

NUTS & SEEDS (nuts ½ cup a day except Brazil nuts)	
YES	NO
Almonds	Cashews
Barukas nuts	Chia
Brazil nuts (two)	Peanuts
Coconut	Pumpkin
Chestnuts	Sunflower
Flaxseeds	
Hazelnuts	
Hemp protein powder ad seeds	
Macadamia nuts	
Nut butters (unsweetened, 1 tbl./day)	
Pecans	
Pine nuts	
Pistachios	
Psyllium	
Sesame	
Walnuts	