

# BASIC NUTRITION TENETS

BY PHIL JAMAN - PERSONAL TRAINER



**NOTE: THIS IS A SIMPLIFIED REFERENCE SHEET AND NOT IN DEPTH OR SPECIFIC TO AN INDIVIDUAL. NOTHING ON THIS DOCUMENT IS MEANT TO DIAGNOSE, TREAT, CURE OR PRESCRIBE IN ANY WAY AND IS NOT INTENDED AS A REPLACEMENT FOR MEDICAL CARE.**

## PRODUCE

### Look For:

- **Clean15 Guide by the EWG: [EWG Clean15 Guide](#)**
- Organic (if on the "dirty dozen list")
- Non-GMO, local

### Avoid:

- **Non-Organic Foods on the [EWG Dirty Dozen Guide](#)**
- Apeel™ and Organipeel™
- GMO Foods: canola, corn, soy, processed alternatives

## ANIMAL PROTEIN

### Look For:

- Grass-fed (beef), quality game meat
- Local, pasture-raised poultry and eggs
- Wild-caught (fish)

### Avoid:

- Conventionally raised meat
- Farmed fish (GMO-salmon)
- Conventional eggs

## OILS

### Look For:

- Grass-fed butter or ghee
- Extra Virgin Olive Oil in tinted glass
- Avocado Oil
- Beef tallow
- Coconut oil

### Avoid:

- Hydrogenated oils and seed oils
- Margarine
- Canola/soybean/palm/vegetable/peanut/corn/grapeseed oil

## LEGUMES, NUTS, SEEDS, GRAINS

### Look For:

- Organic, sprouted non-GMO grains, sourdough bread
- Organic, sprouted nuts, legumes and seeds
- Recommendations: Pumpkin seeds, cashews, walnuts, almonds, brazil nuts

### Avoid:

- Non-organic nuts, legumes and seeds
- Non-organic, sprouted GMO grains

## FERMENTED FOODS FOR GUT HEALTH

- Raw Apple cider vinegar (dilute 1 tbsp in 1 cup water before meals)
- Unpasteurized sauerkraut, kimchi, natto
- Salt-water brine pickled vegetables (not vinegar) beets, carrots, beans, pickles, etc...
- Kombucha (Unpasteurized, low sugar)
- Greek yogurt or Kefir (no sugar - grass-fed ideally)

## SUGAR

### Look For:

- Raw Honey
- 100% Maple Syrup
- Dates
- Monkfruit
- Coconut sugar

### Avoid:

- High fructose corn syrup
- Saccharin (Sweet 'N Low)
- Sucralose (Splenda)
- Aspartame (Equal)

## DAIRY & NON-DAIRY PRODUCTS

### Look For:

- Organic, Grass-Fed Dairy and Greek Yogurt or Kefir
- Coconut Milk
- Local Raw Milk and Cheese
- Goat or Sheep Milk

### Avoid:

- Conventional dairy
- Non-Organic Nut Milks
- Products that contain: Carrageenan, Gellan, Guar Gum

## WATER

### Look For:

- Spring Water
- Reverse osmosis
- Quality filtered

### Avoid:

- Bottled in Plastic
- Tap Water



**I'M PHIL, A PERSONAL TRAINER AND HEALTH COACH FOR BUSY MEN BETWEEN 30 - 50. MY PURPOSE IS TO PROVIDE YOU WITH THE TOOLS, GUIDANCE AND SUPPORT YOU NEED TO CREATE THE LIFE OF YOUR DREAMS!**