

## NUTRITIONAL GUIDE

This is the most complete guide to the foods that will best support you in following Dr. Sebi's recommended diet.

### We are not medical doctors

"We are not doctors and therefore we do not diagnose illness nor do we prescribe medicines. As Nutritional Consultants trained by Dr. Sebi, we only make suggestions relating to nutrition. None of the information here is intended to replace treatments or therapies prescribed by a physician nor will any of it conflict with treatments or medicines prescribed by your physician."



### Vegetables

Amaranth greens (Callaloo, a variety of greens)  
Avocado  
Bell Peppers  
Chayote (Mexican squash)  
Cucumber  
Dandelion greens  
Garbanzo beans  
Izote (Cactus flower/cactus leaf)  
Kale  
Lettuce (All, except iceberg)  
Mushrooms (All, except Shiitake)  
Nopales (Mexican cactus)

Okra  
Olives  
Onions  
Sea Vegetables (Wakame/dulse/arame/hijiki/nori)  
Squash  
Tomato (Cherry and plum only)  
Tomatillo  
Turnip greens  
Zucchini  
Watercress  
Purslane (Verdolaga)  
Wild arugula



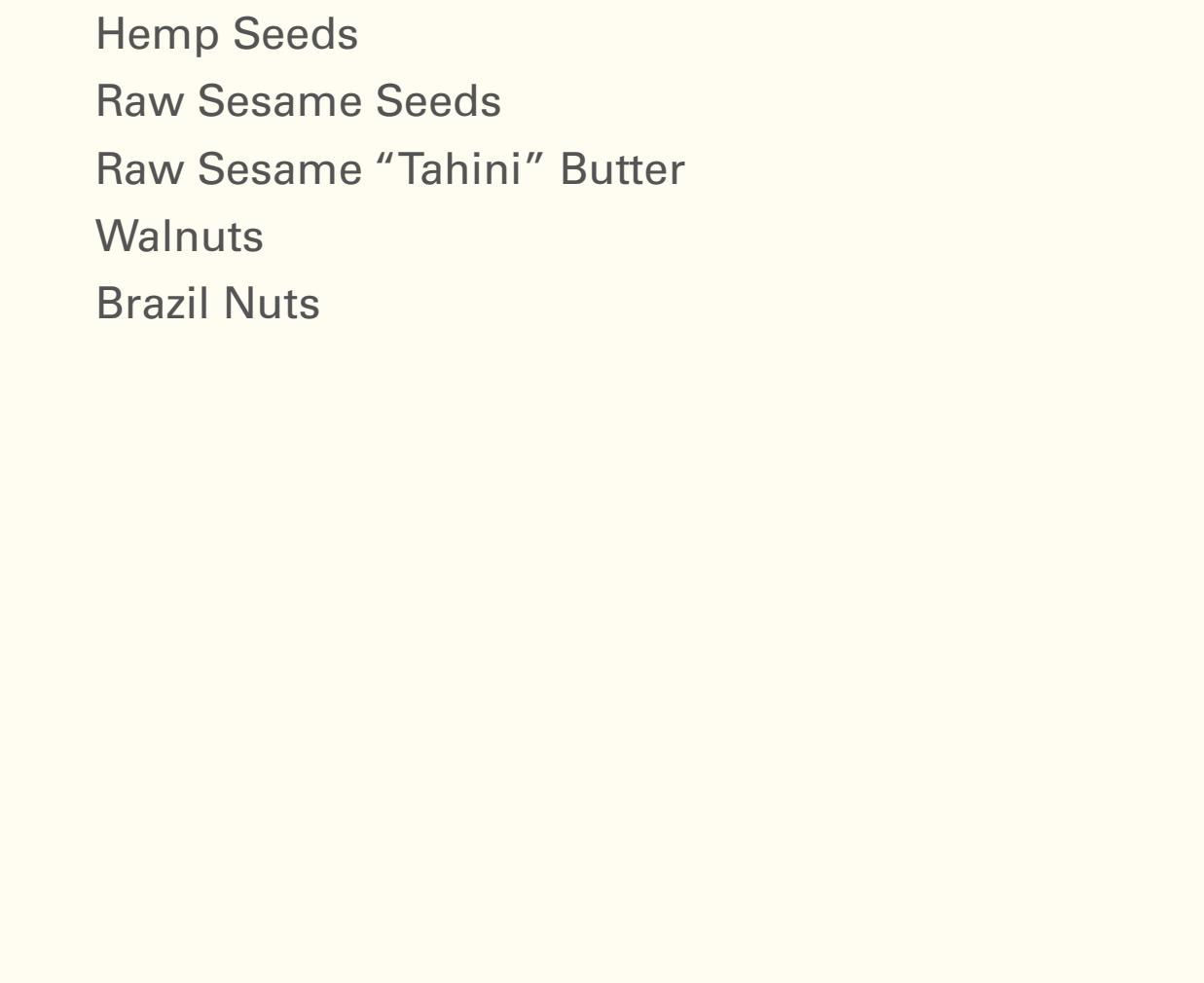
### Fruits

Apples (Granny Smith and Red delicious not recommended)  
Bananas (The smallest one or the Burro/midsize/original banana)  
Berries (All varieties, no cranberries)  
Elderberries (In any form)  
Cantaloupe  
Cherries  
Currants  
Dates  
Figs  
Grapes (Seeded)  
Limes (Key limes, with seeds)

Mango  
Melons (Watermelon, Seeded)  
Orange (Seville or sour preferred, difficult to find)  
Papayas  
Peaches  
Pears  
Plums  
Prickly Pear (Cactus fruit)  
Prunes  
Raisins (Seeded)  
Soft Jelly Coconuts  
Soursops (Latin or West Indian markets)  
Tamarind

### Natural Herbal Teas

Burdock  
Chamomile  
Elderberry  
Fennel  
Ginger  
Raspberry  
Tila



### Grains

Amaranth  
Fonio  
Kamut  
Quinoa  
Rye  
Spelt  
Tef  
Wild Rice

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