The 5-Star Food Rating System

(How do different food plans compare, for building enduring health, fitness, and weight control?)

Rating	Name / Description	Foods	Results
★★★★★ Grade: A	**Vibrant Living Foods** *"Whole-food, plant based"*	Vegetables and Fruits Beans and Legumes Whole Grains Nuts and Seeds Pure Water	Excellent health; disease protection, prevention, and reversal; healthy weight loss; optimal permanent weight control; clear glowing skin; high energy and mood; good for you, good for the planet.
★★★★ Grade: B	**Somewhat Healthier Foods** *"Whole-food, plant based – with a little processing"*	Vegetables – Fruits – Beans and Legumes – Whole Grains – Nuts and Seeds – Water. But - with added salt, fat, sugar, processing; (flours, juices, some lean animal food.)	Better health than most; better for health, mood, the planet. But – stops short of actual disease reversal.
★★★ Grade: C	**Moderate-Impact Foods** *"Moderation in all things"* *"Just OK."*	A mixture of healthy foods and unhealthy foods	Moderate positive impact from healthy foods – *AND…* Moderate destructive impact from unhealthy foods.
★★ Grade: D	**High Risk Foods** *"Risking life, health, the planet."*	Meat, Dairy, Refined Grains, Sugar, Artificial Sweeteners, and Foods made with them. Industrially produced food – from the factory, restaurant, industrialized farm.	Increased risk of heart disease, diabetes, cancer, Parkinson's, other chronic diseases. Also of acne, migraines, weight gain, etc. Negative impact on animals, the planet.
★ Grade: F	**Killer Foods** *"Destroying yourself, your family, and the planet, through fake food."*	Highly processed foods, full of sugar, fat, salt, chemicals. High-fat animal foods, including lunch meat, bacon, sausage. Deep fried and high-sugar items; fast food.	Low mood, energy, fertility. Likelihood of overweight, obesity, poor mental health. Sets kids up for problems w/health & mental health. Actively destroys health, the planet.