

THE BIOSPARK BIOENERGETIC FOOD GUIDE

Fuel Your Cells, Ignite Your Health

BIOENERGETIC RATING KEY

- OPTIMAL FUEL: Ignites metabolism, highly digestible
- GOOD FUEL: Supports energy, generally well-tolerated
- MODERATE FUEL: Context matters, consume mindfully
- AVOID/LIMIT: Drains energy, anti-metabolic

Note: This guide ranks foods based on pro-metabolic effects and digestibility. Individual responses vary. Experimentation is key!

🍷 STARCHES

- Sweet potatoes/yams
- Cassava
- Root vegetables (parsnips, turnips, beets, carrots, taro)
- Squash family (squash, zucchini, pumpkin)
- Waxy potatoes (yellow, red, purple, fingerlings)
- White rice
- Yellow plantains
- Nixtamalized corn
- Starchy potatoes (russet)
- Green plantains
- Traditionally-prepared grains (einkorn, spelt, millet, kamut)
- Traditionally-prepared sourdough, oats
- Traditionally-prepared legumes
- Non-nixtamalized corn
- Non-traditionally prepared grains
- Non-traditionally prepared legumes
- Non-traditionally prepared wheat

***Traditionally-prepared* = soaked, sprouted, and/or fermented*

🍏 FRUITS & SUGARS

- Ripe oranges, tangerines, grapes
- Ripe bananas, berries, pineapple
- Ripe kiwi, papaya, passion fruit
- Ripe honeydew, cantaloupe, watermelon
- Ripe cherimoya, soursop, sapote, guavas
- Ripe lychees, rambutans, mangos
- Ripe cherries
- Fruit juices (orange, grape, pineapple, pomegranate)
- Raw honey, maple syrup
- Cooked fruits (apples, pears, plums)
- Cooked apricots, peaches, nectarines
- Other fruit juices (apple, pear, cherry)
- Jam/jelly/preserves
- Table sugar
- Unripe fruit
- Corn syrup
- Artificial sweeteners (aspartame, sucralose)

🥕 VEGETABLES

- Raw carrots
- Well-cooked mushrooms
- Raw radishes
- Cooked bamboo shoots
- Cooked leafy greens (kale, bok choy, collards)
- Cooked cruciferous (broccoli, cauliflower)
- Cucumbers, bell peppers, tomatoes
- Lettuces
- Cooked peas, onions, celery
- Cooked artichoke, asparagus, eggplant
- Raw onions, celery
- Cooked spinach, chard, beet greens
- Cooked rhubarb
- Raw cruciferous vegetables (large amounts)
- Raw leafy greens (large amounts)

🍖 PROTEINS

- Shellfish (shrimp, oysters, crab, etc.)
- Whole eggs
- Low-PUFA meat (ruminant animals)
- Pasture-raised chicken and pork
- Low-fat chicken or pork
- Collagen/gelatin protein powder
- Low-PUFA fish (cod, flounder, mahi-mahi)
- Grouper/sea bass, snapper, halibut
- Tuna (except bluefin), haddock, pollock
- Whey/casein protein powder
- Pea protein
- High-PUFA meat (non-pasture raised fatty chicken/pork)
- High-PUFA fish (salmon, mackerel, sardines)
- Trout, bluefin tuna, Chilean sea bass
- Other vegan protein powders (soy, wheat, hemp)

🥛 FATS

- Ghee
- Butter
- Cocoa butter
- Coconut oil
- Beef tallow
- Fat from ruminant animals
- Chocolate (dark)
- Macadamia nut oil
- Palm kernel oil
- Olives
- Olive oil (unheated)
- Avocados, avocado oil
- Palm oil
- Pastured chicken or pork fat
- Fish oil (large amounts)
- Grain-fed chicken or pork fat
- Vegetable/seed oils (soy, corn, canola)
- Sunflower, sesame, rapeseed oils
- Cottonseed, peanut, other nut oils

