

Super Nutrition

Special Report

Best Snack Foods

Popcorn
Carrots
Raisins
Energy Bars
Yogurt
Dried Fruits
Veggie sticks
Fresh fruit
Mixed nuts

Best Protein Sources

Eggs
Lean pork
Grilled Chicken (not deep fat fried)
Wild (not farm raised or Atlantic) salmon
Ostrich
Lean beef
Yogurt
Lamb

Best to Reduce or Stop Eating These

Excess dairy
Sugary cereal (granola is just as bad)
Artificial sweeteners (replace with Stevia)
Margarine (replace with butter)
Soft drinks (replace with water)
More than 2 oz per day of desserts
Deep fat fried foods (once a month is OK)

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