



# RAD vs SAD

eat more  
**RAD\*** fat burners

+300 SUN

+200 MAGMA

+100 CAMPFIRE

0 (ZERO) NEUTRAL

eat less  
**SAD** fat storers

-100 SAVING

-200 STOCKPILING

-300 HOARDING

\*RAD food is **organic**; seafood and game meats are **wild** (seafood ideally Alaskan); poultry is **free-range** and eggs are **cage-free**; dairy and red meat are from a **grass-fed** animal.

## GRAINS/SWEETENERS

Erythritol, Stevia

Lo Han, Xylitol

Coconut Sugar

Amaranth, Barley, Buckwheat, Bulgur (cracked wheat), Millet, Oatmeal, Popcorn (organic) Quinoa, Rice, Rolled Oats, Sorghum, Tapioca Starch, Teff, Triticale, Wheat (organic, European), Whole Rye

Acesulfame K, Agave Nectar, Aspartame, Aspartame-acesulfame Salt, Brown Rice Syrup, Brown Sugar (turbinado), Cane Sugar/Juice, Chestnut Flour, Corn Starch, Demara Sugar, Flour (wheat/white), Fructose (fruit sugar), Glucose, HFCS (high fructose corn syrup), Honey, Invert Sugar, Maple Syrup, Molasses, Popcorn (conventional), Potato Starch, Powdered Sugar, Saccharin, Sucralose (Splenda), Sucrose (table sugar)

## OILS

Coconut Oil,  
Palm Kernel Oil  
Flax Oil

Avocado Oil, Olive Oil,  
Walnut Oil

Peanut Oil, Sesame Oil, Soybean Oil,  
Sunflower Oil

Canola Oil, Corn Oil, Cottonseed Oil,  
Vegetable Oil (hydrogenated), Margarine,  
Safflower Oil

*Organic coconut oil is a great source of fat-burning MCTs.*

## DAIRY

Whey

Butter, Cottage Cheese,  
Ghee (clarified butter)

Cheese, Greek Yogurt (plain),  
Kefir (plain)

Cream Cheese, Half & Half,  
Heavy Whipping Cream,  
Sour Cream

Butter (grain fed), Milk  
Ice Cream

*Grass-fed animals produce milk rich in omega 3 fatty acids!*

## SEEDS/NUTS/LEGUMES

Cacao Beans,  
Chia Seeds, Flax Seed,  
Pumpkin Seeds

Almonds, Sesame Seeds,  
Sunflower Seeds

Brazil Nuts, Hazelnuts,  
Macadamia Nuts, Pecans,  
Pine nuts

Chestnuts, Walnuts

Chickpeas (garbanzo), Kidney, Miso,  
Peanuts, Pistachios

Adzuki Beans, Black Beans, Black-eye Peas, Broad Beans (fava), Cashews, Horse Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Snow Peas, Split Peas, String Peas, Sugar Snaps Peas, White Beans

Soy Bean

*Though processed food usually loses its fat-burning power, peanut-flour (neutral) actually gains power.*

## MEAT

Beef, Bison, Giblets,  
Organs, Salmon, Venison

Chicken, Duck, Eggs,  
Goose, Halibut, Herring,  
Lamb, Ostrich, Quail,  
Rabbit, Sardines, Sea Bass,  
Trout, Turkey, Veal

Cod, Clams, Grouper,  
Ham, Mahi Mahi, Mussels,  
Oysters, Pork, Red  
Snapper, Scallops, Shellfish

Bacon, Crab

Sausage, Meat (processed)  
Bacon (conventional), Ham,  
Pork (conventional)

*Fat burning CLA's are found in grass-fed and wild meats.*

## FRUIT/VEGETABLES

Alfalfa Sprouts, Bean Sprouts,  
Bok Choy, Broccoli, Cabbage,  
Celery, Cilantro, Collard Greens,  
Fennel, Fermented (vegetables), Kale,  
Lettuce, Swiss Chard, Mesclun,  
Mustard Greens Seaweed, Spinach,  
Turnip Greens, Watercress

Asparagus, Brussels Sprouts,  
Cauliflower, Coconuts, Cucumbers,  
Garlic, Radishes

Artichoke, Avocado, Bell Peppers,  
Jicama, Leeks, Lemons, Limes,  
Mushrooms, Okra, Onions, Parsley,  
Purslane, Red Peppers, Scallion,  
Squash (summer/winter), Tomatillos

Carrots, Elderberries, Eggplant, Grapefruit,  
Green Beans, Olives, Rutabaga, Shallots,  
Tomatoes, Turnips

Apple, Apricot, Beets, Guava, Melon (casaba), Fig,  
Papaya, Strawberries, Cherries, Kiwis

Cassava, Corn, Dates, Grapes, Honeydew, Peas (green),  
Mangoes, Nectarines, Oranges, Peaches, Pears, Pineapple,  
Plantains, Plums, Pomegranates, Potatoes, Taro, Tangerines,  
Water Chestnuts, Watermelon, Yams

Bananas, Corn (conventional), Prunes, Raisins

*The best sources for carbohydrates are always organic vegetables.*