



THE CARERS PLACE FOOD LIST

WWW.THECARERSPLACE.COM.AU

MORE OF THIS

- Raw nuts & seeds
- Free range eggs
- Grass fed red meat
- Free range poultry
- Deep sea fish
- A variety of fresh veg
- Rice & Rice products
- Legumes & lentils
- Quinoa, buckwheat
- Healthy oils
- Fresh fruit
- Nut milks
- Fermented veg

PROTEINS

- Raw nuts & seeds
- Free range eggs
- Grass fed red meat
- Kangaroo
- Free range poultry
- Deep sea fish / seafood
- Fresh vegies
- Rice & Rice products
- Legumes & lentils
- Quinoa, buckwheat
- Healthy oils
- Fresh fruit
- Dairy (with caution)

CARBOHYDRATES

- Green leafy veg
- Colourful Veg
- Legumes
- Rice
- Quinoa
- Buckwheat & Millet
- Oats
- Spelt
- Wholewheat
- Nuts
- Seeds
- A variety of fresh fruit
- Salads

AVOID / LESS OF THIS

- Margarine
- Canola, veg + other oils
- Refined Sugar
- Highly processed food
- Pastries & cakes
- Chips & Biscuits
- Lollies & sweets
- Sugary/salty sauces
- Deep fried foods
- Excessive alcohol
- Fizzy drinks
- Artificial sweetners
- Instant Coffees
- Dairy if intollerant
- Powdered shakes

GOOD FATS/OILS

- Raw nuts & seeds
- ie. Almonds, cashews, pumpkin & chia seeds
- - Up to 1/4 cup per day
- Free range eggs
- Deep sea fish
- - Salmon / Mackerel
- Avocado
- Olive Oil
- Nut Oils
- Coconut Oil
- - stable at high heat

BEVERAGES

- Water
- Herbal teas
- - Peppermint, Rooibos
- - Chamomile, Ginger
- - Green tea (1-2/day)
- Add lemon to water

ADDING FLAVOUR

- Himalayan Salt
- Garlic
- Olive oil
- Lemon juice
- Herbs, Spices
- Homemade dressings