

THE FOOD CHART

INTRODUCTION

This food chart was developed by Lise Gauley RN, and while it has been reviewed by a qualified Nutritionist, it is by no means a definitive customized diet. Think of it more as a directional aide to ensure that you are not ingesting foods that are actually not good for you, or to introduce new foods that will help your overall physical health. This chart should be redone periodically as our needs change constantly.

ESTABLISHING WHAT SERVES AND WHAT DOES NOT SERVE YOUR BODY

This exercise is about bringing into awareness areas in your eating habits that need your attention. To use this chart personally, you need to be adept and confident in your sway. It is recommended that someone with a high Level of Consciousness perform this exercise on your behalf. The tools you need are:

- The Sway or proxy
- The Food Groups Chart (see below)
- The Food Groups and Subgroups Charts (see below)
- The Charts for Supplements and Amino Acids

Familiarize yourself with the Food Groups Chart and Supplements Charts below that have columns and rows. These charts have been constructed to allow you to identify specific changes to your diet without the potential interference of your thinking mind. Resist looking at the chart as you systematically go through the process **4 times**, identifying the specific foods and supplements that you should

- **ELIMINATE** from your diet (those that you may be allergic to, have low tolerance for, or are simply not in resonance with your body chemistry and biology)
- **REDUCE** in your diet (those that you may be consuming too much of)
- **ADD** to your diet (those that you may have avoided or simply are not part of your regular eating pattern and that would be of benefit to you)
- **INCREASE** In your diet (those that you would benefit from having more of)

As you are likely familiar with how to navigate charts through the "Alchemy of Becoming" methodology, move systematically through each layer of the charts to identify specific foods in each category. Those categories that are annotated with a * will have further breakdowns. Make sure you cover each food group for each of the 4 categories: Eliminate, Reduce, Add and Increase.

FOOD GROUPS CHART			
	COLUMN A	COLUMN B	COLUMN C
1	Protein	Dairy	Grains
2	Vegetables	Fruit	Sugars
3	Fermented Foods	Oils	Spices
4	Beverages	Condiments	

FOOD (GROUPS AND SUBGROUPS)

As this is not a complete list, feel free to adjust based on your needs.

PROTEIN

COLUMN A	COLUMN B	COLUMN C	COLUMN D
* Red Meat * White Meat	* Fish & Seafood * Nuts & Seeds	Eggs Peanut Butter	Tofu

*** NUTS & SEEDS - Protein Subgroup**

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Pumpkin Sunflower Flax Sesame	Quinoa Poppy Chia Hemp Hearts	Peanuts Walnuts Almonds Pistachio	Hazelnuts Cashews Pecans

*** RED MEAT - Protein Subgroup**

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Beef Pork	Boar Lamb	Geese Rabbit	Cured Meats (Ham, Sausages)

*** WHITE MEAT - Protein Subgroup**

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Pheasant Duck	Chicken Turkey	Goose Veal	Organ Meats (Liver, Heart, Kidney)

*** FISH & SEAFOOD - Protein Subgroup**

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Crab Shrimp Tilapia Sardines	Catfish Flounder Lobster Oysters	Squid Mussels Tuna Rainbow Trout	Clams Cod Salmon Anchovies

GRAINS

COLUMN A	COLUMN B	COLUMN C	COLUMN D
*Flour *Pasta/Noodles *Bread	Basmati Rice Jasmine Rice Wild Rice	Quinoa Rice Couscous Oats (Flaked)	Seed Crackers Wheat Crackers Popcorn

↳ * PASTA/NOODLES – Grains Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Bean Quinoa	Gluten-Free Whole Grain	White Rice Brown Rice	Wheat Pasta Vegetable Pasta

↳ * FLOUR – Grains Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Refined Flour Buckwheat Flour Oat Flour	Rye Flour Amaranth Flour Spelt Flour	Cornmeal Barley Flour Sorghum Flour	Teff Flour Un-refined Flour Almond Flour

↳ * BREAD – Grains Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Gluten Free Whole Wheat Muesli White	Sourdough Pumpernickel Rye	Oatmeal Buckwheat Muesli	Unleavened Flax Millet

DAIRY

COLUMN A	COLUMN B	COLUMN C	COLUMN D
*Cheese Ricotta Sour Cream	Butter Cow Milk Goat Milk	Buttermilk Soy Milk Nut Milks	Ice Cream Cream Yogurt

↳ * CHEESE – Dairy Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Blue Parmesan Goat Brie Cheddar	Cottage Cheese Mozzarella Gouda Gorgonzola Monterey Jack	Camembert Swiss Feta Gruyere Havarti	Jarlsberg Roquefort Provolone Cream Cheese Edam

VEGETABLES

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	*Squash *Beans & Peas *Onions Mushrooms	Artichoke Broccoli Asparagus Celery	Corn Potatoes Sweet Potatoes Rutabaga	Bok Choy Lettuce Kale Tomatoes
2	Egg Plant Algae Rhubarb Carrots	Cauliflower Cabbage Red Cabbage Brussel Sprouts	Beets Peppers Spinach Turnip	Garlic Radishes Gherkin Pickle Leeks

↳ * SQUASH – Vegetables Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Acorn Butternut Spaghetti	Delicata Kabocha Buttercup	Pumpkin Zucchini Crookneck	Yellow Carnival Pattypan

↳ * ONIONS– Vegetables Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
White Onions Red Onions	Scallions Sweet Onions	Yellow Onions Pearl Onions	Shallots

