

# Health grade (v2)

# Health grade (v2)

**F**  
↓  
Without eggs, dairy, gluten, soft drinks and gracious use of salt.

**F**  
↓  
Without eggs, dairy, gluten, soft drinks and gracious use of salt.

**E**  
↓  
In addition to all of the above without pork, tuna and corn.

**E**  
↓  
In addition to all of the above without pork, tuna and corn.

**D**  
↓  
In addition to all of the above without soy, lamb, fish and seafood (other than salmon, trout, sardines) and without Industrial food oils (vegetable oil, palm oil, canola oil, corn oil, safflower oil, soybean oil).

**D**  
↓  
In addition to all of the above without soy, lamb, fish and seafood (other than salmon, trout, sardines) and without Industrial food oils (vegetable oil, palm oil, canola oil, corn oil, safflower oil, soybean oil).

**C**  
↓  
In addition to all of the above without vinegar (including apple cider vinegar), fermented foods (including kombucha, sauerkraut and coconut aminos), caffeine (including coffee, matcha and chocolate).

**C**  
↓  
In addition to all of the above without vinegar (including apple cider vinegar), fermented foods (including kombucha, sauerkraut and coconut aminos), caffeine (including coffee, matcha and chocolate).

**B**  
↓  
In addition to all of the above without grains (other than millet and oats), all oils (including healthier ones such as olive, walnut, sunflower, cocunut, sesame, avocado, grapeseed, almond, macadamia, peanut, flaxseed.)

**B**  
↓  
In addition to all of the above without grains (other than millet and oats), all oils (including healthier ones such as olive, walnut, sunflower, cocunut, sesame, avocado, grapeseed, almond, macadamia, peanut, flaxseed.)

**A**  
X can be any of A,B,C,D,E,F.

**A**  
X can be any of A,B,C,D,E,F.

**X<sup>-</sup>**  
↓  
Without alcohol, natural/artificial flavors, nutritional yeast, citric acid, aspartame, other artificial sweeteners, monosodium glutamate (MSG), formaldehyde, preservatives.

**X<sup>-</sup>**  
↓  
Without alcohol, natural/artificial flavors, nutritional yeast, citric acid, aspartame, other artificial sweeteners, monosodium glutamate (MSG), formaldehyde, preservatives.

**X**  
↓  
Without salt and seasonings entirely (pure spices is okay), radical fats (where the majority of an ingredients calories comes from fat).

**X**  
↓  
Without salt and seasonings entirely (pure spices is okay), radical fats (where the majority of an ingredients calories comes from fat).

**X<sup>+</sup>**  
Based on information from the book Cleanse to Heal by Anthony William.

**X<sup>+</sup>**  
Based on information from the book Cleanse to Heal by Anthony William.