempura, Vegetable  
shortening,  
Hydrogenated oil, Doughnuts  
Deep-fried foods, Cool Whip  
Most Commercial Mayo  
Commercial Salad Dressing, Chips  
Roasted nuts/seeds, Dairy-free creamers,  
Avoid the vegetable oil that is found in  
processed foods.

## PROTEIN

### SEAFOOD, MEAT & EGGS

#### WILD CAUGHT SEAFOOD

for lowest toxicity see

<http://www.ewg.org/research/ewgs-good-seafood-guide>

Herring, Sardines, Mackerel, Anchovies,  
Wild Caught Salmon  
Haddock, Halibut, Cod, Oysters, Clams,  
Crab, Lobster etc

#### GRASSFED MEAT

*Without hormones, Corn free*  
Beef, Lamb, Wild Game

#### HIGH GLYCINE FOOD

*Balance the methionine rich muscle  
meats with glycine rich foods such as  
oxtail, shanks, bone broth, skin etc*

#### POULTRY, EGGS or PORK

*Raised on organic or IP feed, free from  
Antibiotics and GMO corn/soy.  
Pastured or access to outdoors*

### SUPER FOODS

#### ORGANIC ORGAN MEATS

Liver, Heart, Kidney, Marrow etc

#### ORGANIC BONE BROTH

#### ORGANIC EGG YOLKS

#### FISH EGGS

### LEGUMES

*Soaked or sprouted before cooking*  
Lentils, Dried Beans, Split peas,  
Chickpeas etc

### DAIRY

Organic, Grass Fed, Full Fat is best  
Raw milk cheese is best cheese

#### SHEEP, GOAT or COW DAIRY

Organic raw milk cheeses  
Live culture unsweetened yogurt

## LOW STARCH VEGETABLES

### DARK GREEN/LEAFY VEG

Arugula, Celery, Chard, Cilantro,  
Dandelion Greens, Endive, Escarole,  
Fennel, Fresh Herbs, Lettuce, Mache,  
Parsley Purslane, Radicchio Mesclun,  
Spinach, Swiss chard etc

### ONION FAMILY

Chives, Garlic, Leek, Onion etc

### CABBAGE FAMILY

Bok Choy, Broccoli, Brussels sprouts,  
Green Cabbage, Red Cabbage,  
Cauliflower, Chard, Collards, Daikon,  
Horseradish, Kale, Kohlrabi, Mustard  
greens, Napa, Radish, Rapini, Turnip,  
Watercress

### OTHER VEG

Artichoke, Asparagus, Carrots, Burdock  
root, Celery, Celeriac, Cucumbers,  
Fennel, Zucchini, Okra, Jicama, Green  
beans, Seaweed, Pumpkin, Snow Peas,  
Mushrooms, Spaghetti squash, String  
Beans, Summer squash, Water chestnuts

### NIGHTSHADE VEGETABLES

Tomato, Eggplant, Red peppers, Green  
peppers, (Potatoes are starchy)

\*\*\*\*\*

### GUIDE TO PESTICIDE RESIDUES

<http://www.ewg.org/foodnews/>

#### Clean Fifteen

*Asparagus, Avocado, Cabbage, Cantaloupe, Eggplant,  
Grapefruit, Kiwi, Mango, Mushroom, Onion, Papayas,  
Pineapple, Frozen Sweet Peas, Sweet Potato*

#### Dirty Dozen

*Apples, Celery, Cherry Tomato, Cucumber, Grapes,  
Peppers, Imported Nectarines, Peaches, Potato, Spinach,  
Strawberries, Summer Squash, Kale/Collards*

## CAROHYDRATES

### STARCHY VEGETABLES

Beets, Parsnip, Potatoes, Peas, Cassava  
(Yucca, Manioc), Plantain, Lotus root,  
Pumpkin, Rutabaga, Sweet potato, Taro,  
Winter squash, Various types of Yam

### LOW GLYCEMIC

#### POLYPHENOL RICH FRUITS

Blueberry, Blackberry, Berries,  
Black/Red Currant, Citrus peel,  
Elderberry, Gooseberries, Raspberry,  
Rhubarb, Rosehips, Strawberry,

### OTHER FRUITS

Apples, Apricots, Banana, Cherries,  
Citrus, Dates, Fig, Grapes, Melon,  
Nectarine, Pear, Peaches, Pineapple,  
Pomegranate, Plum, Tropical Fruits

### LEGUMES

*Choose according to digestibility*  
*Soak well before cooking*  
Lentils, Dried Beans, Chickpeas etc

### NON-GLUTEN GRAINS

*Best if properly prepared*  
Millet, Quinoa, Buckwheat,  
Rice, Wild Rice, GF Oats  
Amaranth, Sourghum, Teff

### LARGE FLAKE OATS

Only if tolerated  
*Soak overnight before cooking*

### RYE OR BARLEY

Some are able to tolerate these  
Such as 100% Rye Sourdough  
(Downie St, Dimpflmeier, Rudolph)

### WHEAT & RELATED GRAINS

Most people are best to avoid these:  
Wheat, Spelt, Kamut, Triticale  
Sprouted or Slow rise sourdough  
Sprouted, Essene, Ezekiel Bread  
Organic Slow rise sourdough

## OTHER FOODS NOTES

### FEED YOUR GUT MICROBES

Avoid sugar, flour products, wheat  
Eat wide variety of veg/herbs/spices  
Include Resistant Starch and Fibre  
Include Fermented foods, Bone broth  
Supplement recommended probiotics  
Avoid GMOs, corn, soy, canola  
Avoid non-organic meats/dairy  
Avoid Antacids, Antibiotics, Chlorine

### FIBRE SOURCES

Vegetables, Legumes, Nuts/Seeds  
Psyllium husk or oats soaked overnight  
Ground flax or chia soaked overnight

### RESISTANT STARCH SOURCES

Raw green bananas, Green plantains  
Organic unmodified potato starch  
Cooked&Cooled potato, pea, cassava  
Cooked&Cooled legume, oats, rice

### SEASONINGS

Apple Cider Vinegar, Lemon/Lime, Sea  
salt, Horseradish, Mustard, Ginger,  
Garlic, Onion, Capers  
Non-irradiated Herbs & Spices

### PURE FILTERED WATER

with lemon or ginger, as herb tea

### COFFEE and TEA

DARK CHOCOLATE >72% cacao  
Avoid if anxiety, insomnia, adrenal stress

### TREATS

Berries, Fruits, Nuts, Coconut  
Organic 35% Cream if tolerated  
Xylitol to sweeten if tolerated  
Small amounts: Honey, Maple Syrup

### ORGANIC DRY RED WINE

if tolerated *not more than 3-5x/wk*  
*women 4oz wine, men 6oz wine*