



About Peak Frequency Foods

Health is the most important aspect of life. What and how we choose to eat affects ourselves, each other, the planet, and its elements. Choosing food wisely and well lets your daily food be your daily medicine.

Peak Protein Sources	Peak Essential Fatty Acid Sources	Foods to Avoid	Peak Oils & Uses Cold Pressed, Unrefined
Almonds (raw) Almond Milk Amaranth Avocado Beans: Anasazi Kidney (red) Soy (organic) White (Navy, Lima) Cannellini) Bison/ Buffalo meat Buckwheat Duck Eggs Einkorn (indigenous wheat) Feta Cheese (sheep or goat milk) Goat Milk, Cheese, Yogurt Grains (esp. wheat and wheat sprouts) Millet Mushrooms: chanterelle, crimini, reishi, shitake Red Lentils Red Potatoes Rice Milk (organic) Romano Cheese (sheep milk) Salmon (wild caught) Shrimp (jumbo) Sprouts (alfalfa, sunflower, red clover, red lentil) Soy Milk (organic only) Tofu (organic only) Whole Wheat Pasta	Almonds (raw) Almond Milk Avocado Cashews Feta Cheese (goat or sheep milk) Goat; Milk, Cheese, Yogurt Grains, (barley, buckwheat, brown rice, whole wheat) Oils: <i>Cold/Expeller Pressed, & Extra Virgin</i> Avocado oil Coconut oil Flaxseed oil Grape seed oil Olive oil (Mediterranean region) Safflower oil Sunflower oil Wheat germ oil Olives Pecorino Romano, Manchego (sheep milk cheeses) Pine Nuts (raw) Soy Milk (organic, non-GMO only) Sunflower seeds <u>Contaminated Foods</u> Cod (Atlantic) GMO (genetically modified) foods Lobster (Spiny from Brazil) Monkfish Roundup Ready® foods Tuna Processed, Enriched, FD&C Foods Chemically Preserved Foods	Apples Black, green, and iced tea Bell Peppers Blueberries Brown/white potatoes Brussels sprouts Cabbage (green/purple) Carrots Celery Coffee, South American Cow Milk Products (cheese, milk, ice cream) Chicken, meat and eggs Energy drinks Garlic, regular/Indian Grapefruit Ham, Pork Products (especially bacon) Hot Peppers Iceberg Lettuce NutraSweet, Aspartame Oats Oranges Peanuts, Walnuts, Pecans Pepper (black and white) Shark Soda Pop, Cola drinks Squash Sugar and salt (refined, sea salt too) Tuna Watermelon White Flour White rice Yellow & White Onions Zucchini	<u>Cooking</u> Safflower oil Sunflower oil Coconut oil Sesame oil <u>Skin Care</u> Almond oil Avocado Oil Olive oil (extra virgin) <u>Dressings</u> Flax seed oil Grape seed oil Olive oil (extra virgin) Safflower oil Sesame oil Sunflower oil <u>Oils/Fats to Avoid</u> Canola oil Palm oil Peanut oil Vegetable oil Hydrogenated oils Margarine Shortening <u>Products to Avoid</u> Deodorants with Aluminum chlorhydrate Toothpastes with fluoride Petroleum based Lotions and Gels Teflon & aluminum pans Baking powder with aluminum Microwave foods