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GOOD FOOD VS. BAD FOOD

GOOD

- Eggs (soft)
- Butter / Ghee
- Iodized salt
- Vegetables (low carb)
- Berries
- Nuts (no peanuts)
- Poultry
- Red meat (rare to medium)
- Vegan meat alternative
- Coconut, almond, or pea milk
*unsweetened & low carb
- Coconut cream and/or butter
- Seafood & fish
- Full-fat dairy

NOTE: It is best to select eggs, meats, poultry, and dairy items that are hormone-free and grass-fed.

BAD

- Wheat
- Rye
- Barley
- Oats
- Soy
- Corn
- Fried foods
- Red meat (well done)
- Nitrates & nitrites
- Crispy skin of a baked potato
- Carbonated Soda
- Sugars
- Margarine
- Mayonnaise
- Oils & oil-based salad dressing