



NUTRITIONAL LEVELS DETAILED CHART

	Advanced	Intermediate	Beginner
Grains, Starches, Corn, & Soy			
Sweet Potatoes	Yes	Yes	Yes
Yams	Yes	Yes	Yes
Quinoa	No (Veg – Yes)	Yes	Yes
Amaranth	No (Veg – Yes)	Yes	Yes
Wild Rice	No (Veg – Yes)	Yes	Yes
Brown Rice	No (Veg – Yes)	Yes	Yes
Buckwheat	No	Yes	Yes
Corn Oil	No	Yes	Yes
Soy Oil	No	Yes	Yes
Corn	No	No	Yes
Whole Grains	No	No	Yes
Barley	No	No	Yes
Rye	No	No	Yes
Soy	No	No	No
Bread	No	No	No
White Rice	No	No	No
Wheat	No	No	No
Starchy potatoes (white, yellow, or purple interior)	No	No	No
Baked Goods	No	No	No
Pasta	No	No	No
Fermented soy	No (Veg – Yes)	No (Veg – Yes)	No (Veg – Yes)
Sugar			
Stevia	Yes	Yes	Yes
Sugar as an ingredient to SAVORY (not dessert) foods, e.g., marinara sauce, canned soups, broths, etc.	No	Yes	Yes
Xylitol	No	No	Yes
Sugar to normally sweeten coffee or tea	No	No	Yes
Any other sugar or sweeteners (organic or not), e.g., honey, agave, coconut sugar or nectar, evaporated cane juice, any candy, baked good, “dessert” style sweetened coffee drinks (e.g. coffee drinks with syrups, caramel, blended and iced coffee beverages), and any artificial sweetener.	No	No	No
Dairy			
Butter	Yes	Yes	Yes
Fermented Dairy	No	Yes	Yes
Milk, cheese, sour cream, or other dairy product	No	No	No
Alcohol			
Kombucha	Yes	Yes	Yes
Wine or spirits	No	1/week	1/day
Cooking with alcohol	No	Yes	Yes
Soda & Juice			
Vegetable juice	Yes	Yes	Yes
Lemon and Lime juice	Yes	Yes	Yes
Fruit Puree	Yes	Yes	Yes
Any other fruit juice or soda (regular, diet, or “natural”)	No	No	No
Artificial Ingredients			
Xanthan gum and guar gum	No	Yes	Yes
Any artificial ingredient “2% or less” (as stated in list of ingredients on packaging)	No	No	Yes

LOSE 1 POINT FOR EACH PORTION OF A “NO” FOOD CONSUMED