



## « Disease

## Health »



### Legend:

- White:** Single-ingredient whole grains, certified gluten-free
- Yellow:** Eggs, poultry, turkey, beef, pork, lamb, fish, shellfish, and cultured dairy
- Orange:** Processed meats
- Red:** Beans, lentils, chickpeas, soybeans
- Light Green:** Protein powders, vegetable oils
- Dark Green:** Grains, fruits, vegetables, nuts, seeds, oils
- Light Blue:** Dairy, eggs, poultry, turkey, beef, pork, lamb, fish, shellfish, and cultured dairy
- Dark Blue:** Grains, fruits, vegetables, nuts, seeds, oils
- Light Purple:** Grains, fruits, vegetables, nuts, seeds, oils
- Dark Purple:** Grains, fruits, vegetables, nuts, seeds, oils
- White:** Single-ingredient whole grains, certified gluten-free
- Yellow:** Eggs, poultry, turkey, beef, pork, lamb, fish, shellfish, and cultured dairy
- Orange:** Processed meats
- Red:** Beans, lentils, chickpeas, soybeans
- Light Green:** Protein powders, vegetable oils
- Dark Green:** Grains, fruits, vegetables, nuts, seeds, oils
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- Dark Blue:** Grains, fruits, vegetables, nuts, seeds, oils
- Light Purple:** Grains, fruits, vegetables, nuts, seeds, oils
- Dark Purple:** Grains, fruits, vegetables, nuts, seeds, oils

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How to Grocery Walk: [www.healthchecker.org](http://www.healthchecker.org)

How to Grocery Walk: [www.naturalnews.com](http://www.naturalnews.com)



Eat all the colors of the rainbow:

- Red:** Tomatoes, beets, raspberries, strawberries, watermelon, guava
- Orange:** Carrots, sweet potatoes, pumpkins, apricots, citrus fruits, mango
- Yellow:** Peaches, corn, lemons, limes, avocados, egg yolks, grapefruit, kiwi, cantaloupe, pineapples, apricots, apricots, kiwi, grapefruit
- Green:** Spinach, cabbage, kale, chard, green tea, cucumbers, melon, avocados, peas, peas, peas, peas
- Blue:** Blueberries, blackberries, raspberries, blueberries, blueberries
- White:** Cauliflower, onions, garlic, white rice, cauliflower

# Honest Food Guide

**R Pring**



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