



BALi Food List

BALi foods control your body's level of Candida (a naturally occurring yeast), aid in insulin regulation, & increase your intake of antioxidants that can inhibit free radical damage. Choose primarily fresh or frozen vegetables; organic, unpeeled fruits; low-mercury seafood; free-range poultry; grass-fed meat (without added hormones); raw nuts; beans & seeds; plant milks; organic raw cheese & yogurt. Grilling/barbecuing is more likely to cause cancer; marinating meat in rosemary, dark beer or red wine neutralizes this effect. (*denotes antifungal/superfood)

VEGETABLES & LEGUMES				
<i>(Choose fresh or frozen.)</i>	Cactus	*Garlic	Olives	*Soybeans/edamame (organic)
Acorn squash	Carrots (esp. purple, unpeeled)	*Ginger	*Onions (red/purple)	*Spinach
Adzuki beans	*Cauliflower (esp. purple)	Green beans	Parsley	Sprouts (all types)
Artichokes	Celery	*Green onion (scallions)	Parsnip	Sweet potatoes (reg. or purple)
Asparagus	*Chard (Swiss, rainbow)	Kale (purple preferred)	*Peppers (all, hotter is better)	Squash (all)
Avocado	Cherry tomatoes	Kidney beans	Pinto beans	Tofu
Beets	Chives	*Kohlrabi	Potatoes (purple, skin on)	Tomatillo
Black beans	*Cilantro	*Leeks	Pumpkin	Tomatoes
Black radish	Collard greens	Lentils	Radicchio	Turnips
Bok choy	Cucumber	Lettuces (all but iceberg)	Radishes	Wasabi root
Broccoli	Eggplant	Lima beans	Rhubarb	Yams
Brussels sprouts	Endive	Mushrooms	Rutabaga	Yucca root
*Cabbage (esp. purple)	Fennel	Mustard greens	Salad savoy	Zucchini
	Garbanzo beans	Okra	Shallots	

FRUITS/BERRIES *organic, dark				
*Acai (no added sugar)	Cherries (sour)	Gooseberries	Lemons	Prunes
Apples (Granny Smith, crab)	*Cranberries	Grapefruit	Limes	Raspberries
*Blackberries	*Coconut	Grapes (black)	Ligonberries	Sea-buckthorn
*Blueberries	*Currants (black, red)	Huckleberries	Mulberries	Strawberries
Bitter melon	*Elderberries	Key limes	Oranges (blood)	
Boysenberries	Figs	Kiwi (fruit)	Plums (black)	
	*Goji	Kumquats	*Pomegranate	

FISH	FISH	POULTRY	RED MEAT	RED MEAT
<i>Smaller fish = less mercury</i>	*Salmon (wild caught)	Chicken (free range)	Grass-fed, antibiotic free	Pork (uncured, unsmoked)
Anchovies	*Sardines	Duck (Cornish hens & others)	Antelope	Rabbit
Cod	Shrimp	Eggs	Beef, Bonsmara beef	Squirrel
Crab	Trout	Goose	Buffalo	Veal
Halibut	*Tuna	Pheasant	Lamb	Venison
Orange roughy	Other fish (canned, fresh)	Turkey	Ostrich	Wild Game

NUTS (Raw, no salt)	NUTS (Raw, no salt)	NUTS (Raw, no salt)
Almonds	Filberts	Pine nuts
Brazil nuts	Hazelnuts	*Pistachios
Cashews	Macadamias	Walnuts (black preferred)
Chestnuts	Pecans	

SEEDS (raw, unsalted)	SEEDS (raw, unsalted)
Chia	Pumpkin
*Cumin (black)	Sesame
Flax (fresh ground)	Sunflower
Hemp	

GRAINS & PASTA	GRAINS & PASTA	GRAINS & PASTA	GRAINS & PASTA
Amaranth	Kamut	Oatmeal	*Sorghum
Artichoke pasta	Mung bean pasta	Quinoa-black, red	Spelt
Barley	Non-yeasted breads	Quinoa pasta	Spinach pasta
Black bean pasta	Oats-Irish/steel cut	Rice-black, red	Sprouted grain breads/pasta
Brown rice noodles	Oats (rolled, not instant)	Rye	Teff
Buckwheat	Oat bran	Soba/soba noodles	

WEAPONS OF MASS REDUCTION
B Complex 75 Vitamin D3
Black seed oil
*Eco-Thyro (with recommendation)
IodoRX
Magnesium gel
Selenium

