

# TUSOL

## NUTRITION SIMPLIFIED

DO

DON'T

	DO	DON'T
CARBOHYDRATES	Organic Fruits Organic Roots Organic Vegetables Raw Honey Dates as a Sweetener	Conventional Food: Glyphosate-Rich, Fruits, Roots, Herbs + Vegetables Breads Flours Corn Pasteurized Honey
PROTEINS	Grass-Fed Organ Meat Grass-Fed Beef Pasture Raised Poultry Low-Mercury Seafood: Salmon, Scallops, and Trout Pasture-Raised Eggs Raw Pastured Milk/Cheese	Conventional Corn-Fed Meats Corn-fed Caged Poultry High-Mercury Seafood: Tuna, Mackerel, and Sea bass Corn-Fed Caged Eggs Conventional Corn-Fed Cow's Milk/Cheese
FATS	Coconut Oil MCT Oil Grass-Fed Butter Grass-Fed Ghee	Vegetable Oils Canola Oils Seed Oils Nut Oils Legume Oils Trans-Fats
WATER	Reverse Osmosis Water Filter: Make sure your filter also puts minerals back into the water Mineral Water	Tap Water Plastic Bottled Water

