

Don't Just Remove Foods – Replace Them



Why just give up harmful foods when you can replace them with creative, healthy alternatives? You can re-create your favorite foods in a healthier version that will support the body rather than detract from good health. That's what The Hallelujah Diet is all about.

REMOVE THESE...

Beverages: Alcohol, coffee, caffeinated teas, carbonated beverages, all artificial and sugar containing drinks, sport drinks, and all juices containing preservatives, refined salt, sugar, and artificial sweeteners.

Dairy: All milk, cheese, ice cream, whipped toppings, and non-dairy creamers. (Read Dr. T. Colin Campbell's book, *The China Study*, for documentation.)

Soy Products: Soy has estrogenic isoflavones. Estrogen can be a contributing factor in all female cancers.

Fruit: Canned and sweetened fruits, along with non-organic and sulfured dried fruits.

Refined and/or Enriched Grains: Refined, bleached flour products, most cold breakfast cereals, and white rice. (Refined grains are devoid of fiber and can cause constipation.)

Meats: Beef, pork, fish, chicken, eggs, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc. Animal source foods are the leading causes of heart attack, stroke, cardiovascular problems, cancer, diabetes, osteoporosis, heartburn, gout, acid stomach, etc.

Nuts and Seeds: All roasted and/or salted seeds and nuts.

Oils: All lard, margarine, shortenings, and anything containing hydrogenated oils or trans fats.

Seasonings: Refined table salt and any seasonings containing it. Refined table salt is a leading cause of high blood pressure.

Soups: All canned, packaged, or creamed soups containing salt or dairy products.

Sweets: All refined white or brown sugar (white sugar with molasses added), sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners.

Vegetables: All canned vegetables with added salt or preservatives, or vegetables fried in oil.

...REPLACE WITH RAW FOODS

Beverages: Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and re-mineralized distilled water. Fruit juices are high in natural sugar; keep to a minimum.

Dairy Alternatives: Fresh almond milk, creamy banana milk, frozen banana, strawberry, or blueberry "fruit creams."

Beans: Green beans, peas, sprouted garbanzos, sprouted lentils, mung beans, and other legumes (not peanuts – they are hard to digest and prone to mold).

Fruit: All fresh, as well as unsulphured organic dried fruit (limit fruit to no more than 15% of your diet to reduce natural sugar intake).

Grains: Soaked oats, raw muesli, dehydrated granola, dehydrated crackers.

Meat substitutes: Sprouted beans, chia seeds, and hemp seeds are all protein-rich plant foods.

Nuts & Seeds: sunflower seeds, macadamia nuts, walnuts, raw almond butter, or tahini (consume sparingly).

Oils and Fats: Extra virgin olive oil, virgin coconut oil, Udo's Oil, flaxseed oil (the oil of choice for people with cancer, except men with prostate cancer who may be better served meeting the essential fat needs through freshly ground flaxseed), and avocados.

Seasonings: Fresh or dehydrated herbs, garlic, sweet onions, parsley, and salt-free seasonings.

Soups: Raw, chilled soups made by blending raw vegetables and/or fruits in a blender.

Sweets: Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.

Vegetables: All raw vegetables.

...REPLACE WITH COOKED FOODS*

Beverages: Caffeine-free herbal teas and cereal-based coffee-like beverages, bottled organic juices.

Dairy Alternatives: Non-dairy cheese, almond milk, hemp milk, and rice milk (use sparingly).

Beans: Lima, adzuki, black, kidney, navy, pinto, red, and white.

Fruit: Cooked and unsweetened frozen fruits (limit fruit to no more than 15% of your diet to reduce natural sugar intake).

Grains: Whole-grain cereals, breads, pasta, brown rice, millet, etc.

Meat substitutes: Cooked beans, mushrooms, vegetables, grains, etc. can satisfy the "full" feeling of meat without the negative effects of animal source foods.

Nuts & Seeds: some nuts (such as cashews and almonds) are required to be pasteurized for retail sale but are suitable if not roasted or salted.

Oils: Vegan mayonnaise made from cold-pressed oils.

Seasonings: Same as the raw portion, plus unrefined sea salt (use sparingly).

Soups: Soups made from scratch without fat, dairy, or refined table salt.

Sweeteners (use very sparingly): Raw, unfiltered honey, stevia, agave nectar, rice syrup, unsulphured molasses, sorghum, carob, pure maple syrup, palm sugar.

Vegetables: Steamed or wok-cooked fresh or frozen vegetables, baked white, yellow or sweet potatoes, squash, etc.

* Though some of these foods may not be considered "cooked," most packaged products (unless specifically marked "raw") are heated to kill bacteria and increase shelf life. This process also destroys the living enzymes, which means cooked foods cannot contribute to superior health as effectively as raw foods can. This is why The Hallelujah Diet only includes 15% cooked foods.