



DIETARY GUIDELINES CHECKLIST (DGC)

Name _____ Page _____

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

Row No.	FOOD LIST (WHAT TO EAT & DRINK)	Date	Date	Date	Date	Date
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.						
1	Double Helix Water – 2 oz., twice daily (most important of daily supplement)					
2	Water – Consume number of ounce per one-half current body Weight.					
3	Food Prep – Fermented, Bake, Steam, Stir-fry, Dehydrated, Grilled over wood, not Charcoal bricks or cubes, and heat at no temperatures over boiling, i.e., 212°					
4	Recipes - Number of New Recipes used from 1° of Change Cookbook?					
5	Vegetables – 80% Raw, Organic					
6	Vegetables – 20% Steamed, Baked, Grilled or Stir-fry					
7	Sea Vegetables – Seaweeds, Dulse, etc., 1 T. daily – toss in salads or soups.					
8	Vegetable Smoothies – Fresh, Squeezed with Organic vegetables					
9	Vegetable & Fruit Fiber – 30 grams daily or more.					
10	Proteins – Standard Process Plant Protein Powder <input type="checkbox"/> Vanilla <input type="checkbox"/> Chocolate					
11	Proteins – Eggs - Eat the whole, organic egg, prepared as hard-boiled, soft-boiled or poached only. Can boil as Shell protects contents. No Egg Whites/Substitutes.					
12	Proteins – Meat, Free-Range (FR) or Grass-Fed (GF)					
13	Proteins – Poultry (Organic only not Free Range or Grass Fed)					
14	Proteins – Wild Seafood, like Salmon, Anchovy, Herring, Sardines (Avoid Scavengers) – Can eat shrimp, but not its tail. No fried fish -bake, broil, grilled. .					
15	Protein Flours – Almond, Chestnut or Coconut, Pseudo-Grain, & Arrowroot Only (Avoid Garbanzo & others on Dietary Avoid Checklist)					
16	Proteins/Fats & Oils – Nuts - (Organic, Raw, Shelled and Unsalted)					
17	Proteins/Fats & Oils – Seeds (Organic, Raw, Unsalted) Examples: Sesame, Chia, Flax, Hemp, Pumpkin, Sunflower, etc.					
18	Proteins/Fats & Oils –Seeds known as Pseudo-Grains, Ex: Quinoa, Buckwheat, Teff, Millet, Amaranth, & Wild Rice (Organic); Limit to none to 4 X Month.					
19	Oils - EFA Liquid Blend (Use in Dressings; Stir-Fry, all-purpose.)					
20	Oils - Coconut Oil (1 tsp. daily in herbal tea; Stir-Fry, Dressings, All-Purpose)					
21	Oils – Stir-Fry (Use only EFA Liquid Blend, Coconut and/or Sesame for stir-fry)					
22	Oils - Other Oils for Dressings only if they meet Healthy Oil Criteria.					
23	Salad Dressings – make own w/ Vinegar, Oil & Herbs & Spices. Commercial brands, even organics, all have preservatives and/or synthetic vitamins.					
24	Fats – Avocado & Unsalted Butter (Organic). Use Better Butter Recipe.					
25	Fruit - Whole and Organic and eat in-season fruits only.					
TOTAL SCORE IN DATE COLUMN FOR PAGE 1 (Score Key on Page 2)						

Row No.	FOOD LIST (WHAT TO EAT & DRINK)	Date	Date	Date	Date	Date
26	Fruit Smoothies or Fresh Squeezed Juice – Avoid or limit to 1-2 times Month.					
27	Fruit – Only Apple, Pineapple & Papaya can be added w/ Vegetables.					
28	Fruit – Sweet or high glycemic fruits, like Banana, Avoid or limit to 1-2 X month.					
29	Fruit or Fruit Juice – Eat alone 30 minutes Before or One Hour After Other Foods, i.e., vegetables, proteins, fats and oils. Otherwise, they will rot in body.					
30	A.C.N.'s Pink (Sea) Salt - 1.5 teaspoons daily for 30 Days, then 1 t. thereafter.					
31	Herbs, Spices & Extracts (Ex: Vanilla or Almond Extracts) - Organic Only					
32	Powders & Soda, Organic -- (Baking Soda/Powder, Cocoa Powder, etc.)					
33	Paste, Organic, Ex: Curry, Dijon Mustard, etc. (Note Avoid Tomato Paste or no more than 1-2 X Month – Note: Too much cooked tomato causes kidney stones.					
34	Sweeteners: Stevia for those with Blood Sugar Imbalances (High or Low)					
35	Sweeteners: Maple Syrup, Sorghum, Molasses					
36	Herbal Teas: (No Black, White Tea; or Green Tea, which has Fluoride in it)					
37	Wine (Italian Only) – 1-2 X Week or less					
38	Beer (German or Dutch Only; avoid American brands)					
39	Vinegars, Organic Apple Cider, Balsamic, Red & White Wine					
40	Non-Dairy Milk – Almond, Hemp, or Coconut Only (Make Your Own, there are preservatives in even Organic Commercialized Non-Dairy Milks.)					
41	Chocolate – Dark, Organic, Sweetened with Stevia, otherwise minimize if sweetened with Cane Sugar. Better Still make your own with Cocoa Powder.					
42	Utilized Phase I and Phase II Food Plans <input type="checkbox"/> Phase I <input type="checkbox"/> Phase II <input type="checkbox"/> Both					
43	Read 1 ^o of Change Cookbook and Addendum to 1^o of Change Cookbook					
44	Purchased Dr. Smith's "Dietary Guidelines" e-book (Over 70 pages)					
45	SP* Purification Program – 21- or 30- day program, once or twice a year.					
46	Purchase (d) Reverse Osmosis (R.O.) Water Purification System - See website.					
47	Purchase (d) Air Purification System. See Dr. Smith website.					
48	Eat Smaller Portion Meals & Smacks – <input type="checkbox"/> start 30 minutes upon rising and eat something healthy every two hours until 8 p.m. and <input type="checkbox"/> nothing after 8 p.m.					
49	Use Glassware (not Plastic) and Mason Jars are great for storage.					
50	Gourmet Trend Forever gold bags – raw foods last longer in refrigerator.					
51	Food Preservation: Frozen; Food Saver Air Extractor, & Home Dehydrated .					
TOTAL SCORE IN DATE COLUMN FOR PAGE 2 (Score Key Below)						
GRAND TOTAL (GT) (Pgs. 1 & 2)-[For Key divide GT by number of Rows]						
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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 Checklist 010185R112717