

Top 25 Foods to Heal / Top 25 Foods to Avoid

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| 1) Apricots | 01) Anchovies |
| 2) Bananas | 02) Alcohol |
| 3) Beans | 03) Bacon |
| 4) Bell Peppers | 04) Canned fruit |
| 5) Broccoli | 05) Canned Soup |
| 6) Cantaloupe | 06) Chocolate |
| 7) Carrots | 07) Fried Foods |
| 8) Garbanzos Beans | 08) Gravies |
| 9) Garlic | 09) Ice Cream |
| 10) Greens (spinach, kale, chard) | 10) Pickled Eggs |
| 11) Kiwi | 11) Processed Cheese |
| 12) Lamb | 12) Processed Cereals |
| 13) Oat Bran | 13) Saturated Fats |
| 14) Onions | 14) Soft Cheeses |
| 15) Oranges | 15) Soft drinks |
| 16) Papaya | 16) Tuna, in oil |
| 17) Fresh Pasta | 17) White Sugar |
| 18) Potatoes (baked) | 18) White flour |
| 19) Soybeans Rice (Brown) | 19) White Rice |
| 20) Tomatoes | 20) White Vinegar |
| 21) Tuna (water packed) | 21) Yogurt in Syrup |
| 22) Turkey (skinless breast) | 22) Pork |
| 23) Yams | 23) Processed Meat |
| 24) Yogurt | 24) Coffee |
| 25) 8 glasses of Water | 25) Processed Foods |