

Protective Diet

GUIDELINES

FOODS WE LOVE:

Vegetables

Fresh fruit

Whole grains

Rice

Pasta

Bread

Potatoes

Corn

Beans

Tofu

ProtectiveDiet.com

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GUIDELINES

FOODS WE AVOID:

Meat, including
poultry & fish

Dairy, including eggs

Oil

Nuts, nut butters,
& seeds

Avocado & coconut

Dried fruit

Sugar, syrup, & nectars

Artificial sweeteners

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