

- FRUITS
- Apples
Apricots
Bitter melon
Black Raspberries
Black raspberries (dried)
Blackberries
Blackberries (Dried)
Blueberries
Blueberries (dried)
Camu Camu
Cherries
Cherries (dried)
Cranberries
Cranberries (dried)
Goji berries
Grapefruits
Grapes black/Green/Maroon
Guava
Kiwi
Mangoes
Nectarines
Papaya
Pomegranates
Raspberries
Strawberries
Sultana raisins
Watermelon
Lime
Bael fruit
Cape gooseberry
Cashew fruit
Currants black
Dates fresh yellow
Dates fresh red
Figs
Grape fruit
Jack fruit ripe
Jambu white
Lemon
Lichi
Lime
Mangosteen
Mulberry
Orange
Papaya ripe
Passion fruit
Peaches
Pears
Persimmon
Phalsa
Pineapple
Plums
Prunes
Roseapple
Sapota
Singhara fruit
Wood apple
Zizyphus /ber/bore
Avocado
- VEGETABLES
- Garlic
Aged Garlic

- Arugula (rocket)
Asparagus
Aubergine
Bamboo shoots
Lettuce
Broccoli
Broccoli Sprouts
Cabbage
Capers
Carrots
Cauliflower
Celery
Cherry Tomatoes
Chilly peppers
Green beans
Kale
Kimchi
Mustard Greens
Celery
Onion
Pak choi
Tomatoes
Sauerkraut
Spinach
Turnips
Ambat Chuka
Agathi
Basella Leaves
Bathua Leaves
Beet Greens
Betel leaves
Brussel sprouts
Collard Greens
Amaranth leaves green
Amaranth leaves red
Brussels sprouts
Carrot leaves
Celery leaves
Celery stalk
Colocasia leaves black variety
Colocasia leaves green variety
Coriander leaves
Cow pea leaves
Drumstick leaves
Fenugreek leaves
Gogu
Knol-khol greens
Lettuce
Mayalu
Mustard leaves
Parsley
Pumpkin leaves
Radish leaves
Rape leaves
Shepu
Spinach
Tamarind leaves tender
Turnip greens
Plantains
Beet root
Onion big
Onion small
Parsnip
Tapioca
Turnip

- Yam ordinary
Ash gourd
Broad beans
Cauliflower
Cluster beans
Cowpea pods
Double beans
Drumstick
Kankoda
Karonda fresh
Knol-khol
Ladies finger
Leeks
Lotus stem dry
Onion stalks
Parwal
Ridge gourd
Tinda tender
Tomato green
Zucchini yellow/Green
Cauliflower greens
- LEGUMES/FUNGI
- Black beans
Chanterelle mushrooms
Chickpeas
Enoki mushrooms
Lentils
Lion's mane mushrooms
Maitake mushrooms
Morel mushrooms
Oyster mushrooms
Peas
Porcini mushrooms
Shiitake mushrooms
Soy
Truffles
White button mushrooms
White haricot beans
Bengal gram whole
Bengal gram dal
Black gram dal
Field bean dry
Green gram whole
Green gram dhal
Horse gram whole
Khesari dhal
Moth beans
Red gram dal
Red gram tender
Red gram dal
Red gram tender
- NUTS, SEEDS, WHOLE GRAINS & BREADS
- Almond butter
Almond
Barley
Brazil nuts
Cashews
Chestnuts
Chia seeds
Flax seeds
Hazelnuts

- Macadamia nuts
Peanut butter
Peanuts
Pecans
Pine nuts
Pistachios
Pumpernickel bread
Pumpkin seeds
Sesame seeds white/black
Sourdough bread
Sunflower seeds
Tahini
Walnuts
Whole grains
Bajra
Maize
Jowar
Ragi
Amaranth
Rice
Rice puffs
Rice flakes
Samai
Water chestnut
Avocadopear nut
Cashewnut
Coconut milk
Coconut meal deoiled
Garden cress seeds
Groundnut
Linseed seeds
Mustard seeds
Pistachio nut
Piyal seeds
Safflower seeds
Water melon seed
- SEAFOOD
- Seabass
Wild Cot Tuna
Caviar
Oysters
Halibut
John Dori Fish
Mackerel
Clams
Trout
Salmon
Sardines
Lobster
Yellow tail fish
Bombay duck
Herring indian
Hilsa
Katla
Mackerel
Mullet
Pomfrets black
Pomfrets white
Ravas
Rohu
Sardine
Shark
Shrimp

- Surmai fresh
Rai
Rano
Queen fish
- MEAT
- Chicken
Turkey
Goat Meat
Sheep
Beef
- DAIRY
- Dairy (Ethically Sourced & Hormone Free)
Camembert Cheese
Cheddar chees
Edam Cheese
Emmental Cheese
Gouda Cheese
Munster Cheese
Stilton Cheese
Yogurt
Cottage Cheese/Paneer
- SPICES/HERBS
- Basil
Cinnamon
Ginseng
Licorice root
Marjoram
Oregano
Peppermint
Rosemary
Saffron
Sage
Thyme
Turmeric
Ginger
Carom Seeds (Ajwain)
Fenugreek Seeds
Coriander Seeds
Cumin Seeds (Jeera)
Garcinia indica (Kokum)
Pink Salt
Sea Salt
Black Salt
Iodized Salt
Moringa (drumstick leaves)
Papaya Leaves
Staranise
lemongrass
Asafoetida
Chilles green
Fennel seeds
Garlic dry
Lime peel
Mace
Mango powder
Nutmeg fruit
Omum
Pepper green
Pippali

- Poppy seeds
Tamarind pulp
Turmeric
- OIL
- Olive Oil (EVOO)
Coconut (cold pressed)
Pure Ghee
Cold pressed local oils
- SWEETS
- Dark chocolate
Pure Jaggery
Honey (raw unpasteurized)
Dates
Figs
- BEVERAGES
- *Beer
Black tea
Chamomile tea
Apple Cider (with Mother)
Apple Cider Vinegar
Green tea
Jasmine tea
Oolong tea
Fresh Orange Juice
Fresh Pomegranate juice
*Red wine (Cabernet - Cabernet Franc - Petit Verdot)
Jamun Vinegar
Green Coffee
Beetroot Kanji
Kombucha
Kefir

Try and pick at least 2 of these foods from each group daily. (If your non veg, or veg, follow accordingly, this doesn't mean you have to become veg, non veg, vegan etc.)

You can pick more than 2, but 2 is minimum. Stick this in your kitchen, send it to your kids studying abroad, your parents, everyone. It will help them plan a daily diet that targets all these most important mechanisms in the human body for prevention, possible recovery and well being.

We will keep updating the list with more foods as we research them, as of now these are the most powerful foods.

Use for your kids according to their age and seek medical and professional advice if you have questions. Select ethically sourced and organic food as far as possible.

Lifestyle is the new religion - Remember to couple great nutrition with adequate exercise, quality sleep and a focus on having great emotional health.

Combining all of this with the food choices will help you and I wish you a life of beautiful health.

* Any alcohol if consumed should be in moderation.