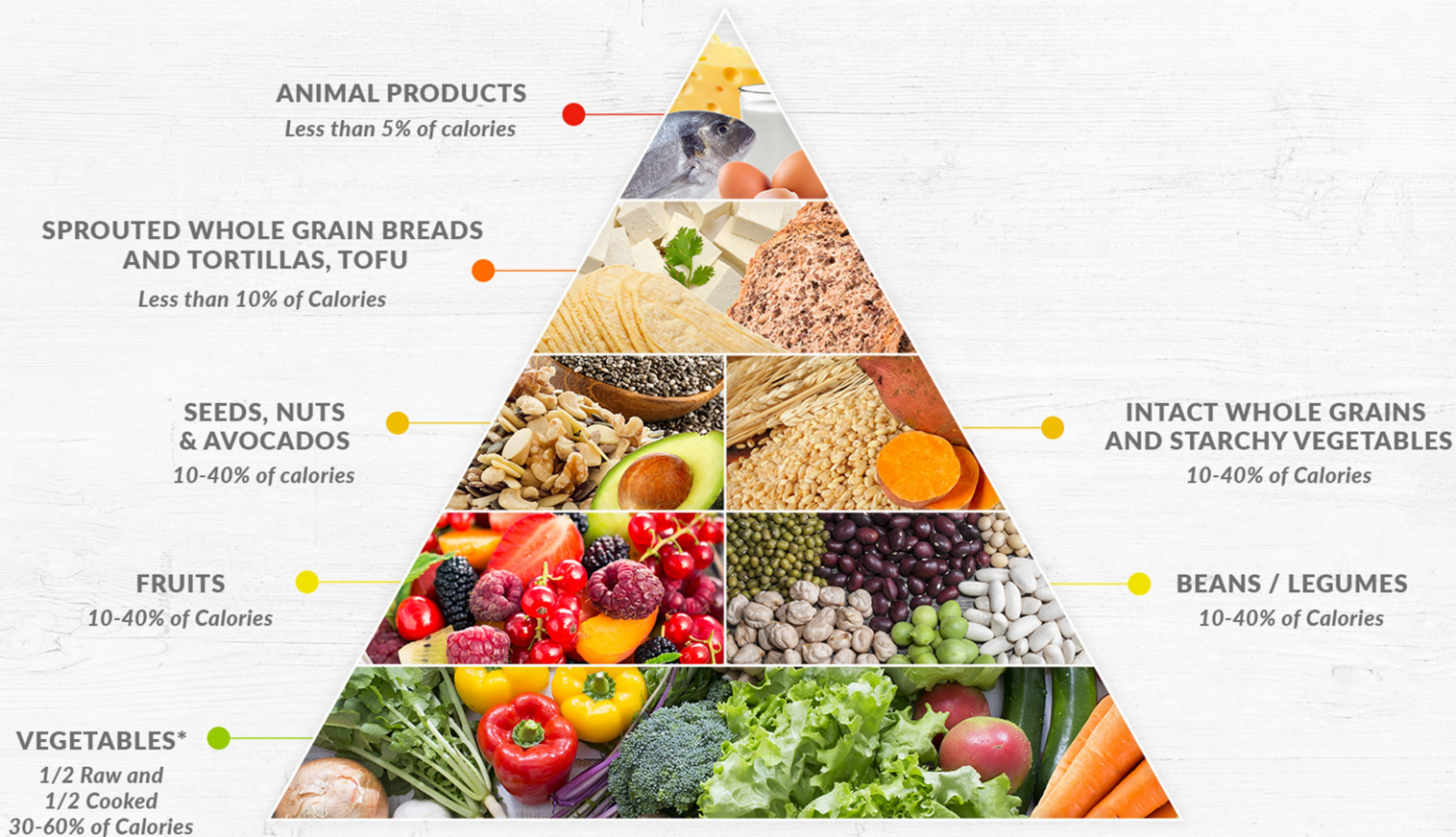
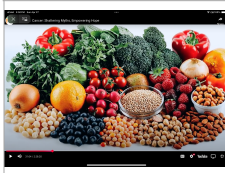
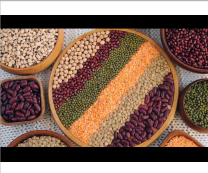
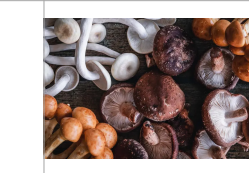
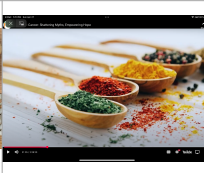


NUTRITARIAN® FOOD PYRAMID



“Eat The Rainbow” NUTRITION

							
RAINBOW	Greens	Beans	Onions/Garlic	Mushrooms	Berries	Seeds/Nuts	Spices
Muscles	++	+++	++	+++	+	+++	+
Skeleton	+++	++	+	++	++	++	+
Brain	++	++	++	+	+++	++	++
Energy	+	+++	+	+++	++	+++	+
Heart/Blood	++	+	++	+	++	+	++
Stomach/ Intestines	++	++	++	++	++	++	+++
Skin	+++	+	+	++	++	+++	++
Health Overall	++	++	++	++	++	++	++



No Consumption



						
	"Vegetable" Oils	Coke & Others	Refined Sugar	Snacks	Breakfast Cereals	Packaged Foods
Muscles	---	---	---	---	---	---
Skeleton	---	---	---	---	---	---
Brain	---	---	---	---	---	---
Energy	+	+	+	+	+	+
Heart/Blood	---	---	---	---	---	---
Stomach/Intestines	---	---	---	---	---	---
Skin	---	---	---	---	---	---
Overall Health	---	---	---	---	---	---
ALTERNATIVE	Olive Oil, Avocado Oil, Butter	Teas, Coffee, Water, Soy Milk	Honey, Brown Sugar	Fruits (Dried or Fresh), Vegetables, Nuts & Seeds	Oats, Seeds, Nuts, Fruits, Eggs	Fresh unpackaged, plants, fruits, vegetables, etc.

