

Livingood Approved | Food List

SUGARS

The guide for the best sugars is to avoid all artificial sweeteners and corn syrups. Restrict natural sugars until goals are met. Single ingredient, natural, and organic forms are best.



Avoid



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- Agave GMO forms
- Conventional sugars (dextrose, glucose, sucrose, etc.)
- Corn Maltodextrin
- Corn Syrup
- High Fructose Corn Syrup
- Artificial Sweeteners
 - Acesulfame potassium (Sunett or Sweet One)
 - Advantame
 - Aspartame (NutraSweet or Equal)
 - Neotame (Newtame)
 - Saccharin (Sweet-n-Low)
 - Sucralose (Splenda)

- Agave non-GMO (In Moderation)
- Allulose
- Coconut Sugar
- Date Sugar
- Erythritol (non-GMO forms)
- Fruit sugars and juices in moderation
- 100% Stevia
- Maltitol Syrup
- 100% Organic Maple Syrup (Grade A/B)
- Molasses
- Monk Fruit
- Naturally occurring sugars in moderation (cane, brown rice, organic concentrates, raw sugar, etc.)
- Raw Honey
- Tapioca Maltodextrin
- Xylitol (In Moderation)

- Allulose
- Erythritol (non-GMO forms)
- 100% Stevia
- Monk Fruit
- Sorbitol
- Tapioca Maltodextrin
- Xylitol (In Moderation)
- Yacon Fruit

GRAINS AND BEANS

The guide for grains is to avoid conventional refined grains, white flours, enriched flours, and any added chemicals or rancid oils. Restrict whole grains until goals are met. Organic is best.

 Avoid

- White grains, rice, breads, pastas, crackers, and baked goods
- Conventional Wheats/Grains
- Enriched white and wheat flours
- Bromated flours

 Lifestyle Approved

- Almond Flour
- Adzuki Beans
- Barley
- Black Beans
- Brown Rice (All varieties)
- Buckwheat
- Cassava Flour
- Chickpea and Chickpea Flour
- Coconut Flour
- Ezekiel Bread
- Kidney Beans
- Legumes
- Lentils
- Lima Beans
- Millet
- Pinto Beans
- Quinoa
- Rye Spelt
- Steel Cut Oats
- Tapioca and Tapioca Flour
- Spelt Flour
- Sprouted Grains and Breads
- Whole/Wild Grains
- White Beans
- Wild Rice

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- Lentils
- Lima Beans
- Pinto Beans
- Tapioca and Tapioca Flour
- White Beans

FRUIT

The guide for fruits is to restrict high fructose fruits until goals are met. Then enjoy in moderation and try to eat earlier in the day. Ideally non-GMO, natural, or organic forms when possible.



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- Acai Berries
- Apricots
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Dried Fruit
- Goji Berries
- Grapes
- Grape Fruits
- Kiwi
- Lemons
- Limes

- Mangoes
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Prunes
- Red Apples
- Raspberries
- Strawberries
- Watermelon



Challenge Approved

- Acai Berries
- Avocado
- Blackberries
- Blueberries
- Granny Smith Apples
- Grapefruits
- Kiwi
- Lemons
- Limes
- Raspberries
- Strawberries

VEGETABLES

The guide for vegetables is to avoid high carb forms until goals are met and try to choose non-GMO, natural, and organic forms when possible.

 Avoid

- GMO Corn
- GMO Potatoes

 Lifestyle Approved

- Arugula
- Artichokes
- Asparagus
- Beans
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Collard
- Corn
- Cucumbers
- Dandelion
- Eggplant
- Fennel
- Garlic
- Green Beans
- Jalapeno Peppers
- Jicama
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Parsley
- Peas
- Potatoes
- Radishes
- Rutabaga
- Shallots
- Snow Peas
- Sugar Snap Peas
- Spinach
- Sprouts
- Squash
- Sweet Potatoes
- Tomatoes
- Turnips
- Water Chestnuts
- Zucchini

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- Zucchini

FATS AND OILS

The guide for the best fats and oils are low linoleic acid, stable oils. Ideally unrefined, cold pressed, single sourced, and organic.

Avoid

- Canola Oil
- Corn Oil
- Cottonseed Oil
- Peanut Oil
- Rapeseed Oil
- Rice Bran Oil
- Safflower Oil
- Soybean Oil
- Non-Organic Sunflower Oil
- Vegetable Oil

Lifestyle Approved

Do Not Heat

- Flaxseed Oil
- Sesame Oil

Low/Medium Heat

- Butter/Ghee
- High Oleic/Organic Sunflower Oil
- Grapeseed Oil in moderation
- Macadamia Nut Oil
- Olive Oil
- Sesame Oil
- Walnut Oil in moderation

High Heat

- Avocado Oil
- Coconut Oil
- Lard and Animal Fat
- Palm Oil
- Tallow

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NUTS AND SEEDS

The guide for the best nuts and seeds are those not roasted in oil with no added sugar. Ideally raw, dry roasted and organic.

