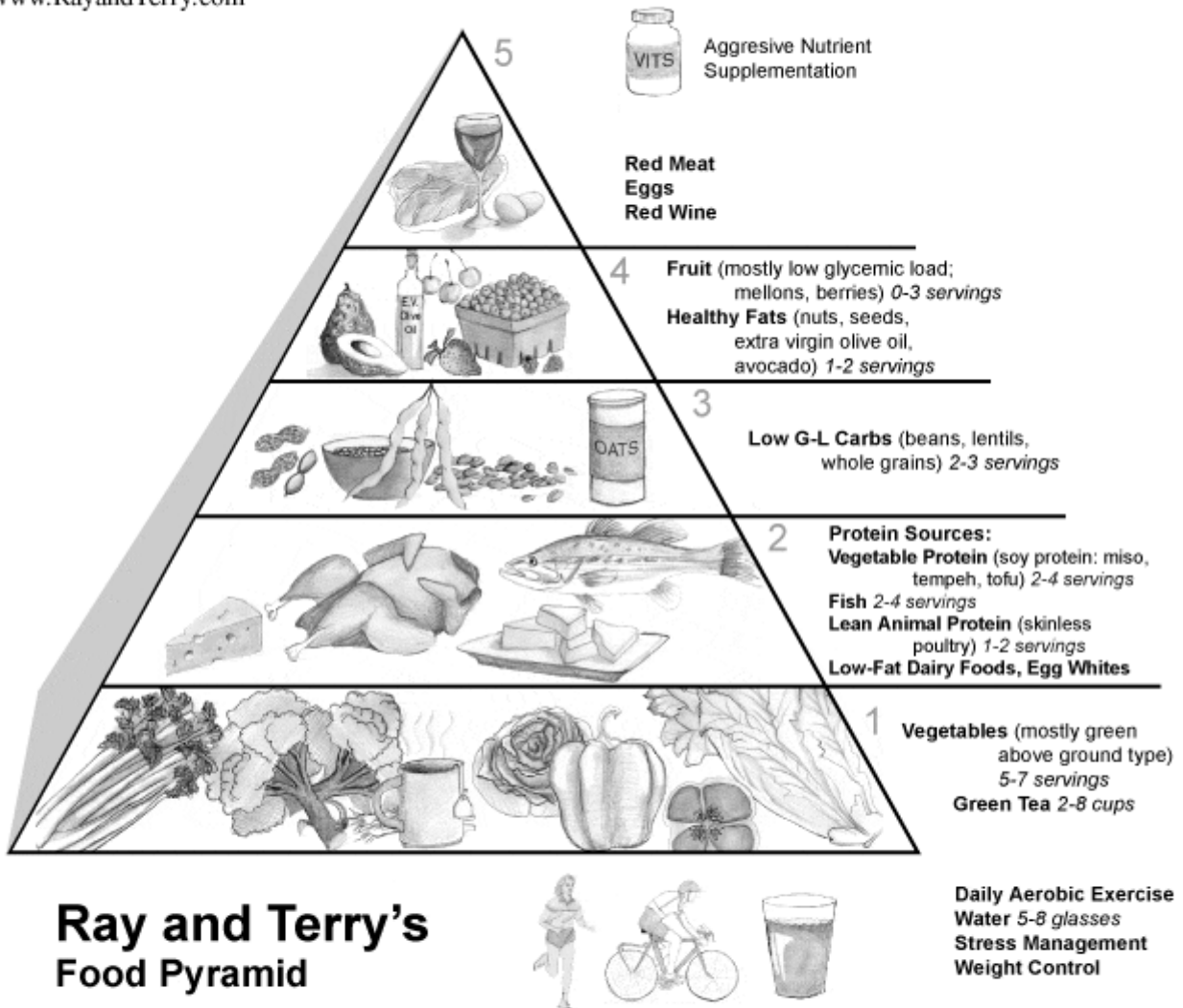


Ray Kurzweil and Terry Grossman's

Food Pyramid from page 106 of *Fantasic Voyage, Live Long Enough to Live Forever*

www.RayandTerry.com



Avoid: **High Glycemic Load Carbs** (sugar, pastries, desserts, refined starches such as breads, pasta, refined grains like white rice; high starch vegetables such as potatoes)
Fruit Juices
Trans Fats
Commercially Processed Vegetable Oils