

HEALTHY **Body** CHALLENGE BY YOUNGEVITY®

Dr. Wallach's
Good Food and Bad Food List



"It's not what you eat that kills you; it's what you don't eat!"

GOOD FOODS: *Add 10 Years to your life*

Eggs—Soft scrambled in butter, soft boiled or poached.

4-8, 8 oz. glasses of filtered water each day.
Avoid soft, plastic bottles.

Mixed, Salted Nuts—No peanuts.

Nut Butters—No extra sugar.

Pure Buckwheat (Isn't wheat).

Couscous (Made from pearl millet only).

Beef—Rare/medium-rare.

Butter

Salt

Dairy

Fish

Chicken

Pork

Lamb

Rice

Millet

Beans

Quinoa

Corn

Vegetables

Fruit

Coffee

Tea

Green Tea

Red Wine



BAD FOODS: *Shorten your life*

Oats (Except Gluten-Free)

Fried Food—Nothing fried! You should boil, broil or bake and never more well done than medium rare.

Oils—Cooking or salad. Yes, this includes Olive Oil!!!! NO OIL OF ANY KIND!

Well Done Meat (Rare or medium-rare is ok).

Deli Meats... No nitrates or nitrites – Read labels. Tell your butcher NO NITRATES or NITRITES!

NO Carbonated Drinks within 1 hour before, during or 1 hour after meals.

Baked Potato Skins

Wheat

Barley

Rye

