



Dr. Berg[®]

THE KNOWLEDGE DOC[®]

FUEL YOUR BODY RIGHT: FOOD PICKS THAT AREN'T ULTRA-PROCESSED



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



LOW-CARB WHOLE FOODS



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

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★ 2.57K

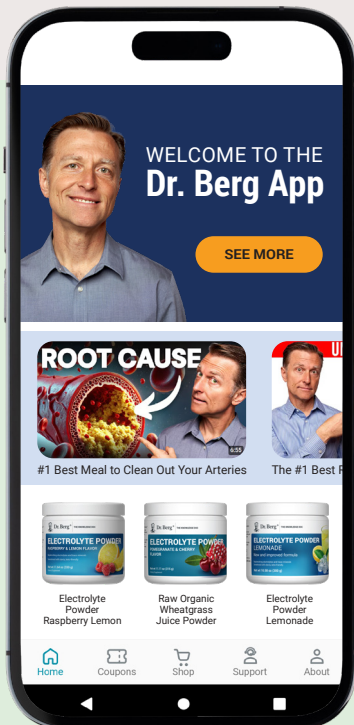
Dr. Berg Junk Food Meter

Make informed food choices
with the tap of a button

The Dr. Berg Junk Food Meter app helps you spot harmful ingredients, ultra-processed additives, and hidden sugars—right from your phone.

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