

POMPA PROGRAM FOOD PYRAMID

"Fuel Your Body, Heal Your Cells, Transform Your Life."

MAKE THE 3 EXCHANGES

- 1. Grains:** Exchange all glutenous grains for ancient grains.
- 2. Sugars:** Exchange all processed sugars and artificial sweeteners for natural sweeteners & stevia or pure monk fruit.
- 3. Fats:** Exchange toxic oils and choose healthy fats.

CHOOSE

- Organic, local, non-GMO foods as much as possible.

Why decrease High Glycemic Foods?
Stabilizes blood sugar, reduces inflammation, curbs cravings, and supports weight management.

Low Glycemic Sweets

dark chocolate



Legumes
beans, lentils



Starchy Vegetables
sweet potatoes, squash, beets



Nuts & Seeds

raw, soaked, sprouted, nut butters



Low Glycemic Fruits

berries



Fermented Foods

sauerkraut, kimchi, kefir



Dairy

cheese, yogurt, whey water (full-fat, raw, grass-fed, cultured)



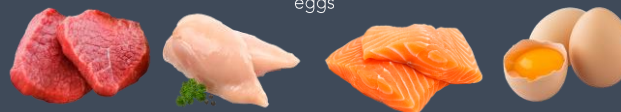
Good Fats

olive oil, avocado oil, coconut products, MCT oil, grass-fed butter



Meat, Poultry, Fish & Eggs

grass-fed meat, wild-caught fish, wild game, pasture-raised eggs



Non-Starchy Vegetables

leafy greens, brussels, broccoli, cauliflower



Cruciferous Vegetables

Rich in Vitamins & Minerals. Provides high amounts of vitamins C, K, and A, along with folate. Naturally high in fiber. Supports the liver, helps balance hormones & improves digestion. Eat Plenty!

Healthy Fats
Boosts brain function & keeps you full longer, supports hormone balance, reduces inflammation & provides long-lasting energy for your day!

- Take a nice short walk after meals.
- Pair carbs with healthy fats and proteins.

- Choose savory snacks between mealtimes.
- Save sweet treats for the end of your meal.