

EAT: What Foods Are Extraordinary, Average, or Trouble?

In the charts below, Jordan has ranked foods Extraordinary, Average, or Trouble in descending order based on their health-giving qualities. The best foods to serve and eat are what he calls **"Extraordinary,"** which God created for us to eat and will give you the best chance to live a long and happy life. It's best to consume foods from the **Extraordinary** category more than 75 percent of the time.

The next list comprises foods that Jordan calls **"Average,"** which should make up less than 25 percent of your daily diet and consumed sparingly.

The final list contains foods Jordan has relegated to the **"Trouble"** category, which should be consumed with extreme caution. You would be wise to avoid these foods completely.

Extraordinary Foods

Meat (grass-fed organic is best)

- meat bone soup or stock
- liver and heart (must be organic)
- lamb
- buffalo
- elk
- venison
- beef
- goat
- veal
- jerky (with no chemicals, nitrates, or nitrites)
- beef or buffalo sausage (with no pork casing)
- beef or buffalo hot dogs (with no pork casing)

Fish (wild- or ocean-caught is best, and the fish must have fins and scales)

- fish soup or stock
- salmon
- halibut
- tuna
- cod
- scrod
- grouper
- haddock
- mahi-mahi
- pompano
- wahoo
- trout
- tilapia
- orange roughy
- sea bass
- snapper
- sardines (canned in water or olive oil only)
- herring
- sole
- whitefish

Poultry (pastured and organic is best)

- poultry bone soup or stock
- chicken
- Cornish game hen
- guinea fowl
- turkey
- duck
- chicken or turkey bacon (with no pork casing)
- chicken or turkey sausage (with no pork casing)
- chicken or turkey hot dogs (with no pork casing)

Lunch Meat (organic, free range, and hormone free is best)

- turkey
- chicken
- roast beef

Eggs (high omega-3/DHA or organic is best)

- chicken eggs (whole with yolk)
- duck eggs (whole with yolk)
- fish roe or caviar (must be fresh, not preserved)

Dairy (organic is best)

- homemade kefir made from raw goat's milk
- homemade kefir made from raw cow's milk
- raw goat's milk hard cheeses
- raw cow's milk hard cheeses
- goat's milk plain whole yogurt
- organic cow's milk yogurt or kefir
- raw cream

Fats and Oils (organic is best)

- oil, coconut, extra virgin (best for cooking)
- oil, olive, extra virgin (not for cooking)
- oil, butter (ghee)
- butter, goat's milk, raw (not for cooking)
- butter, goat's milk
- butter, cow's milk, raw, grass fed (not for cooking)
- butter, cow's milk
- avocado
- coconut milk/cream (canned)
- oil, unrefined flaxseed (not for cooking)
- oil, unrefined hemp seed (not for cooking)
- oil, expeller-pressed sesame
- oil, expeller-pressed peanut

Vegetables (organic fresh or frozen is best)

- raw fermented veggies (no vinegar)
- squash (winter or summer)
- broccoli
- artichokes (French, not Jerusalem)
- asparagus
- beets
- cauliflower
- Brussels sprouts
- cabbage
- carrots
- celery
- cucumbers
- eggplant
- pumpkins
- garlic
- onions
- leafy greens (kale, collard, broccoli rabe, mustard greens)
- salad greens (radicchio, escarole, endive)
- okra
- lettuce (leafs of all kinds)
- spinach
- mushrooms
- peas
- peppers
- string beans
- tomatoes
- sprouts (broccoli, sunflower, pea shoots, radish, etc.)
- sweet potatoes
- sea vegetables (kelp, dulse, nori, kombu, and hijiki)
- white potatoes
- corn

Fruits (organic fresh or frozen is best)

- blueberries
- strawberries
- blackberries
- raspberries
- lemons
- limes
- apples
- apricots
- grapes
- melons
- peaches
- oranges
- grapefruit
- pears
- plums
- kiwis
- pineapples
- bananas
- mangos
- papayas
- dried fruits (no sugar or sulfites)
- raisins
- figs
- dates
- prunes

Grains and Starchy Carbohydrates (organic is best, and whole grains and flours are best if soaked for six to twelve hours before cooking)

- sprouted Ezekiel-type bread
- sprouted Essene bread
- fermented whole grain sourdough bread
- sprouted whole grain cereal
- quinoa
- amaranth
- buckwheat
- millet

Sweeteners

- unheated raw honey
- date sugar

Beans and Legumes (best if soaked for twelve hours)

- miso
- lentils
- tempeh
- natto
- black beans
- kidney beans
- navy beans
- white beans
- pinto beans
- red beans
- split peas
- garbanzo beans
- lima beans
- broad beans
- black-eyed peas
- soybeans (edamame)

Nuts and Seeds (organic, raw, and/or soaked is best)

- almonds (raw or dry roasted)
- pumpkin seeds (raw or dry roasted)
- hemp seeds (raw)
- flaxseeds (raw and ground)
- sunflower seeds (raw or dry roasted)
- almond butter (raw or roasted)
- tahini (raw or roasted)
- pumpkin seed butter (raw or roasted)
- hemp seed butter (raw)
- sunflower butter (raw or roasted)
- walnuts (raw or dry roasted)
- macadamia nuts (raw or dry roasted)
- pecans (raw or dry roasted)
- hazelnuts (raw)
- Brazil nuts (raw)

Condiments, Spices, and Seasonings (organic is best)

