



Dr. Berg®

THE KNOWLEDGE DOC®

Fuel Your Body Right:

FOOD PICKS THAT AREN'T ULTRA-PROCESSED

Wild-caught fish and seafood



Pasture-raised eggs



Organic, grass-fed meat



Organic, grass-fed dairy



Organ meats



Wild-caught game meat



Organic nuts and seeds



Leafy greens



Cruciferous vegetables



Mushrooms



Avocados



Berries



Lemons and limes



Fermented vegetables



Organic, plain,
whole-milk Greek yogurt



Grass-fed butter



Nut and seed butters



Olives and olive oil



Herbs and spices

LOW-CARB WHOLE FOODS

Dr. Berg's Junk Food Meter

The Junk Food Meter makes it easy to uncover the amount of junk food ingredients in your diet—no food science degree required. Scan a barcode, and the app will do the rest!

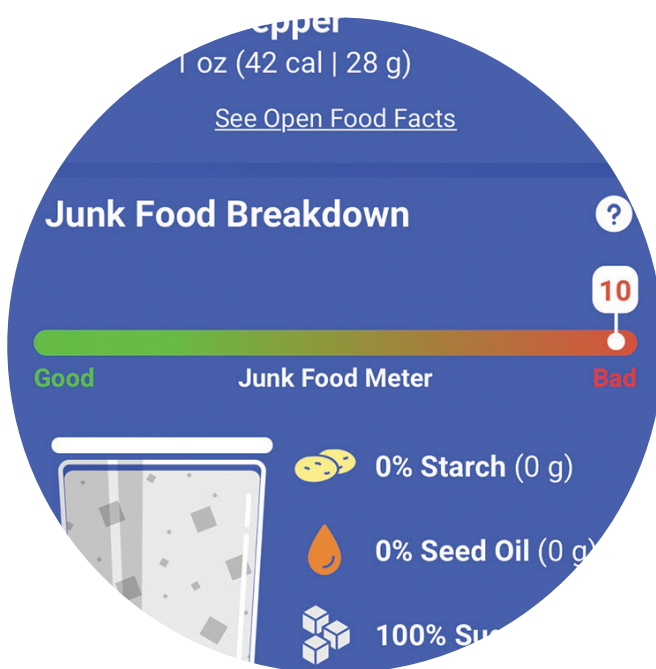
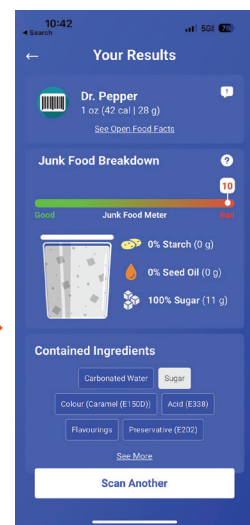
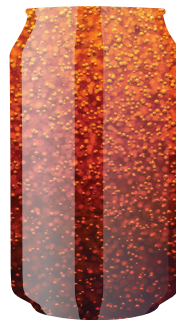


Step 1

Scan food items in pantry, refrigerator, or grocery store

Step 2

See results



Step 3

Observe rating scale to find actual food without UPF ingredients and then click to find food replacements



[Download the app now](#)