

NON-STARCHY VEGETABLES (10+ SERVINGS PER DAY)



OPTIMAL

(DEEP GREEN LEAFY VEGGIES)

Alfalfa, Arugula, Bok Choy, Barley Grass, Brussels Sprouts, Chard, Garlic, Greens, Kale, Kelp, Mixed Greens, Moringa, Neem, Romaine Lettuce, Seaweed, Spinach, Spirulina, Watercress, Wheat Grass

NORMAL

(VEGGIES YOU COULD EAT RAW)

Alfalfa Sprouts, Artichoke, Asparagus, Bean Sprouts, Beets, Bell Peppers, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Endive, Leeks, Mushrooms, Onion, Peppers, Squash, Sugar Snap Peas, Tomatoes, Zucchini



NUTRIENT-DENSE PROTEIN (3 TO 6 SERVINGS PER DAY)

OPTIMAL

(SHELL FISH, FATTY FISH, ORGAN MEATS)

Oysters, Clams, Mussels, Liver, Salmon, Sardines, Anchovies, Sea Bass, Tuna

NORMAL

(HUMANELY RAISED SEAFOOD AND MEATS)

Catfish, Chicken, Cod, Cottage Cheese, Egg Whites Combined with Whole Eggs, Flounder, Grass-Fed Beef, Ham, Lamb, Lean Conventional Beef, Plain Greek Yogurt, Pork, 100% Pure Unflavored Whey, Pea, or Rice Protein Concentrate with No Additives, Shrimp, Snapper, Squid (Calamari), Tilapia, Trout, Turkey



WHOLE-FOOD FATS (3 TO 6 SERVINGS PER DAY)

OPTIMAL

(UNIQUELY NUTRITIOUS)

Coconut, Cocoa/Cacao, Avocado, Flax Seeds, Chia Seeds, Macadamias, Olives, Coconut Flour, Cocoa/Cacao Nibs, Coconut Milk

NORMAL

(EGGS, RAW NUTS AND SEEDS)

Almonds, Brazil Nuts, Chestnuts, Eggs, Hazelnuts, Hemp Seeds, Pecans, Pistachios, Pumpkin Seeds, Sunflower Seeds, Walnuts

TIP: Peanuts are legumes (vs. whole-food fats).



LOW-FRUCTOSE FRUITS (0 TO 3 SERVINGS PER DAY)

OPTIMAL

(LEAST SUGAR, MOST NUTRITION)

Acai Berry, Goji Berry, Noni Fruit,
Purple Aronia, Mangosteen

NORMAL

(BERRIES AND CITRUS)

Blackberries, Blueberries, Boysenberry,
Cranberries, Cantaloupe, Casaba Melon,
Cherries, Grapefruit, Guava, Lemon,
Lime, Nectarine, Papaya, Peaches,
Raspberries, Rhubarb, Strawberries

HOW TO READ NUTRITION LABELS

When it comes to SANE eating, nutrition label reading isn't critical. Non-starchy vegetables, seafood, lean meat, protein powders with no added sugar, low-fat or fat free plain Greek yogurt, low-fat or fat free cottage cheese, berries, citrus fruits, nuts, or seeds are SANE. Starches and sweets are inSANE. No nutrition label needed.

For everything else, here are six simple tips to keep in mind when reading nutrition labels.

1. The more fiber the better.
2. The more protein the better.
3. The less sugar the better.
4. The fewer ingredients the better.
5. The more vitamins and minerals per serving relative to calories per serving the better.
6. If the ingredients include *added sweeteners that contains calories* (list below), hydrogenated anything, or starch (flour, corn, rice, barley, etc.) try to avoid it.

LIST OF SWEETENERS TO AVOID

Agave Nectar	Dextrose	Lactose
Barley Malt	Diastatic Malt	Malt Syrup
Beet Sugar	Diatase	Maltodextrin
Brown Sugar	Ethyl Maltol	Maltose
Buttered Syrup	Evaporated Cane Juice	Maple Syrup
Cane Crystals	Fructose	Molasses
Cane Juice Crystals	Fruit Juice	Muscovado Sugar
Cane Sugar	Fruit Juice Concentrates	Panocha
Caramel	Galactose	Raw Sugar
Carob Syrup	Glucose	Refiner's Syrup
Castor Sugar	Glucose Solids	Rice Syrup
Confectioner's Sugar	Golden Sugar	Sorbitol
Corn Sweetener	Golden Syrup	Sorghum Syrup
Corn Syrup	Granulated Sugar	Sucrose
Corn Syrup Solids	Grape Sugar	Sugar
Crystalline Fructose	High-Fructose Corn Syrup	Syrup
Date Sugar	Honey	Treacle
Demerara Sugar	Icing Sugar	Turbinado Sugar
Dextran	Invert Sugar	Yellow Sugar

TIP: The four natural SANE sweeteners are: 100% Pure Erythritol, 100% Pure Xylitol, 100% Pure Stevia, 100% Pure Luo Han Guo. If the ingredients list is longer than one of those ingredients... then it is not SANE. You can have SANE sweeteners delivered to your doorstep from your SANESStore (<http://store.SANESolution.com>)