

**GRAIN PRODUCTS**  
**(FROM "DIET FOR A POISONED PLANET")**

EDITOR'S NOTE: The author recommends eating "Green Light" Grains as often as you like. "Yellow Light" Grains have higher pesticide residues than the "Green Light" section and should be eaten less often. There are no "Red Light" Grain Products. For further explanation of the author's system, please see the Introduction on the Bonus Page.

**GRAINS**

**Green Light**-----

Biscuits	Oat Ring Cereal
Corn Bread	Oatmeal
Corn Flakes	Pancakes
Crisped Rice Cereal	Pasta (w/tomato or meat sauce)
Egg Noodles	Popcorn
Farina	Rice
Fruit Flavored Sweetened Cereal	Saltines
Granola	Shredded Wheat Cereal
Grits	Tortillas

**Yellow Light**-----

Blueberry Muffins	Raisin Bran Cereal	White Bread
Dinner Rolls	Rye Bread	Whole Wheat Bread