



# DIETARY AVOID CHECKLIST (DAC)

Name \_\_\_\_\_ Page \_\_\_\_\_

SCORING: 0= No adherence to 10 = followed instructions 100%. (Read or Purchase? √ =Done.)

Row No.	<b>AVOID LIST</b>	Date	Date	Date	Date	Date
<b>Evaluate Your Dietary Lifestyle Progress Once A Week. Make all the easy changes first, then focus on one at a time, each of the more challenging dietary changes, until mastered everything in the Checklist.</b>						
<b>1</b>	<b>Dairy Products</b> (Milk, Cheese, Yogurt, etc., even Organic, pasteurized and unpasteurized).					
<b>2</b>	<b>Commercialized Non-Dairy Milks</b> , such as Rice, Almond, etc., even Organics.					
<b>3</b>	<b>Legumes (Dried Beans)</b> . Note: black-eyed peas are a legume, whereas green beans are a vegetable, so think dried and hard.					
<b>4</b>	<b>Grains</b> , wheat, oats, etc. (except Pseudo-Grains that are actually seeds)					
<b>5</b>	<b>Flour</b> and Products Made from them (Ex: White, Bleached, Unbleached, Wheat, Garbanzo, and any other type of flour not on <b>Dietary Guidelines Checklist</b> ).					
<b>6</b>	<b>Night Shade Foods</b> should be avoided if you are in frequent or constant pain. Ex: Eggplant, Tomatoes, Google for a list of others.					
<b>7</b>	<b>Protein – Animal</b> (Not Organic, Free Range or Grass Fed) - fed grains, hormones, like growth hormones, antibiotics, and other drugs. Not allowed to roam or graze.					
<b>8</b>	Protein – <b>Animal</b> (Pork, Bacon or any part of a pig or hoofed animal).					
<b>9</b>	Protein – <b>Scavenger Seafood</b> (lobster, crab, tilapia, catfish, oysters)					
<b>10</b>	Protein - <b>Hydrolyzed Vegetable Protein</b>					
<b>11</b>	<b>Egg Whites</b> or Substitutes.					
<b>12</b>	Eggs if fried, scrambled, omelet, etc. whether made from whole eggs, egg whites or substitutes.					
<b>13</b>	<b>Nuts and Seeds</b> - salted and/or unshelled.					
<b>14</b>	<b>Fats/Oils</b> – Fried Foods, Trans-Fats, Hydrogenated, Partially Hydrogenated, Butter Substitutes, & Artificial Butter, like Margarine.					
<b>15</b>	<b>Fruit</b> , Sweet Fruits, like Bananas, avoid or greatly reduce intake if you have Blood Sugar Imbalances or a sweet tooth.					
<b>16</b>	<b>Sweeteners</b> – Agave					
<b>17</b>	Sweeteners - Artificial (all of them), Splenda, Aspartame, Sucralose, Neotame, Acesulfame Potassium (Acek), Saccharin, etc..					
<b>18</b>	Sweeteners – Honey (Avoid or minimize to 1-2 times a month)					
<b>19</b>	Sweeteners - Refined and Processed cane sugar.					
<b>20</b>	Sweeteners – Fruit juice					
<b>21</b>	Sweeteners – Isolated and Processed (Cane Sugar, Fructose, Sucrose)					
<b>22</b>	Sweeteners – Avoid all types if suffer with Yeast, Mold, and Fungus.					
<b>TOTAL SCORE IN DATE COLUMN FOR PAGE 1 (Score Key on Page 2)</b>						

Row No.	<b>AVOID LIST</b>	Date	Date	Date	Date	Date
23	<b>Chocolate</b> – avoid all types even dark if you have a virus. For example: Herpes, HIV, Hepatitis, Liver Cirrhosis, etc.					
24	<b>Vinegar</b> (White) – use to clean inside of irons only.					
25	<b>Food Additives:</b> Food Coloring, Dyes, Monosodium Glutamate (MSG), etc.					
26	<b>Pesticides &amp; Herbicide Sprayed Foods</b> - If eat any non-organic foods, 1) Take 3 tablets of Parotid & 3 tablets of Cholacol II daily to detox chemicals & metals; also rotate food every four days to avoid getting too much of same pesticides.					
27	<b>Food Additives: Sodium Chloride</b> (Chemical sold as salt (Morton's) that does cause high blood pressure & other artificial salt health conditions.					
28	<b>Beverages: Commercialized Sports Drinks</b> - (Contact Dr. Smith for recipe to make your own.)					
29	Beverages: <b>Coffee</b> (Caffeinated or Decaffeinated)					
30	Beverages: <b>Soda Drinks</b> , Commercialized Fruit Juices, & beverages with Corn Syrup, Phosphoric Acid, and other sweeteners on this Avoid List.					
31	Beverages: <b>Tea</b> (Black, White, Green). Note: Green Tea has Fluoride in it.					
32	Beverages: <b>Alcohol</b> (Whiskey, Gin, etc.)					
33	Beverages: <b>Fruit Juices</b> – Any, Avoid or minimize to 1-2 times a month, and consume only between 2-5 p.m.)					
34	Beverages: <b>Smoothies</b> - Mixing Vegetables and Fruits together, except Apple, Papaya and Pineapple can be added to vegetable smoothies and juices.					
35	<b>Food Prep</b> – Canned, Boiled, Microwaved (Get a Dutch Oven Instead), Commercialized Dehydrated due to preservatives.					
36	<b>Left-Overs</b> - Avoid or greatly reduce eating left-over food; prepare only what can be eaten.					
37	<b>Cooked Tomatoes, Fruit or Spinach</b> – Eat these raw only.					
38	<b>Poor Food Combining</b> , i.e., mixing Fruit with other foods (veggies, meat, fats/oils, etc.					
39	<b>High Temperature</b> = Heating at temperatures over 212° (boiling point)					
40	<b>Plastic Containers</b>					
41	<b>Drugs (Non-Prescribed)</b> – Call Dr. Smith for healthier, safer, and fast acting herbal or homeopathic remedies instead.					
<b>TOTAL SCORE IN DATE COLUMN FOR PAGE 2 (Score Key Below)</b>						
<b>GRAND TOTAL (GT) (Pg 1 &amp;2) - [For Key divide GT by number of Rows]</b>						

### **ACUTE SYMPTOMS?**

**Contact Dr. Smith First** for everything, but call her **Second** for help to complete healing process, after being discharged in True Medical Emergencies. True Medical Emergencies are Sprained or Broken Bones, Unconscious, Uncontrollable Bleeding, Wound Suturing. Our Herbs, Homeopathic Remedies and Therapeutic Vitamin & Minerals Supplements are safe, effective, and often work faster, as well as get to the cause, rather than suppress symptoms.

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**Score Key:** 9-10 = Promotes Health & Healing; 8 = Maintenance (Staying At Level Good or Bad); 7 Or Less = Creates Nutrient Deficiencies  
**\*Abbreviations:** SP=Standard Process, Inc., FR=Free-Range, GF=Grass-Fed, X=Times. STSP Dietary Avoid Checklist 010185R112717