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# Rebound Diet <sup>TM</sup>

## AVOID

(Do not eat at all- bolded and underlined foods are the worst)

- **High fructose** foods: **apples**, pears, **bananas**, watermelon, cantaloupe, strawberries, oranges, peaches, **honey**, grapes, raisins
- Foods sweetened with fructose: check labels for, corn syrup, invert sugar, and modified corn starch, Beet sugar
- **Gluten: whole wheat**, wheat, rye, oats (**oatmeal**), barley, bran, durum, cream of wheat, graham, couscous, malt, wheat germ, bulgar, kamut, spelt
- Gluten containing foods: wheat pasta, soy bean pasta, most cereals, sausages and wieners, bologna, battered foods, bouillon, soup mixes, canned soups
- Soy: Soy protein, Soy oil, (except fermented miso soup or fermented soy sauce)
- Low fat dairy, Skim milk, Whey protein
- Beer
- Glucosamine, Calcium or Lysine supplements
- Pork (especially in people of Jewish ancestry)

## MODERATION

(If you are healthy; eat small portions, occasionally)

- Low fructose fruit: Grapefruit, pomegranates, cherries, blueberries, blackberries, raspberries, cranberries, plums, prunes, dates, figs, apricots, nectarines,
- Cane sugar (may be called milled, golden, plantation or raw)
- Breads leavened with yeast: ex. French bread, breads that contain yeast (no muffins, no bagels)

## INCREASE

(Eat a large variety and in smaller portions – bolded and underlined foods are the best)

- High fat dairy: (about a tablespoon at a time) sour cream, buttermilk, butter, cream, cheese
- **Coffee** – caffeinated has twice the power as decaffeinated, you may add: high fat cream, cane sugar, maple syrup, chocolate, cinnamon, whipping cream
- **Iodized Salt** and salty foods such as olives, peanuts (NO MSG)
- Pepper, chili, spices
- Potatoes, Rice (white rice is as good as brown)
- **Eggs** (chickens with access to pasture/daylight – egg yolk is usually a deep orange)
- **Nuts** – peanuts, almonds, cashews, pecans, brazils, walnuts (moist nuts should be roasted and salted)
- **Seeds** – hemp hearts, sunflower, pumpkin, sesame
- Chili, Stew, Homemade soups, Cabbage Rolls (slow and moist cooking)

- **Dark chocolate** - 70% cocoa or higher (not milk chocolate), with cane sugar
- **Vinegar**, Pickles, Sauerkraut
- **Red Wine** – Live longer and be thinner (have white wine with chicken and fish)
- Fermented foods – miso soup, fermented soy sauce, wine, vinegar (all varieties), baker and brewers yeasts are safe
- Tomatoes (canned are five time more nutritious than fresh)
- Non-gluten flour – Rice flour/pasta/noodles, Potato starch flour, Corn flour, Buckwheat, Lentil flour, Chick pea flour, Split pea flour, Bean flour
- Liver, Lamb, Duck, Elk, Deer, Buffalo, grass fed Beef, **dark** Chicken (Animals that swim, fly or run are best – ex. exercise, access to daylight, natural lifestyle)
- Fish and Seafood (less tuna – old fish accumulate more heavy metals)
- Vegetables - dark and vivid coloured, eat the skin: asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, celery, eggplant, green onions (chives), green/red peppers, onions, potatoes, spinach, squash
- Cinnamon, Cilantro, Curry, Cayenne (spices that stain or add colour)
- Maple syrup, **glucose** based candy

## Rebound Health Suggestions

### Healthy Side Dish:

- Baked potato with butter, sour cream and chives
- Steamed vegetables with butter and salt

### Healthy Snacks:

- Celery sticks with peanut butter and salt
- Salted peanuts and tomato juice
- Wine and cheese
- Homemade French fries with salt and vinegar
- Hot chocolate and whipped cream
- Maple fudge
- Trail mix (nuts and seeds) – NO dried fruit or MSG
- Chocolate croissant

### Healthy Breakfast:

- Buckwheat waffles, butter, maple syrup, chocolate sauce, & whipped cream
- Hard boiled, Soft, Poached, Scrambled or Fried eggs

### Healthy Cooking Oils:

- Clarified butter (Ghee)
- Coconut
- Sunflower/Safflower
- Peanut

*Note:* do not cook at high temperature with Olive Oil ( no frying )

Sterilize raw food before consuming:

- Cook
- Salt
- Vinegar
- Lime or Lemon juice

Healthy Cleaners:

- Add about ½ cup of vinegar with the soap in every load of laundry
- Wash walls with vinegar
- Add ½ cup vinegar to mop water
- Put baking soda in shoes and let stand overnight

*Note:* do NOT combine vinegar (or any other acid) directly with bleach.

## Rebound Health Recipes

Rebound Coffee

Cup of coffee with heaping teaspoon chocolate  
Add full fat cream and sweeten to taste with  
Maple syrup.....Enjoy!

Rebound Toddy – Sore throat remedy

Water	3 cups
Cinnamon	1 teaspoon
Butter	3 heaping tablespoons
Maple Syrup	4 tablespoons

Simmer on low and whisk smooth.

*Optional:* Add Dark Rum to taste in each cup

**For more information please visit our web site:**

**[www.reboundhealth.com](http://www.reboundhealth.com)**