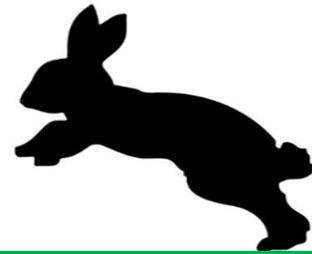


FOODS THAT SLOW

White Rice
White Bread
Potato Chips
Corn Chips
French Fries
Onion Rings
Mozzarella
Sticks
Pizza
Hot Dogs
Canned Soup
Pork
Beef
Cheese
Ice Cream
Pastries
Coffee
Soda
Milk
Beer



FOODS TO GO

Brown Rice	Cabbage
Whole Wheat	Artichokes
Popcorn	Beets
Bran Flakes	Okra
Quinoa	Broccoli
Oatmeal	Cauliflower
Prunes	Sweet Potato
Apples	Peas
Berries	Pumpkin Seeds
Avocados	Peanuts
Dates	Flaxseed
Figs	Chia Seeds
Grapes	Sesame Seeds
Oranges	Walnuts
Apricots	Almonds
Plums	Pistachios
Pears	Brazil Nuts
Mango	All Beans
Spinach	All Legumes
Kale	Water

