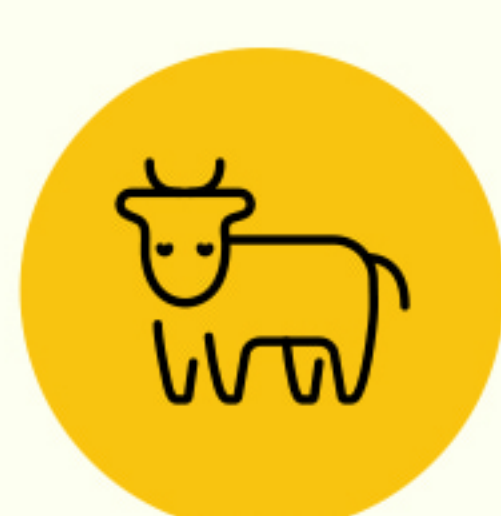


The Levitise Food Guide Infographic

The Levitise food infographic is a guide to help you make optimal food choices that will minimise toxins and maximise nutrition. It represents thousands of hours of research from nutrition journals, published scientific papers, ancestral nutrition experts and anthropologists, podcasts, expert PhD bloggers, the latest diets books (fad or otherwise) and personalised data all condensed into one easy to access shopping guide.

The scale, or spectrum, of food options allows you to select the best possible food within your budget. The items at the top of the charts will always be healthier than the ones below but they might not work for you depending on your health issues or your enzymatic production - as always personalisation is key.



Beef, Lamb and other Ruminants

- Organic, grass fed and grass finished is the best meat
- Antibiotic and hormone free, grass-fed and grass finished is the second best
- Grass fed and grass finished is third best
- Organic, grass fed and grain finished is next
- Either grass fed/grain finished or organic grain fed depending on your health priorities
- Grain fed, commercial, conventional meat is the worst unprocessed meat
- Grain fed, commercial, conventional processed (beef burgers etc.) meat is the worst



Pork and Chicken

- Organic, pastured, chicken - natural omnivore diet
- Organic, free range chicken - grain fed
- Organic, pastured, pork - natural omnivore diet
- Antibiotic and hormone free, free range chicken - grain fed
- Antibiotic and hormone free, free range pork
- Commercial pork or chicken
- Processed pork (like sausages) or chicken (like nuggets)



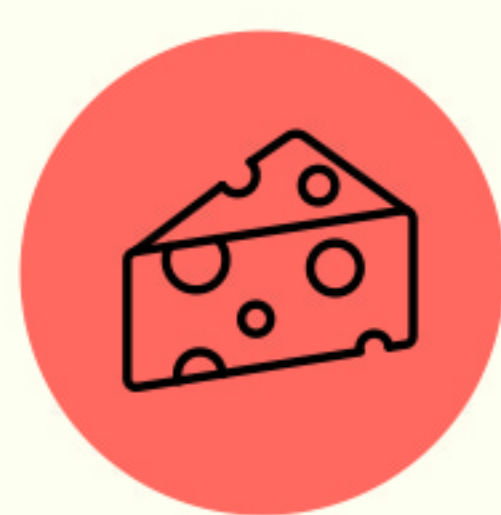
Fish and Seafood

- Small, wild caught cold water fatty fish (sardines, anchovies, mackerel); wild shellfish; fish eggs; cod liver oil
- Wild caught salmon and trout
- Other wild whitefish like cod, seabass, snapper; glass bottled wild fatty fish
- Some farmed shellfish
- Canned fish in water
- Canned fish in oil
- Farmed salmon, other farmed fish, high mercury fish like swordfish and shark



Dairy

- Raw, full fat, organic, milk or kefir from grass fed sheep and goats
- Raw, full fat, organic, milk, cream, yogurt or kefir from grass fed cows
- Pasteurised, unhomogenised, full fat milk, cream, yogurt or kefir from grass fed organic ruminants
- Pasteurised, unhomogenised, full fat milk, cream, yogurt or kefir from organic, mixed feed ruminants
- Pasteurised and homogenised organic milk, cream, yogurt or kefir
- Nut milks like almond, rice, oats
- Commercial milk, low fat milk, UHT milk, flavoured milk, soy milk, dairy with additives; likewise for cream and yogurt



Cheese

- Raw organic cheese from grass fed animals
- Raw cheese from grass fed animals
- Grass fed and grass finished is third best
- Aged (not fresh) raw cheese from non grass fed animals
- Aged whole milk cheese from pasteurised animals
- Fresh cheese from grass fed, pasteurised but non homogenised, no additives
- Pastured and homogenised fresh whole milk cheese
- Low fat cheese, cheese with additives, heavily processed (slices/spreads)