- salsa (fresh or canned)
- tomato sauce (no added sugar)
- guacamole (fresh)
- soy sauce (wheat free, tamari)
- apple cider vinegar
- raw salad dressings and marinades
- herbs and spices (no added stabilizers)
- Herbamare seasoning
- Celtic Sea Salt
- Real Salt
- sea salt
- mustard
- ketchup (no sugar)
- salad dressings (no canola oil)
- marinades (no canola oil)
- omega-3 mayonnaise
- umeboshi paste
- flavoring extracts such as vanilla or almond (alcohol based, no sugar)

Snacks

- healthy food bars
- goat's milk protein powder
- flaxseed crackers
- raw food snacks
- healthy macaroons
- healthy trail mix
- organic cocoa powder
- organic chocolate spreads
- carob powder

Beverages

- purified, nonchlorinated water
- natural sparkling water, no carbonation added (i.e., Perrier)
- unsweetened or honey-sweetened herbal teas
- raw vegetable or fruit juices
- lacto-fermented beverages
- coconut water

Average Foods

Foods in the Average category are just that—average. Again, foods from this list should make up less than 25 percent of your daily diet.

Dairy (organic is best)

- goat's milk
- cheese (cow, goat, or sheep)
- cow's milk cottage cheese
- cow's milk
- plain sour cream
- cream cheese
- heavy cream
- cultured whole soy yogurt
- Amazake
- low-fat yogurt
- fat-free yogurt
- almond milk
- oat milk
- rice milk
- soy milk

Fats and Oils

- sunflower oil
- soy oil
- safflower oil

Vegetables (organic is best)

- canned vegetables

Nuts, Seeds, Beans, and Legumes (organic is best)

- tofu
- peanuts (dry roasted)
- peanut butter (roasted)
- cashews (raw or dry roasted)
- cashew butter (raw or roasted, in small quantities)
- soynut butter (in small quantities)

Condiments, Spices, and Seasonings (organic chemical- and preservative-free is best)

- ketchup
- mayonnaise
- salad dressing
- marinade
- pickled ginger
- wasabi

Fruits

- canned fruit in its own juices

Grains and Starchy Carbohydrates (whole grains and whole grain flours are healthiest if soaked for twelve hours before consuming)

- brown rice
- oats
- kamut
- spelt
- barley
- corn
- white potatoes
- whole grain pasta (wheat, kamut, or spelt)
- wheat
- rye
- whole grain dried cereal

Sweeteners

- honey
- Stevia
- organic dehydrated cane juice
- maple syrup
- agave nectar
- xylitol
- barley malt
- brown rice syrup

Beverages (organic is best)

- pasteurized vegetable juices
- pasteurized fruit juices (not from concentrate)
- fresh ground coffee (limit to one cup per day)

Snacks

- healthy popcorn
- baked corn or rice chips
- milk or whey protein powder from cow's milk
- rice protein
- soy protein (non-genetically modified)

Trouble Foods

Foods in the Trouble category should be consumed with extreme caution and should be completely avoided, if possible.

Meat

- pork
- ham
- bacon
- sausage (pork)
- rabbit
- ostrich
- emu
- imitation meat products (soy)
- veggie burgers

Fish and Seafood

- fried or breaded fish

Avoid all shellfish including:

- crabs
- oysters
- clams
- mussels
- lobsters
- shrimp
- scallops
- catfish
- eel
- squid (calamari)
- shark

Poultry

- fried or breaded chicken

Lunch Meat

- ham
- corned beef
- soy lunch meat

Eggs

- imitation eggs (i.e., Egg Beaters)

Dairy

- soy cheese
- rice cheese
- homogenized milk
- low-fat or skim milk
- commercial ice cream with sugar
- processed cheese food
- American cheese (singles)
- yogurt with sugar or artificial sweeteners
- any dairy product with added stabilizers, preservatives, sugars, or artificial sweeteners

Fats and Oils

- lard
- margarine
- shortening
- canola oil
- corn oil
- cottonseed oil
- any partially hydrogenated oil

Nuts and Seeds

- nuts roasted in oil
- honey-roasted nuts

Condiments, Spices, and Seasonings

- all spices that contain added sugar or preservatives

Fruits

- canned fruits in syrup

Beverages

- commercial beer and wine
- sodas
- chlorinated tap water
- fruit juices or drinks with artificial flavors
- fruit juices or drinks made from concentrate

Grains and Starchy Carbohydrates

- bread or crackers made with white or unbleached flour
- pastas made with white or unbleached flour
- white or unbleached flour
- dried cereal with sugar
- white rice
- instant oatmeal
- pastries
- baked goods

Sweeteners

- sugar
- corn syrup
- high fructose corn syrup

all artificial sweeteners, including:

- aspartame
- sucralose
- acesulfame K
- sorbitol
- maltitol

Miscellaneous

- snack foods with sugar, partially hydrogenated oils, artificial sweeteners, or unbleached flour

The "Dirty Dozen"

These are some of the most popular and widespread food products and are the least healthy items you can put into your mouth. Avoid them.

1. Pork products
2. Shellfish and fish without fins and scales (catfish, shark, eel)
3. Hydrogenated oils (margarine, shortening, etc.)
4. Artificial sweeteners (aspartame, saccharin, sucralose)
5. White flour
6. White sugar
7. Soft drinks
8. Pasteurized, homogenized skim milk
9. High-fructose corn syrup
10. Hydrolyzed soy protein (imitation meat products)
11. Artificial flavors and colors
12. Excessive alcohol