

Dr. Gastón's Safe Foods

NO

Artificial Anything
Sugar
Bread
Rice
Starchy Beans
Starchy Seeds
Grains
Cereals
Pasta
Alcohol
Desserts
Bananas
Potatoes (any)
Ice Cream (with sugar)
Processed foods
Processed meats
Processed cheese
Artificial drinks
Diet Drinks (w/o Stevia)
Sugar-added drinks
Very sweet juices
Canned foods
Fat-Free foods
Fake Butter

YES

Real Live Foods
Plain Yogurt
Soy Beans
Tofu
Fish
Eggs
Red Meat in moderation
Real Cheese
Milk (no lactose problem)
Soy or Almond Milk
All Green Vegetables
Yellow/Red Vegetables
Sprouted Seeds
Fruits (limit sweet ones)
Oatmeal (not overcooked)
Carrots (in moderation)
Beets (in moderation)
Pumpkin
Nuts
Low sugar preserves
Olive Oil
Sesame Oil
Real Butter
Real Stevia (instead of sugar)
Drinks with Stevia
Ice Cream with Stevia