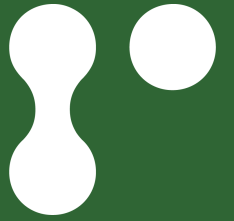


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Nutritional resource list

Omni

GROTEHONDSTRAAT 32, 2018 ANTWERP

Food list

Basic

Striving for a healthy body and healthy mind requires healthy choices, including healthy food. But what is healthy? What is really healthy varies from person to person. But in general, there are practical guidelines for a healthy metabolism. The fresher and more 'unprocessed' a food and the more nutrients it contains and therefore the better it is for you. The more 'processed', the more additions and additives, the more it is harmful to your body and disruptive to your health.

With this list you get a concrete overview of what you should consume and what you should avoid!



How do you interpret the list?

This list contains three categories of foods:

- 1 Green:** Food that is rich in nutrients, vitamins and minerals and that are physically good for your metabolism. These are usually fresh and minimally or unprocessed foods such as fruits, vegetables, protein foods and legumes. Green stands for 'Go for it!'.
- 2 Orange:** Foods that have been processed or contain unnecessary additives that can disrupt your metabolism. It's OK if you consume these occasionally, such as when you go out to eat. Orange stands for 'sporadic use'.
- 3 Red:** Foods that contain unnecessary additives and harm your health. For the time being, red stands for 'not eating (often)'. Not often can be interpreted as on birthdays, holidays or not at all. Be flexible. That is more feasible.



Drinks

Green

Filtered water or sparkling mineral water
Green tea (max 500 ml/day) (unsweetened)
Herbal tea (unsweetened)
(Homemade) kombucha
(Homemade) Water Kefir
100% chicory coffee (unsweetened)
Mushroom coffee (unsweetened)

Orange

Tea with honey or maple syrup
Unsweetened coconut water
Coffee unsweetened (max 2 mornings) / deca
coffee
Commercial kombucha/water kefir
Wine (max 2 alcohol drinks/week)
Cava (max 2 alcohol drinks/week)
Beer

Red

Soft drinks/sports drinks
Coffee/tea with sugar
Other alcoholic drinks
Strongly salted drinks (e.g. with broth)



Potato and grain products (preferably organic)

	Green	Orange	Red
Potato	Sweet potato, chilled white potato (stewed/boiled)	White potato, fried potatoes in refined oils or margarine	Fries, fried potatoes, white mashed potatoes with milk/cream, potato gratin
Bread	Gluten-free bread (e.g. buckwheat or gluten-free oat bread), sourdough bread, whole wheat bread, organic whole wheat bread, rye bread, multigrain bread, kamut bread, nut bread	Light coarse bread	White bread, currant bread, raisin bread, crispbread, luxury rolls, croissants, rusks, toast, pre-packed bread
Breakfast cereals	Sugar-free nuts and seeds granola, sugar-free buckwheat granola, organic sugar-free oat granola, sugar-free crunola, buckwheat groats	Granola with honey, muesli, sugared granola	Corn flakes, rice crisps, chocolate pops, kellogg's, commercial breakfast cereals, brinta/weetabix, crisps
Grain	Organic whole wheat pasta, organic whole wheat spelled pasta, konjac pasta (shirataki pasta), organic whole grain oat pasta, buckwheat pasta, lentil pasta, organic brown rice pasta, kamut pasta, organic brown rice, organic whole grain rice, buckwheat, quinoa	Whole wheat pasta, whole wheat spelled pasta, whole grain oat pasta, brown rice pasta, organic white rice, corn pasta	White pasta



Vegetables (preferably organic)

Green

Fresh vegetables
Frozen vegetables
Raw vegetables with dressing (olive oil/walnut oil/ linseed oil/grape seed oil/vinegar)

Orange

Raw vegetables with dressing (honey/dairy/ mayonnaise base)

Red

Canned vegetables
Ready-made vegetables with sauce

Fruit (preferably organic)

Green

Fresh fruit (incl. avocado)
Frozen fruits
Dried fruit
Unsweetened applesauce

Orange

Fruit in water in a can or jar

Red

Canned or jarred applesauce, fruit in syrup



Meat, fish and eggs (preferably organic)