Water and drinks

- Glass bottled mineral water, TDS > 300
- Remineralised RO water
- Glass bottled mineral water, TDS < 300; green tea/matcha; organic herbal teas; fresh coconut water
- Tap water with lime/lemon
- Good quality coffee, Tap water, slow pressed fruit juice
- Fresh fruit juice
- Bad quality coffee; packaged juice; soy milk; drinks with sugar; artificial sweeteners; sports drinks



Fats and Oils

- Butter, lard, tallow, suet from 100% grass fed and finished organic animals
- Organic ghee and organic coconut oil
- Olive oil, poultry fat from pastured organic poultry
- Organic cold pressed nut oils (avocado, almond, walnut etc.)
- Non organic nut, avocado and coconut oils
- Butter, ghee, lard, tallow and suet from grain fed commercial animals
- Margarines, seed/bean/grain oils, hydrogenated vegetable oils, spreads, trans fats



Vegetables and Legumes

- Organic vegetables in the Brassica and Allium families; edible seaweed
- All other organic vegetables including those in the gourd, nightshade, asteraceae, asparagus and apiaceae family; avocados;
- Soaked, sprouted and fermented beans
- Green beans, non organic vegetables from the families named above
- Unprepared legumes including peanuts
- Soy beans and unfermented soy products



Fruit

- Organic berries, coconuts
- Organic papaya and pineapple
- All other organic fruit
- Non organic fruit with thick peelable skins
- Non organic fruit with edible skins
- Dried fruits
- Canned fruit



Grains

- Soaked and sprouted organic brown rice
- Organic white rice
- Soaked, sprouted and fermented organic gluten grains (like wheat, rye, barley) - sourdough
- Soaked and sprouted brown rice
- Soaked, sprouted and fermented gluten grains (like wheat, rye, barley)
- Refined and unprepared grains (like white wheat flour); brown rice; corn
- Refined whole grains (like whole wheat flour) and processed grains like pasta, cakes and cookies



Seeds and Nuts

- Soaked, sprouted and dried raw organic nuts and seeds
- Soaked, sprouted and dried raw nuts and seeds
- Fresh raw and dry roasted organic nuts and seeds
- Pasteurised commercial nuts and seeds
- Pasteurised commercial refined nut and seed flours
- Pasteurised commercial nut butters with additives



Tubers

- Organic sweet potatoes, yams, jicama, taro, cassava
- Organic potatoes; plantains
- Non organic sweet potatoes, yams, jicama, taro, cassava
- Non-organic potatoes; plantains



Herbs, Spices and Condiments

- Wild adaptogens like ginseng and ashwaganda; natural sea or rock salts; pepper
- All fresh organic herbs and spices; organic raw vinegars; naturally fermented organic bean sauces; organic mustard; natto
- All fresh non organic herbs and spices; non organic vinegars
- All dried herbs and spices; non organic fermented sauces and vinegars
- Non-iodized salt
- Commercial vinegars with additives/sugar; distilled vinegars
- MSG, iodized salt, table salt



Sweeteners

- Raw honey, black strap molasses
- Green stevia, grade b maple syrup
- Coconut sugar, palm sugar, grade a maple syrup
- Organic rice syrup, tapioca syrup
- Organic jams with no refined sugar added
- White sugar, corn sugar, hfcs, agave, fructose, heated honey, xylitol
- Artificial sweeteners

7 Extra Tips For Maximise Your Health

- Fresh is better than frozen
- High heat cooking should be avoided
- Raw is usually better than cooked but not always
- Grains, beans, nuts and seeds should be soaked, sprouted and/or fermented
- Whole foods are better than processed foods when it comes to meat, fish, vegetables, fruit and tubers
- Foods at the bottom of each category are likely to be detrimental to your health and should be avoided
- Alcohol should be avoided, or if not, only consumed after a fatty meal

7 Essential Superfoods

- Beef liver: 100g of beef liver provides 5 times more essential fatty acids, amino acids, vitamins and minerals than 100g of spinach. It has the highest concentration of nutrients than all other foods on the planet.
- Cod Liver Oil: Sunlight is the best way to get vitamin D into your body however if you are a vampire (or live in the UK) then the next best option is a high quality cod liver oil
- Brassica greens: brassica vegetables are essential sources of sulphur which is required for the synthesis of glutathione - the body's master antioxidant.
- Egg Yolks: Egg yolks - they contain all the micro and macro nutrients required to build an entire chicken. They are mother nature's vitamin pills. The egg white is optional.
- Fermented Veggies: 5 ounces of homemade sauerkraut contains around 10 trillion beneficial bacteria. Equivalent to 2 or 3 bottles of off-the-shelf probiotics!
- Tubers: The main reasons why the Okinawans live longer than mainland Japanese? They eat purple sweet potatoes instead of refined white rice. An essential source of starch to fuel your immune system.
- Bone Broth: The easiest protein source to assimilate. A miracle leaky gut cure.