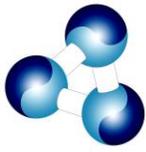


Dr. Oolo Austin's Clean Fuel Nutrition Plan

Do's	DON'Ts
<ul style="list-style-type: none"> - Organic Beef (grass fed) - Organic Lamb - Organic Chicken (free range) - Fish (wild , not farmed - no salmon or tuna) - Wild Meat (i.e. Deer, moose) - must be 3 days between each type of meat - Eggs - Fresh RAW organic vegetables (raw salads with pure virgin olive oil and vinegar or lightly steamed) - Fresh Organic Fruit - Raw Almonds - Seeds such as flax seed, linseed, oats (not flavored) - Water must be filtered (but not BRITA) - Natural full fat Greek Yogurt - Wild Rice, Buckwheat - Non-pasteurized raw cheese or goat cheese 	<ul style="list-style-type: none"> - Sugar (fructose, sucrose, glucose) - Bread - Pasta - Rice - Potatoes - Soy Products - Milk - Honey - Salt - Packaged foods (boxes, bags, plastic, cans) - Processed Meats (pork, shellfish, cereal) - Cooked Vegetables - Fruit Juice - Caffeine (other than one glass of tea) - Low fat products (i.e. Cheese) - Alcohol - Artificial Sweeteners
<p>Take Daily:</p> <ul style="list-style-type: none"> - 4000 IU drops of liquid vitamin D - 1000mg Vitamin C - 400 IU Vitamin E - Teaspoon of Omega 3 Oils (twice daily) 	
<p>Cookware:</p> <ul style="list-style-type: none"> - Cast Iron - Glass - Ceramic 	<p>Cookware:</p> <ul style="list-style-type: none"> - Teflon or Non-Stick Cookware



Pro-Inflammatory Foods to Avoid:

- ➔ ***White sugar, honey*** (unless raw, unheated, unpasteurized), ***high fructose corn syrup***
- ➔ ***Partially hydrogenated oils*** (the type of oil does not matter, it is the process of partial hydrogenated that makes it pro-inflammatory)
- ➔ ***Foods in the nightshade family*** (i.e. Eggplant, bell peppers, white potatoes - sweet potatoes are okay - tomatoes)
- ➔ ***Omega 6 Essential Fatty Acid*** (corn/corn oil, cotton seed oil, grape seed oil, peanuts/peanut oil, wheat/wheat germ, safflower oil - unless high oleic - sesame and sunflower oil, soybeans/oil)
- ➔ ***High Glycemic Load Diet (food high in sugar)***

Anti-Inflammatory Foods:

- ➔ ***Foods high in Omega-3 Essential Fatty Acid:***
 - ➔ Raw almonds/almond oil, raw walnuts/oil, pumpkin seeds/oil
 - ➔ Mackerel, anchovies, sardines, herring
 - ➔ Green leafy vegetables, purslane
 - ➔ Mung beans
 - ➔ Chestnuts
- ➔ ***Foods high in Quercetin:***
 - ➔ Citrus, Onion
- ➔ ***Foods high in anti-oxidants also help decrease inflammation:***
 - ➔ Pomegranate seeds and juice
 - ➔ Tea - especially white and green tea
 - ➔ Highly pigmented fruits and vegetables - especially red/purple/blue and yellow/orange/red (e.g. Berries)
 - ➔ Citrus Fruits
 - ➔ Allium Family - onion, garlic, leeks, chives
 - ➔ Cruciferous family - broccoli, cauliflower, cabbage, brussels sprouts
 - ➔ Fresh oregano
 - ➔ Legumes (with the exception of peanuts)
 - ➔ Goji Berries
- ➔ ***Specific Spices, Herbs, and Oils***
 - ➔ Fresh ginger root (not dried or powdered)
 - ➔ Fresh rosemary, thyme (in food or as tea)
 - ➔ Cinnamon, clove, nutmeg, cardamom
 - ➔ Coconut/Coconut oil; olive oil
 - ➔ Blue-green algae and spirulina
 - ➔ Cayenne in small amounts, turmeric, garlic

Remember, the more colour in the food, the better!