

# RAPHAOLOGY FOOD PYRAMID

For peak vitality, always include 4 fruits and 4 vegetables Daily, along with extra virgin olive oil and avocado

**SMALL QUANTITIES**

**SWEETS**

Raw Honey  
Sugar Cane Natural  
Grade B Maple Syrup  
Fructose



Raw Comb Honey

Enjoy the Golden Team for ageless vitality

**A FEW TIMES PER WEEK**

BISON/BUFFALO  
SALMON  
LAKE TROUT  
JUMBO SHRIMP  
ORANGE ROUGHY  
DUCK EGGS



Smoked Salmon



Jumbo Shrimp

Always make sure that plant oils are consumed in larger quantity than animal fats daily.

Duck egg 

Red Wine -7 years or older



**DAILY Or Less**

ANIMAL FATS: Butter, heavy Cream, etc.  
AGED RED WINE

Avoid hydrogenated oils.

EXTRA VIRGIN OLIVE OIL & AVOCADO



Cold Pressed Extra Virgin Olive Oil



Goat Cheese

PLANT OILS: Sunflower, Safflower, Almond, Flax, etc.  
DAIRY: Goat Milk, Cheese, Yogurt, Sheep Milk Cheese, Soy Milk



Avocado

**DAILY**

WHOLE GRAINS  
BEANS  
LEGUMES  
RED POTATO  
SEEDS  
NUTS



Horseradish

SPROUTS  
Are a good way to get grains and seeds into the daily food program.

**FRUITS**

**VEGETABLES**



Sprouted Wheat

