

Don't Just Remove Foods – Replace Them

Use these replacements to re-create your favorite foods in a healthier version that will support your body rather than detract from good health.

	REMOVE these...	...REPLACE with Raw Foods	...REPLACE with Cooked Foods*
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.	Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and distilled water. Fruit juices are high in natural sugar; keep to a minimum.	Caffeine-free herbal teas and cereal-based coffee-like beverages, bottled organic juices.
Dairy	All milk, cheese, ice cream, whipped toppings, and non-dairy creamers. (Read Dr. T. Colin Campbell's book, <i>The China Study</i> , for documentation.)	Fresh almond milk, creamy banana milk, frozen banana, strawberry, or blueberry "fruit creams."	Non-dairy and packaged cheese, cashew cream, almond milk, hemp milk, and rice milk (use sparingly).
Beans	Genetically modified soy -- has high levels of glyphosate.	Green beans, peas, sprouted garbanzos, sprouted lentils, mung beans, and other legumes (not peanuts – they are hard to digest and prone to mold).	Lima, adzuki, black, kidney, lentils, navy, organic soy, pinto, red, and white.
Fruit	Canned and sweetened fruits, along with non-organic and sulfured dried fruits.	All fresh, as well as unsulphured organic dried fruit (limit fruit to no more than 15% of your diet to reduce natural sugar intake).	Cooked and unsweetened frozen fruits (limit fruit to no more than 15% of your diet to reduce natural sugar intake).
Grains	Refined, bleached flour products, most cold breakfast cereals, and white rice. (Refined grains are devoid of fiber and can cause constipation.)	Soaked oats, raw muesli, dehydrated granola, dehydrated crackers.	Whole-grain cereals, breads, pasta, brown rice, millet, etc.
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.	Sprouted beans, chia seeds, and hemp seeds are all protein-rich plant foods.	Cooked beans, mushrooms, vegetables, grains, etc. can satisfy the "full" feeling of meat without the negative effects of animal source foods.
Nuts & Seeds	All roasted and/or salted seeds and nuts.	Sunflower seeds, macadamia nuts, walnuts, raw almond butter, tahini (consume sparingly), pecans, pumpkin seeds, etc.	Some nuts (such as cashews and almonds) are required to be pasteurized for retail sale but are suitable if not roasted or salted.
Oils & Fats	All lard, margarine, shortenings, and anything containing hydrogenated oils or trans fats.	Extra virgin olive oil, virgin coconut oil, Udo's Oil, flaxseed oil (<i>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</i>), and avocados.	Vegan mayonnaise made from cold-pressed oils.
Seasonings	Refined table salt and any seasonings containing it. Refined table salt is a leading cause of high blood pressure.	Fresh or dehydrated herbs, garlic, sweet onions, parsley, and salt-free seasonings.	Same as the raw portion, plus unrefined sea salt (use sparingly).
Soups	All canned, packaged, or creamed soups containing salt or dairy products.	Raw, chilled soups made by blending raw vegetables and/or fruits in a blender.	Soups made from scratch without fat, dairy, or refined table salt.
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.	Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.	Sweeteners (use very sparingly): Raw, honey, stevia, agave nectar, rice syrup, unsulphured molasses, sorghum, carob, pure maple syrup, palm sugar.
Vegetables	All canned vegetables with added salt or preservatives, or vegetables fried in oil.	All raw vegetables.	Any 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 includes only 15% cooked foods.