

MyFormulary
Functional Food Recipe Guidelines
July 1, 2018

The Mediterranean Diet is generally acceptable.

The following ingredients and their derivatives are to be avoided whenever possible, with healthy alternatives denoted.

Avoid	Replace
Bananas	Other fruits
Beer	Wine
Cooked Carrots	Raw carrots are fine
Corn, Corn Syrup	
Fake Sugar, in any form	Fructose, Stevia, natural sugars
Ketchup	Tomato chutney, mustard, spices
White, red, yellow potatoes	Purple or orange yams
Sugar, where added in any form	Imagination
Turnip	Other roots not potatoes
White Bread	Wheat or other grain bread, preferably gluten free
White Flour	Wheat or other flour
White Pasta	Wheat or egg, gluten free pasta
White Rice	Wild rice or other grains

A short list of the good stuff:

- Alpha-lipoic acid — diabetes — found in spinach, broccoli, tomatoes
- Beta-glucan — High Cholesterol — oats, barley, reishi mushroom, shiitake mushroom, mistake mushroom, seaweed
- Calcium — Osteoporosis
- Creatine — Enhance Muscle Mass & Strength — wild game, free range meats, wild caught fish
- Fiber — GI Health — lots of high fiber options
- Fiber — High Cholesterol — Chia, Flax, Berries, Sweet Potatoes, Broccoli, Beans
- Ginkgo — dementia & memory — anchovies, figs
- Kava — Anxiety —
- Niacin — High Cholesterol — mushrooms, green peas, peanuts
- Omega-3 fatty acids — High Blood Pressure/High Cholesterol — found in fish
- Phosphates / Phosphorus — constipation — found in sunflower seeds
- Protein — Cognition — greek yogurt, eggs, cottage cheese.
- Red yeast rice — High Cholesterol
- Sage — Depression — found in sage, lol
- Soy — High Cholesterol
- Vitamin A — Beta Carotene — Acne — found in raw carrots, sweet potato/yam, kale, spinach
- Vitamin D — Osteoporosis — salmon, egg yolks