



© 2012 Bauman College

*Organic, Seasonal, Nutrient-rich, and Individualized*

	SEEDS/OIL	PROTEIN	LEAFY VEGETABLES	CRUNCHY VEGETABLES	UNREFINED STARCHES	SEASONAL FRUIT	BOOSTER FOODS
Daily Servings	2-3	2-4	1-3	1-3	2-4	2-4	2-4
Serving Size	1 Tbs oil 2 Tbs seeds	3 oz animal 6 oz vegetable	1 cup	½ cup	½ cup root vegetable, grains, bread	½ cup or 1 med. piece	1 tsp to 1 Tbs
Examples	Flax, sunflower, sesame, and almonds	Poultry, fish, eggs, milk, and beans	Salad mix, kale, and spinach	Broccoli, string beans, cukes, onions, celery	Yams, winter squash, corn, millet, rice	Berries, apple, grape, and citrus	Nuts, yeast, seaweed, algae, spices