	Green	Orange	Red
Meat	Game, organic poultry, organic lamb, organic elk, organic buffalo, organic grass-fed beef	Marinated poultry, lamb, game, elk, buffalo, deer, pork	Sausage, canned meat, meats & charcuterie, ...
Eggs	Soft and hard boiled eggs, fried egg, omelette	Omelette, fried egg fried in refined oil or margarine	-
Everything	Fresh and unprocessed trout, halibut, cod, haddock, sole, tuna, whiting, salmon, catfish, crustaceans and shellfish, etc.	Gluten-free breaded fish, canned fish in his own wet	Fried fish/seafood shellfish or in sauce



Dairy products and plant-based milk products (preferably organic)

	Green	Orange	Red
Milk	Organic AA cow's milk, organic sheep's milk, organic goat's milk, unsweetened almond milk, unsweetened coconut milk, unsweetened hazelnut milk, unsweetened hemp milk, unsweetened pea milk	Non-organic cow's milk, non-organic sheep's milk, non-organic goat's milk, (un)sweetened oat milk, (un)sweetened rice milk, sweetened almond milk, sweetened coconut milk, organic sweetened soy milk, sweetened hazelnut milk, homemade chocolate milk,...	Non-organic soy milk, Alpro soy, chocolate milk, Fristi,...
Yoghurt	Organic natural yoghurt (cow/sheep/goat), organic flat cheese, unsweetened coconut yogurt, unsweetened almond yogurt, unsweetened organic soy yogurt, unsweetened cashew yogurt, unsweetened hemp yogurt	Yogurt with fruit, sweetened coconut yoghurt, sweetened almond yogurt, sweetened organic soy yogurt, sweetened cashew yogurt, oat yogurt	Commercially sweetened yogurt, non organic soy yoghurt
That one	Organic goat or sheep's cheese, organic feta	Organic Gouda, organic mature cheese, organic mozzarella, organic halloumi, organic cheese spread, organic cottage cheese	Commercial non-organic cheeses, maredsous, la vache qui rit, babybel, cheese spread, cheddar



Sweet spreads

Green

Fresh fruits and berries
peanut butter
Homemade jam/sweetened with stevia or
erythritol

Orange

Dark chocolate spread

Red

Commercial chocolate spread (Nutella, etc.)
Spread with gingerbread
Jam/jam
Sprinkles



Spreading and cooking fats

Green	Orange	Red
Hot preparations	sunflower oil	Margarine
Ghee	Soya oil	Halvarine
Coconut oil	Corn oil	Hydrogenated vegetable fats
Avocado oil	Groundnut oil	
Organic butter from grass-fed cows/farm butter		
Cold preparations		
Olive oil (heat max to 160 °C)		
Linseed oil		
Grape seed oil		
Rapeseed oil		
Hemp oil		
Walnut oil		
Borage oil		



Nuts and savory snacks

Green	Orange	Red
All kinds of nuts such as walnuts	Grilled and salted nuts	Puff pastry cookies
Brazil nuts	Vegetable Chips	Japanese mix
Almond nuts		Potato chips
Hazelnuts		Wokkels
Pecans		Crackers
Macadamia nuts		
Peanuts		



Sweets

Green

Dried fruit

Dark chocolate > 75%

Nut-date bars (etc.)

Orange

-

Red

Candy bars

Chocolate licorice

Marshmallows

Peppermint

Bacon

Lollipops

Wine gums

Sweets

Marzipan

Pudding

Ice

etc.



Savory sauces

Green

Mustard
Organic (homemade) pesto
chimichurri
Olive tapenade
Tomato Salsa
Organic soy sauce
(Homemade) tamarind sauce
Fresh curry sauce
Fresh vegetable spreads

Orange

Soy sauce (not organic)
Ready-made Tamarind Sauce
Mayonnaise (homemade - based on rapeseed oil/avocado oil)

Red

Commercial sauces such as mayonnaise & ketchup
Piccalilly
Dressing based on milk or cream
French fries sauce
Gravy
Roux sauce
Cream
Cream
Creme fraiche
etc.

