



GORDON C GUNN, MD, FACOG

CONCIERGE PERSONALIZED CARE
GYNECOLOGY • HORMONE THERAPY
INTEGRATIVE MEDICINE

Super Healthy Foods for A Super Healthy Life

Almonds (also Walnuts, Pecans, Hazelnuts)

Apples

Avocados

Bananas

Blueberries

Broccoli

Beans (Legumes) — All colors & Peas

Beets

Dark Chocolate

Dark Leafy Greens

Eggs

Extra-Virgin Olive Oil - EVOO

Grass-Fed Beef

Spinach

Sweet Potatoes

Wheat Germ

Wild Salmon

Choose fresh organic versions to avoid pesticides, additives and hidden sugars.

“Good” vs “Bad” Carbs

“Good Carbs” are those found in nature; natural foods such as whole fruits, vegetables, beans, peas, legumes and whole grains.

“Bad Carbs” are the new guys on the food source block – the ones found in refined foods. You know, all those food products made with *white flour* and have manufacturer labels on the box or package, such as breads, cereals, crackers and pasta, as well as white rice and sugars.