Avoid

- Conventional Peanut Butter
- Oil roasted nuts and seeds
- Sugar or honey coated nuts and seeds
- Added oils, sugars, and preservatives

Lifestyle Approved

- Almonds, Butter, Powder, and Flour
- Brazil Nuts and Butter
- Cashews and Butter
- Chia Seeds
- Coconut Flakes and Flour
- Flax Seeds and Flour
- Hazelnuts and Butter
- Hemp Seeds
- Macadamia Nuts and Butter
- Peanuts and Butter, Organic or Valencia
- Pecans and Butter
- Pine Nuts
- Pistachios and Butter
- Pumpkin Seeds and Butter
- Sesame Seeds in moderation
- Sunflower Seeds and Butter
- Tahini
- Walnuts and Butter

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FLAVOR ENHANCERS, ADDITIVES, AND PRESERVATIVES

The guide for the best flavor enhancers, additives, and preservatives. Focus on non-chemical naturally occurring additives. Non irradiated, organic are best. Below are also some of the common artificial forms to avoid.

Avoid

- Artificial Flavors
- Azodicarbonamide
- Brominated vegetable oil
- Butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), tertbutylhydroquinone (TBHQ)
- Imitation Extracts
- Polysorbate 60
- Titanium Dioxide
- MSG and Yeast Extracts
- Refined Table Salts
- Potassium bromate
- Potassium Sorbate
- Propyl gallate/ propyl paraban or anything starting in propyl
- Sodium Benzoate
- Sodium Nitrates/Nitrites
- Synthetic Vitamins
- Food Dyes

Lifestyle Approved

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Aminos
- Herbs
- Nutritional Yeast
- Rosemary Extract
- Salt (Mined or Himalayan)
- Spices
- Vanilla Extract/Bean

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- Salt (Mined or Himalayan)
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DRINKS

The guide for the best drinks are natural, low sugar, and chemical free. Minimally processed and organic are best.

Avoid

- Artificially sweetened drinks and powders
- Conventional Alcohol
- Conventional Coffee and Tea
- Conventional Juice
- Conventional Milk
- Conventional Sodas
- Diet Sodas
- “Light” drinks
- “Skinny” drinks
- Unfiltered tap water

Lifestyle Approved

- Bone broth
- Coconut water
- Electrolytes powder with no added sugar or artificial ingredients
- Fermented drinks
- Fruit/Vegetable Juice
- Herbal Tea
- Green juice, greens powder, or low sugar Fruit/Vegetable Juice
- Milk alternatives with no added sugar (almond, coconut, etc.)
- Mineral water
- Organic Coffee
- Organic milk or cream
- Protein Powders, grass fed or clean forms
- Purified Water
- Sparkling Water, Water infused with lemons, limes, cucumbers, or others
- Stevia sweetened or naturally sweetened soda in moderation
- Dry, organic, and/or gluten free alcoholic beverages (sparingly)

Challenge Approved

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- Electrolytes powder with no added sugar or artificial ingredients
- Herbal Tea
- Green juice, greens powder, or low sugar Fruit/Vegetable Juice
- Milk alternatives with no added sugar (almond, coconut, etc.)
- Mineral water
- Organic Coffee
- Organic milk or cream
- Protein Powders, grass fed or clean forms
- Purified Water
- Sparkling Water, Water infused with lemons, limes, cucumbers, or others

MEATS

The guide for the best meat is non-conventional hormone free, antibiotic free, nitrate free, nitrite free, with no added chemicals, oils, or preservatives.

Avoid

- Conventional meats not labeled to be hormone and antibiotic free
- Packaged meats with nitrates and nitrites
- Grain-fed meat
- Farm-Raised Fish
- Farm-Raised Shellfish
- GMO Soy and Meat Alternatives

Lifestyle Approved

- Beef, best is 100% grass-fed & organic
- Buffalo, best is 100% grass-fed & organic
- Venison, best is 100% grass-fed & organic
- Chicken, best is organic & pasture-raised
- Eggs, best is organic & pasture-raised
- Fish, best is wild-caught
- Shellfish, best is wild-caught
- Lamb, best is 100% grass-fed & organic
- Turkey, best is organic and free-range
- Pork, best is natural or organic
- Non-GMO Meat Alternatives with no Toxic Additives and Oils, best is organic

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- Eggs, best is organic & pasture-raised
- Fish, best is wild-caught
- Shellfish, best is wild-caught
- Lamb, best is 100% grass-fed & organic
- Turkey, best is organic and free-range
- Pork, best is natural or organic
- Non-GMO Meat Alternatives with no Toxic Additives and Oils, best is organic

DAIRY

The guide for the best dairy and dairy alternatives are non-conventional hormone free, antibiotic free, with no added chemicals, oils, or preservatives. In moderation with dairy until goals are met may be best. Organic with no added sugars is best.

Avoid

- Conventional Dairy
- Conventional Yogurt
- Margarine
- Nut milks with added oils or chemicals
- Shortening
- Soy, especially GMO

Lifestyle Approved

- Almond Milk
- Butter
- Cashew Milk
- Cheese
- Coconut Milk
- Cottage Cheese
- Cream
- Cream Cheese
- Ghee
- Goat Milk
- Goat Milk Cheese
- Goat Milk Yogurt
- Hemp Milk
- Kefir
- Organic Milk
- Organic Yogurt
- Pistachio Milk
- Sour Cream
- Greek or low sugar yogurt, with live cultures is best

Challenge Approved

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- Cream
- Cream Cheese
- Ghee
- Goat Milk
- Goat Milk Cheese
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- Hemp Milk
- Kefir
- Organic Milk
- Pistachio Milk
- Sour Cream