🧀 DAIRY

- Ghee
- Butter
- Cheese
- Ice cream (quality ingredients)
- Heavy cream
- Cottage cheese
- Milk (if tolerated)
- Yogurt
- Kefir
- Dairy containing carrageenan

🍷 DRINKS

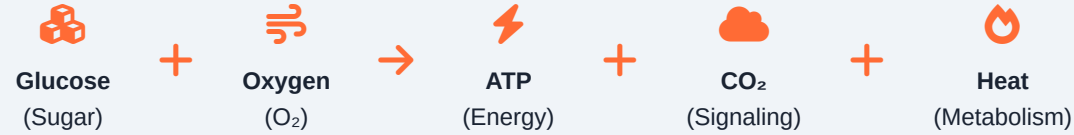
- Fruit juices (see "Fruits & Sugars")
- Tea
- Coffee (with sugar/cream)
- Milk (if tolerated)
- Water
- Coconut water
- Coconut milk
- Macadamia nut milk
- Kombucha
- Hard alcohol (in moderation)
- Organic, low-sulfite wine
- Other grain/seed/nut milks
- Beer
- Conventional wine

🌰 NUTS, SEEDS & ADDITIVES

- Coconut
- Macadamia nuts
- Traditionally-prepared nuts and seeds
- Non-traditionally prepared nuts and seeds
- Citric acid
- Silicon dioxide
- Monk fruit
- Stevia
- Titanium dioxide
- Gums (xanthan, guar, acacia, etc.)
- Carrageenan
- Agar
- Artificial colors
- Artificial sweeteners

THE CELLULAR ENERGY MATRIX

Understanding the Bioenergetic Principles Behind Food Choices



🚀 CELLULAR ROCKET FUEL

Foods that provide optimal cellular energy with minimal digestive stress. These foods convert efficiently to ATP, produce beneficial CO₂, and support metabolic rate.

Examples: Ripe fruits, honey, white rice, butter, eggs, shellfish

Why: These foods are rich in easily digestible glucose and fructose, contain minimal anti-nutrients, and provide stable saturated fats that don't interfere with glucose metabolism.

🛢️ PREMIUM FUEL

Foods that provide excellent energy but may require stronger digestion. These foods support metabolism but might need additional digestive support for some individuals.

Examples: Root vegetables, grass-fed beef, coconut oil, cooked leafy greens

Why: These foods contain quality nutrients and energy sources but may have more complex structures requiring stronger digestion. They still support mitochondrial function without causing stress.

📦 BACKUP FUEL

Foods that provide moderate energy support and are generally well-tolerated. These can be included in a balanced diet but shouldn't be primary energy sources.

Examples: Potatoes, traditionally-prepared grains, olive oil, dairy products

Why: These foods can support energy production but may contain compounds that slightly inhibit optimal metabolism or require more processing by the body.

⚠️ CELLULAR STRESS

Foods that block energy production and increase stress hormones. These foods interfere with the cellular energy equation and should be limited or avoided.

Examples: Seed oils, high-PUFA fish, raw cruciferous vegetables, unripe fruit

Why: These foods contain compounds that directly inhibit glucose metabolism, damage mitochondria, or require excessive energy to digest relative to their nutritional value.

🛢️ THE PUFA PROBLEM

Polyunsaturated fats (PUFAs) from seed oils and grain-fed animals block glucose metabolism through the Randle cycle. They're unstable, oxidize easily, and trigger stress hormones. When cells can't burn sugar efficiently due to PUFA interference, energy production suffers and metabolism slows.

☁️ THE CO₂ CONNECTION

CO₂ isn't just waste—it's a vital signaling molecule. Healthy metabolism produces ample CO₂, which helps deliver oxygen to tissues (Bohr effect), maintains blood pH, and has anti-inflammatory effects. Foods that support efficient energy production increase CO₂, improving tissue oxygenation and cellular function.

🔥 THE TEMPERATURE TEST

Body temperature directly reflects metabolic rate. Cold hands/feet, low morning temperature, or temperatures below 98.0°F often signal impaired cellular energy production. Optimal foods increase heat production through efficient metabolism, raising body temperature and improving energy levels.