

HEALING FOODS

Aloe vera Bee pollen Green juices Coconut oil Flax seeds Ginger Bieler broth Raw honey

HIGH IN B-VITAMINS

Fresh wheat germ Rice bran syrup Brewers yeast Blackstrap molasses Beans Grains



ANDI:

WF: ANDI Guide Dr. Fuhrman: Nutrient Density



☆ What is Nutrient Density?

Bee pollen

Fresh juices

Brewers yeast

Sesame seeds

Rice bran syrup

Potatoes with skin

Bean/seed sprouts

Fresh wheat germ

Soaked raw almonds

Berries, esp. cranberries

Kale, other dark greens



Sunflower seeds

Eat organic

ALMOST COMPLETE FOOD

Sprouted grains **QUALITY FATS** Bee pollen Flax seeds Raw milk Walnuts Pumpkin seeds

Chia seeds Fresh coconut **Potatoes**



NUTRIENT-DENSE

LACTO-VEGETARIAN

FOODS

Nutrient Charts and Links:

Vitamins and Minerals 15 Nutrient dense foods World's Healthiest Foods **Nutrient Dense Food List** Choose nutrient dense foods



Coconut

Raw milk

Goat whey

Flax seeds

Chia seeds

Bieler broth

Miso, tempeh

Sea vegetables

Spirulina, chlorella

Blackstrap molasses

Dehydrated grass juices

HIGH ANTI-OXIDANT FOODS

Bee pollen Berries Some beans Prunes **Apples** Pecans

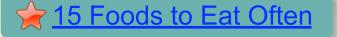
Potatoes Grass juices

COMPLETE PROTEIN

Raw bee pollen Raw milk Beans with grains Beans with seeds Beans with nuts Amaranth, quinoa, buckwheat Spirulina, chlorella Tempeh

LOADED WITH MINERALS

Sea vegetables **Blueberries** Bee pollen Raw milk Root vegetables Goat mineral whey



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