

## 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  
Pumpnickel 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.