



NUTRITIONAL FOOD GUIDE

Inspired by the nutritional teachings of Dr. Sebi

At The Herbalikes, we recognize the influence of Dr. Sebi's nutritional philosophy on our approach to plant-based living. His teachings have helped shape our understanding of food selection and the relationship between nutrition and wellness. We honor that influence while building our own independent Herbalikes identity.

Source acknowledgment: The food reference on the following pages reproduces the food selections and qualifications of *Dr. Sebi's Cell Food Nutritional Guide* (© 2020 Dr. Sebi's Cell Food), with a new Herbalikes presentation. The Herbalikes is not affiliated with or endorsed by Dr. Sebi's Cell Food. Permission may be required before public distribution.

This food reference is not medical advice or a treatment plan.

PLANTS EMPOWERING HEALTH

THE HERBALIKES

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NUTRITIONAL FOOD REFERENCE

Food lists adapted in presentation only from Dr. Sebi's Cell Food Nutritional Guide (© 2020). Original food names and qualifications retained. This is a source-attributed reference, not an endorsement or affiliation.

VEGETABLES

- Amaranth greens (Callaloo, a variety of greens)
- Avocado
- Bell Peppers
- Chayote (Mexican squash)
- Cucumber
- Dandelion greens
- Garbanzo beans
- Izote (Cactus flower/cactus leaf)
- Kale
- Lettuce (All, except Iceberg)
- Mushrooms (All, except Shitake)
- Nopales (Mexican cactus)
- Okra
- Olives
- Onions
- Sea Vegetables (Wakame/dulse/aramé/hijiki/nori)
- Squash
- Tomato (Cherry and plum only)
- Tomatillo
- Turnip greens
- Zucchini
- Watercress
- Purslane (Verdolaga)
- Wild arugula

FRUITS

- Apples (Granny Smith and Red delicious not recommended)
- Bananas (The smallest one or the Burro/midsize/original banana)
- Berries (All varieties, no cranberries)
- Elderberries (In any form)
- Cantaloupe
- Cherries
- Currants
- Dates
- Figs
- Grapes (Seeded)
- Melons (Watermelon, Seeded)
- Orange (Seville or sour preferred, difficult to find)
- Papayas
- Peaches
- Pears
- Plums
- Prickly Pear (Cactus fruit)
- Prunes
- Raisins (Seeded)
- Soft Jelly Coconuts

- Limes (Key limes, with seeds)
- Mango

- Soursops (Latin or West Indian markets)
- Tamarind

NATURAL HERBAL TEAS

- Burdock
- Chamomile
- Elderberry
- Fennel

- Ginger
- Raspberry
- Tila

GRAINS

- Amaranth
- Fonio
- Kamut
- Quinoa

- Rye
- Spelt
- Tef
- Wild Rice

NUTS & SEEDS

- Hemp Seeds
- Raw Sesame Seeds
- Raw Sesame “Tahini” Butter

- Walnuts
- Brazil Nuts

OILS

- Olive Oil (Do not cook)
- Coconut Oil (Do not cook)
- Grapeseed Oil

- Sesame Oil
- Hempseed Oil
- Avocado Oil

MILD FLAVORS

- Basil
- Bay Leaf
- Cloves
- Dill
- Oregano

- Savory
- Sweet Basil
- Tarragon
- Thyme

PUNGENT AND SPICY FLAVORS

- Achioté

- Onion Powder

- Cayenne/ African Bird Pepper
- Coriander (Cilantro)

- Habanero
- Sage

SALTY FLAVORS

- Pure Sea Salt

- Powdered Granulated Seaweed (Kelp/Dulse/Nori – has “sea taste”)

SWEET FLAVORS

- Pure Agave Syrup (From cactus)

- Date Sugar

SOURCE & SAFETY NOTE

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