Revised David Getoff Food Pyramid

Soy
Un-fermented Recreational drugs such as sugar, candy, cookies, alcohol

Processed grain products
bread, pasta, bagels, crackers, popcorn, cold cereal, rice cakes—

Fresh Raw whole fruit
Size of a medium apple. Much Less with Cancer, Diabetes, Heart disease

Actual Whole grains (the seed or grain itself).
I DO NOT MEAN products made from whole grains such as whole grain pasta, bread, etc

Cooked dried beans (except soy) such as lentils, adzuki, Garbanzo, mung, great northern, pinto, etc.
Always with a full meal with proteins and adequate good fats

RAW nuts and seeds (not cooked or dry roasted or baked)
This may include, almond, pistachio, walnut, pecan, pignolia, etc., as well as any nut butters made from RAW nuts. Organic if possible

Healthy fats and oil such as extra virgin olive oil, extra virgin avocado oil and oils such as walnut, macadamia, sunflower, sesame, etc if made by the real Low temperature manufacturers (Omega nutrition, Flora Inc.,and Rapunzel).
Fats including butter, coconut oil, palm oil and ghee. All preferably organic.

Healthy animal proteins with the fats that should be there including free range eggs, Grass fed beef and lamb and buffalo, free range poultry, wild caught fish, full fat whole dairy including milk, yogurt and cream, (raw & organic if possible). Beef, lamb & fish cooked RARE 2-3 times Per day

Non starchy colored vegetables and or salads at as many meals as you are willing to eat them. Best if 2 meals per day or more. Half of your plate should be colored vegetables. Include ripe peppers, broccoli, asparagus, cauliflower, spinach, Brussel sprouts, onions, red onions, garlic, cucumbers etc.. LOTS & LOTS

I do not find fresh blueberries, blackberries, and raspberries to be as bad as other fruit, these may be eating more often