

RUN FOR AWARENESS FOOD GUIDELINES

✓ DO USE

For all products: DO USE
non-GMO
organic

✓ Plant foods
Herbs and spices

✓ “Dairy” substitutes: DO USE
soy milk
rice milk
soy and rice products
flax eggs*

✓ Oils: USE minimally
“good” oils :
extra virgin olive oil
coconut oil

✓ Flours/grains: DO USE
spelt
kamut
whole grains

✓ Sweeteners: USE minimally
Sucanat
maple syrup
agave
molasses

*1 egg= 1Tbsp ground flax+ 3 Tbsp water

✗ DO NOT USE

For all products: DO NOT USE
GMO
non-organic

✗ Animal products
Fish/seafood

✗ Dairy products including whey
Eggs

✗ MSG
Hydrolyzed vegetable/plant protein
Products containing:
flavoring
colouring
preservatives
other chemicals or additives
Products contaminated with
herbicides or pesticides

✗ Oils: DO NOT USE
trans-fat oils

✗ Flours/grains:DO NOT USE
white bleached flour

✗ Sweeteners:DO NOT USE
honey
white or brown sugar