



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)holistic Healthcare

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<u><i>Protein Sources</i></u>	OMNIVORE	PESCATARIAN	POLLETARIAN	VEGETARIAN	VEGAN
NUTS: almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, sacha-inchi, walnut	✓	✓	✓	✓	✓
SEEDS: amaranth, chia, flax, hemp, pumpkin, pinenut, pomegranate, poppy, quinoa, sesame, sunflower	✓	✓	✓	✓	✓
GRAINS: <i>gluten grains</i> – barley, bulgur, freekeh, rye, triticale, wheat (einkorn, emmer/farro, kamut, spelt) <i>gluten free</i> – buckwheat, corn, millet, oats, rice (black, brown, red, etc), sorghum, teff, wild "rice"	✓	✓	✓	✓	✓
LEGUMES: <i>lentils</i> – red, yellow, green <i>beans</i> – adzuki, black, black-eyed pea, chickpea (garbanzo), fava, kidney, lima, macambo, mung, navy (white bean), peanut, pinto, red <i>peas</i> – alfalfa, shelling, snow, sugar snap	✓	✓	✓	✓	✓
SOY PRODUCTS: edamame, soybeans, soymilk, tempeh, tofu	✓	✓	✓	✓	✓
SPROUTS: alfalfa, broccoli, radish, mung bean, sunflower, various nuts, seeds, and vegetables	✓	✓	✓	✓	✓
VEGETABLES: artichoke, asparagus, avocado, beet greens, broccoli, brussels sprouts, cauliflower, green beans, kale, mushrooms, okra, potatoes, spinach, sweet corn, sweet potatoes, zucchini	✓	✓	✓	✓	✓
DAIRY: cheese, eggs, milk, yogurt	✓	✓	✓	✓	✗
POULTRY: chicken, dove, duck, emu, geese, guinea fowl, ostrich, pheasant, pigeon (squab), quail, turkey	✓	✓	✓	✗	✗
FISH: <i>white fish</i> – bass, cod, flounder, halibut, haddock, tilapia <i>oily fish</i> – herring, mackerel, sardines, salmon, trout, tuna <i>mollusks & shellfish</i> – clams, crabs, crayfish, eel, lobster, muscles, octopus, oysters, scallops, shrimp, squid	✓	✓	✗	✗	✗
RED MEAT: antelope, beef, bison, deer, elk, lamb	✓	✗	✗	✗	✗
Other: alligator, bear, exotic meats, pork	✓	✗	✗	✗	✗