

Zeolite Detox Dietary Guidelines

FOODS TO ENJOY	FOODS TO AVOID
Proteins: -	
Free Range Chicken, Organic Meat,	Pork, Sausages, Shellfish, Duck, tinned meats
Fresh Fish (not large fish like Shark, Tuna etc)	
Turkey, Organic Tempeh/ Tofu	
Nuts & Seeds:-	
Almonds, Brazils, Chia, Coconut, Hazelnut,	Peanuts including peanut butter, roasted
Linseeds/flaxseeds, Macadamia nuts, Pecan,	and or salted nuts.
Sesame Seeds, Sunflower Seeds, Walnuts	
Beans & Legumes:-	
Organic where possible	Canned Beans
Vegetables:-	
All fresh in season	Canned, dried, frozen, dehydrated
Fruits:	
All fresh fruit in season	Canned, dried, candied, crystallised
Dairy/dairy substitutes:	
Nut milk, seed milk, rice milk, coconut milk,	All dairy products: milk, cheese, yoghurt
Goats milk, sheeps milk – all unsweetened	ice cream etc
Grains:	
Buckwheat, almond, Amaranth, Rice, Corn,	Gluten grains: Wheat, Oats, Barley, Rye
Coconut flour, Millet, Polenta, Quinoa, Hazelnut	
Oils:	
Coconut, Flaxseed, Macadamia, Olive, Rice Bran,	Butter, Canola, Duck fat, Ghee, Margarine,
Sesame, Walnut	Peanut, fried foods, Vegetable oils
Dressings/condiments:	
Lemon juice, Organic Tamari, home made hummus	Sugar, artificial sweeteners, colours, MSG
Dips, guacamole, tahini, Celtic/sea/Himalayan salt	commercially made sauces/condiments
Beverages:	
Herbal Teas, Green Tea, Fresh fruit/vegetable juice	Alcohol, Coffee, Black Tea, cordials,
Pure filtered water, sparkling mineral water	soft drinks and carbonated beverages.