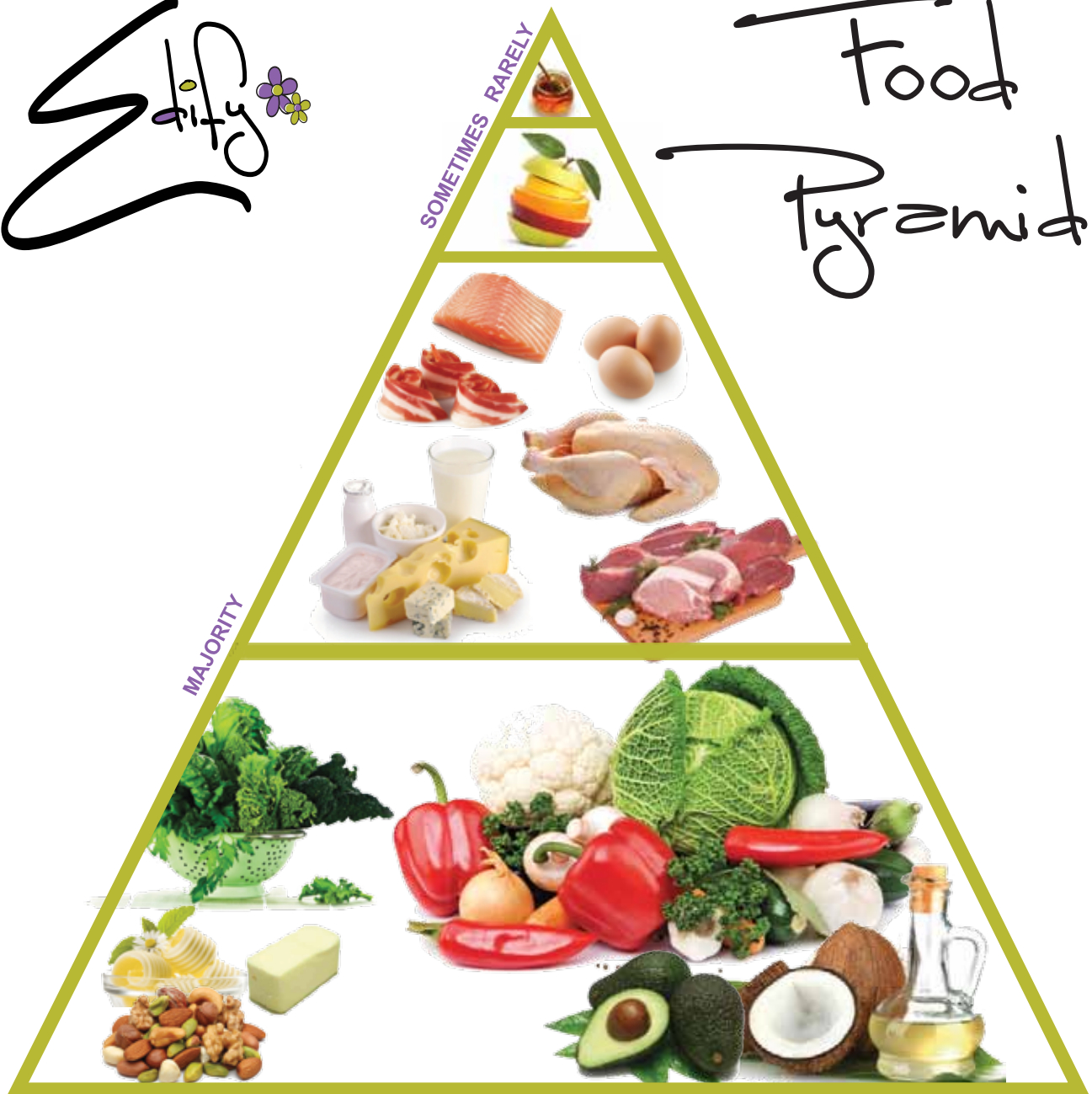




# Food Pyramid



## MAJORITY FOODS

Almonds (Raw), Asparagus, Avocados, Bacon, Beef, Broccoli, Brussel Sprouts, Butter, Cabbage, Capsicum, Cauliflower, Celery, Cheese, Chicken, Cream (Thickened/Pure/Double), Coconut Milk/Cream, Coconut Oil, Cucumber, Eggs, Eggplant, Fish, Green Beans, Lamb, Lettuce, Milk (Full Cream), Mushrooms, Olive Oil, Onions, Pork, Rock Salt, Spinach (All Varieties), Squash, Tomato, Water, Yoghurt, Zucchini

## SOMETIMES FOODS

Beetroot, Berries, Carrot, Fruit, Peas, Pumpkin

## RARELY FOODS

Coconut Sugar, Honey, Rapadura Sugar

## NEVER FOODS

Aspartame, Bread, Cereal Grains (Wheat, Corn, Rye, Millet, Barley, Sorghum, Oats, Rice), Cereal Grain Flours (Wheat, Corn etc), "Diet" Foods, Genetically Modified Foods, High Fructose Corn Syrup, Legumes, "Low-Fat" Foods, Margarine (and other Non-Butter Spreads), Pasta, Potato, Refined Sugar, Soy, Trans Fats, Vegetable & Seed Oils (Canola, Sunflower, Safflower, Corn, Cottonseed, Soybean, Grapeseed, Rapeseed, Peanut)