

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**a8. Our fifteen TOP PHYTO FOODS and more**

Dr. Victor Jean Ouellette June 1999

**Top Phyto Foods**

Garlic  
Onions  
Red and black grapes  
Broccoli  
Cauliflower  
Kale  
Green Tea  
Pink grapefruit  
Watermelon  
Grape seeds  
Apples  
Romaine lettuce  
Brussels sprouts  
Dark-skinned plums  
Red wine

**And More good foods**

Gluten free breads  
Gluten free cereals  
Squashes  
Carrots  
Cabbages  
Asparagus  
Radishes  
Cucumbers  
Beats  
Lettuces  
Other vegetables  
Oranges  
Pears  
Berries  
All the other fruits  
Birds (chicken, turkey)  
Fish