

**Unhealthy untreated food products for rheumatism and obesity are, for example, the following:**

1. Fat-rich products from animals
2. Egg yolk
3. Wheat products
4. Chocolate biscuits
5. Rice biscuits
6. Ladyfingers
7. Dried fruit
8. Chewing gum
9. Frozen yoghurt
10. Cream yoghurt
11. Low-fat yoghurt
12. Bacon
13. Cream ice cream
14. Chocolate
15. Artificial sweeteners
16. Granola
17. White flour products
18. White flour
19. Atlantic salmon
20. Farmed fish
21. Processed fruit juices
22. Diet snacks
23. Rapeseed oil, sunflower oil, animal oil
24. Normal snacks with fat
25. Vegetable mixes with butter or cream
26. Sweetened canned fruit
27. Foie gras
28. French fries
29. Ready meals
30. Butter from animals
31. Microwave popcorn
32. Margarine
33. Ketchup
34. Lemonades
35. Breakfast cereals
36. Protein energy bars
37. Alcohol
38. Soft drinks
39. Light products
40. Deep-fried pastries
41. Croquettes
42. Potato pancakes
43. Palm fat
44. Frozen pizza
45. Hydrogenated vegetable fats
46. Dried milk fat
47. Chemical release agents to prevent lumps
48. Whole grain products
49. White flour pasta
50. Sodium – salt: For household and food use, it is recommended to use Himalayan salt or sea salt).

## Healthy untreated dietary products for rheumatism include the following:

1. Fruit of all northern kinds
2. Vegetables of all kinds
3. Southern fruits of all kinds except for boar fruit (avocado protects the liver, but promotes obesity)
4. Green tea
5. Lemon juice and limes
6. Wild pollock
7. Redfish
8. Cod
9. Amaranth pseudo-cereal
10. Quinoa pseudo-cereal
11. Ginger
12. Berries of all kinds
13. Olive oil
14. Potatoes
15. Spelt bread and fat-free pastries
16. Peanuts, walnuts, hazelnuts and other nuts salted, unsalted (not too much per day)
17. Lean meat from animals
18. Rye bread and fat-free pastries
19. Lean meat from poultry
20. Lean meat from other living creatures
21. Fish
22. Oat bread and fatless pastries
23. Seafood
24. Pure fruit juices of all kinds unsweetened
25. Pure vegetable juices of all kinds
26. Tomatoes
27. Radish
28. Salads of all kinds (e.g.: Lamb's lettuce, broccoli, lettuce, tomatoes, carrots, kohlrabi, asparagus, courgette, fennel, spinach)
29. Hemp oil
30. Safflower oil
31. Black cumin oil
32. Herbs of all kinds
33. Rye flour and products
34. Oatmeal and products
35. Spelt flour and products
36. Nut flour and products
37. Chestnut flour and products
38. Corn flour and products
39. Rice flour and products
40. Hemp flour and products
41. Lupine flour and products
42. Psyllium meal and products
43. Maranta tapioca flour and products
44. Cassava flour and products
45. Coffee
46. Artichoke
47. Garlic
48. Beetroot
49. Flaxseed meal and products
50. Legumes