

VEGETABLES

Amaranth greens – same as Callaloo, a variety of greens
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans
Green banana
Izote – cactus flower/ cactus leaf
Kale
Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Nopales – Mexican Cactus
Okra
Olives
Onions
Poke salad – greens
Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
Squash
Tomato – cherry and plum only
Tomatillo
Turnip greens
Zucchini
Watercress
Purslane (Verdolaga)

FRUITS

Apples
Bananas – the smallest one or the Burro/mid-size (original banana)
Berries – all varieties- Elderberries in any form – no cranberries
Cantaloupe
Cherries
Chirimoya (Sugar Apples)
Currants
Dates
Figs
Grapes- seeded
Limes (key limes preferred with seeds)
Mango
Melons- seeded
Orange (Seville or sour preferred, difficult to find)

Papayas
Peaches
Pears
Plums
Prickly Pear (Cactus Fruit)
Prunes
Raisins –seeded
Soft Jelly Coconuts
Soursops – (Latin or West Indian markets)
Tamarind

ALL NATURAL HERBAL TEAS

Allspice
Anise
Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tila

Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

NUTS & SEEDS (Includes Nut & Seed Butters)

Hempseed
Raw Sesame Seeds
Raw Sesame “Tahini” Butter
Walnuts
Brazilian Nuts

OILS

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

SPICES & SEASONINGS

Mild Flavors

Basil
Bay leaf
Cloves
Dill
Oregano
Parsley
Savory
Sweet Basil
Tarragon
Thyme

Pungent & Spicy Flavors

Achiote
Cayenne/ African Bird Pepper
Coriander (Cilantro)
Onion Powder
Habanero
Sage

Salty Flavors

Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulce/Nori – has “sea taste”)

Sweet Flavors

Pure Agave Syrup – (from cactus)
Date Sugar

Flours

Spelt
Kamut
Garbanzo Bean

Important things to remember

- If the food is not listed on the Nutritional Guide it is NOT recommend.
- Drink 1 gallon of natural spring water daily.
- Take Dr. Sebi's products 1 hour prior to pharmaceuticals.
- All of Dr. Sebi's products can be taken together with no interaction.
- Following the Nutritional Guide strictly and taking products regularly, produces the best results with reversing disease.
- No animal products, No dairy, No fish, No hybrid foods and No alcohol.
- Natural growing grains are alkaline-based; it is recommended that you consume the grains listed in the Nutritional guide instead of Wheat
- Many of the grains listed have been made into pasta, breads, flour and cereal. (The products can be found in most health food stores).
- Dr. Sebi's products are still releasing their therapeutic properties 14 days after being taken.
- Dr. Sebi says, “Avoid using a microwave, it will kill your food”.
- Dr. Sebi says, “No canned or seedless fruits”.