↳ * BEANS & PEAS – Vegetables Subgroup

COLUMN A	COLUMN B	COLUMN C	COLUMN D
Soy Beans Fava beans Snow peas	Edamame Chickpeas Lentils	Red/Black/White Hummus Black-Eyed Peas	Green Beans Yellow Beans Kidney Beans

FRUITS

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Apples Pears Pomegranate Grapes	Raspberries Blueberries Blackberries Cranberries	Oranges Grapefruit Limes Plums	Dates Nectarines Pineapple Olives
2	Avocado Watermelon Honey Dew Melon	Strawberries Cherries Cantaloupe	Bananas Mangos Kiwi	Peaches Apricots Lemons

SUGARS

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Brown Sugar Cane Sugar Coconut Sugar	Dark Chocolate White Chocolate Milk Chocolate	Monk Fruit Sugar Stevia Sugar Aspartame Honey	Carob Chocolate Molasses Maple Syrup

FERMENTED FOOD

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Sauerkraut Beets Kimchi Kombucha	Kefir Tempeh Miso Natto	Pickles Black Olives Green Olives	Fermented Milk Probiotic Yogurt Apple Cider

CONDIMENTS

	COLUMN A	COLUMN B	COLUMN C	COLOMN D
1	Ketchup Mustard Dijon Mustard	Red Hot Sauce Fish Sauce BBQ Sauce	Vinegar Wine Vinegar Apple Vinegar	Pesto Salad Dressing Margarine
2	Relish Mayonnaise HP Sauce	Horseradish Sriracha Sauce Worcester Sauce	Rice Vinegar Balsamic Vinegar *Tamari Sauce	Chutney Salsa Plum Sauce

***Tamari Sauce:** From fermented soybeans – 45% more protein than soy sauce.

OILS

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Olive Oil Avocado Oil Coconut Oil	Safflower Oil Sunflower Oil Corn Oil	Almond Oil Canola Oil Peanut Oil	Hemp Seed Oil Sesame Oil Grape Seed Oil

SPICES

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Regular Salt Sea Salt Himalayan Salt Black Pepper	Cayenne Pepper White Pepper Chili Powder Bay Leaves	Basil Oregano Rosemary Sage	Thyme Parsley Dill Seed Mustard
2	Garlic Ginger Cumin	Cinnamon Nutmeg Cocoa Powder	Paprika Curry Turmeric	Coriander Celery Mint

BEVERAGES

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
1	Milk 1% Milk 2% Milk 3.5% Almond Milk	Decaffeinated Coffee Caffeinated Coffee Tea Decaffeinated Tea	Red Wine White Wine Hard Liquor	Cranberry Juice Orange Juice Apple Juice
2	Soya Milk Coconut Milk	Herbal Tea Hot Cocoa	Beer Cider	Vegetable Juice Water

SUPPLEMENTS/VITAMINS AND AMINO ACIDS

Food provides a variety of vitamins and minerals that are very important for our health. That's why it's important to get these through our diet. However, if you're doing your best to eat healthy foods but still are deficient in some areas, supplements can help. Having said that, you can check regularly your needs for supplements and vitamins with your guides as your need could often change. And remember to ask:

- when you should take them (empty stomach, after meals)
- what supplements / amino acids you can take together
- how much of each on a daily basis (for example you may not need vitamin D on days when you are exposed to sunlight)

SUPPLEMENTS/VITAMINS			
If some supplements/vitamins are missing and you think they need to be added, please do so.			
	COLUMN A	COLUMN B	COLUMN C
1	A C D E K Calcium Magnesium Probiotics	B1 – Thiamine B2 - Riboflavin B3 - Niacin B5 – Pantothenic Acid B6 - Pyridoxine B8 - Biotin B9 – Folic B12 – Cobalamin	Iodine Copper Iron Zinc Potassium Sodium Chloride Selenium Manganese
2	Chromium Bone Enhancer Omega 3 Fatty Acids	Digestive Enzymes Fluoride Collagen	Phosphorus Cannabis THC Cannabis CBD

Amino Acids

Amino acids are needed for vital processes like the building of proteins and synthesis of hormones and neurotransmitters. Amino acids can also be used as a source of energy by the body.

Your body needs 21 different amino acids to grow and function properly. Though there are 21 of these, 9 amino acids are essential — The ***9 essential amino acids** (identified on the chart below) are essential as they cannot be made by the body. As a result, they must come from the food you eat.

Here are some of the foods rich in amino acids.

- **Quinoa:** Contains all nine essential amino acids.
- **Eggs:** Contains all nine essential amino acids.

- **Turkey:** Has high amounts of tryptophan.
- **Cottage cheese:** Contains several amino acids, including threonine and tryptophan.
- **Mushrooms:** Contain a total of 17 amino acids, including all of the essential ones.
- **Fish:** Most types of fish contain essential amino acids. Salmon is high in amino acids.
- **Legumes and Beans:** Rich in the amino acid lysine. This include: Peas, Chickpeas, Lentils, Soy-beans, Peanuts, cooked Kidney beans, Black beans, Garbanzo beans, Edamame
- **Hemps Seeds:** Provide all the essential amino acids.

ESSENTIAL AMINO ACIDS			
	COLUMN A	COLUMN B	COLUMN C
1	*Tryptophan *Valine *Lysine	*Histidine *Threonine *Methionine	*Isoleucine *Leucine *Phenylalanine