

Protein

These foods are suggestions for you to help you have a starting point for buying healthy protein. As with any nutritional advice/suggestions, take what works for you and leave the rest.

Eat More

- Eggs & egg whites
- Fish
- Shellfish
- Chicken
- Duck breast & thigh
- Turkey
- Lean beef
- Bison
- Lean pork
- Wild game
- Other meats (goat, camel, horse, kangaroo, crocodile)
- Plain Greek yogurt
- Tempeh
- Tofu
- Edamame
- Cultured Cottage Cheese
- Insects

*Lentils and beans

These only count as your protein source if a more protein-rich option (see above) is not in the meal. Otherwise, they are a carbohydrate source as they have more carbs than protein.

Eat Some

- Uncultured cottage cheese
- Medium-lean meats
- Canadian bacon
- Meat jerky
- Lamb
- Minimally processed lean deli meat
- Poultry sausage
- Protein powders
- Seitan
- Tempeh bacon
- Textured vegetable protein

*Black bean burgers/traditional veggie burgers

These only count as your protein source if a more protein-rich option (see above) is not in the meal. Otherwise they count as a carbohydrate source as they contain more carbs than protein.

^^ Some of these sources of protein may be foreign to you but may be common in other cultures or parts of the world.

Eat Less

- Fried meats
- Chicken fingers, nuggets, and wings
- High-fat meat
- High-fat sausages
- Processed deli meats
- Protein bars
- Pepperoni sticks
- High-mercury fish
- **Plant-based meats (burgers, sausage, hot dogs, tofurky, etc.)

**This includes items like Impossible, Beyond, Garden of Eatin', Boca, etc. Most of these are made from a highly-processed plant protein, and also have added oils, salts, sugars, flavors, and colors.

Carbohydrates

These foods are suggestions for you to help you have a starting point for buying healthy carbohydrate options. As with any nutritional advice/suggestions, take what works for you and leave the rest.

Eat More

- Beans & Lentils
- Steel-cut, rolled, and old-fashioned oats
- Buckwheat
- Quinoa
- Whole-grain black & wild rice.
- Sorghum
- Farro
- Millet
- Potatoes
- Amaranth
- Plain non-Greek yogurt
- Plain kefir
- Fresh and frozen fruit
- Corn
- Sweet potatoes
- Barley
- Taro
- Yuca
- Whole or sprouted grain bagels, breads, English muffins, pastas, & wraps

Eat Some

- Couscous
- White rice
- Granola
- Instant or flavored oats
- Milk
- Vegetable juices
- Flavored yogurt
- Flavored kefir
- Pancakes & waffles
- Whole-grain crackers
- Oat-based granola bars
- Canned, dried, & pureed unsweetened fruit
- Bean & pulse pasta
- White bagels, breads, English muffins, pastas, & wraps

Eat Less

- Cereal bars
- Fruit juices
- Flavored milk
- Honey, molasses, syrups & jellies
- Canned, dried, & pureed fruit with added sugar
- Sweetened sports drinks
- Juice drinks
- Sweetened energy drinks
- Plant milks (sweetened)
- Soda
- Crackers
- Sugar
- Pretzels
- Foods with 10+ grams of added sugar

*The following are also high in fats so be mindful of both fat and carb content.

- Chips
- Fries
- Ice cream/Frozen yogurt
- Candy bars
- Donuts
- Cookies
- Pastries
- Muffins
- Cakes

Fats

These foods are suggestions for you to help you have a starting point for buying healthy fat options. As with any nutritional advice/suggestions, take what works for you and leave the rest.

Eat More

- Extra virgin olive oil
- Walnut oil
- Marinades & dressings with oils in this column
- Avocado & avocado oil
- Cheese aged > 6 months
- Egg yolks
- Seeds: chia, flax, hemp, pumpkin, & sesame
- Cashews
- Pistachios
- Almonds
- Brazil nuts
- Pecans
- Peanuts & natural peanut butter
- Walnuts
- Olives
- Pesto made w/ extra virgin olive oil
- Nut butters from other nuts in this column
- Fresh unprocessed coconut

Eat Some

- Virgin & light olive oil
- Expeller pressed canola oil
- Sesame oil
- Flaxseed oil
- Coconut oil/milk
- Peanut oil & regular peanut butter
- Dark chocolate
- Marinades & dressings with oils in this column
- Fish & algae oil
- Cream
- Cheese ages < 6 months
- Flavored nut & nut butters

*Trail mix - often rich in carbs as well, with sources of varying quality.

**High oleic safflower oil & high oleic sunflower oil
These are naturally-bred are high in heart-healthy monosaturated fats and contain little saturated fats and no trans fats.

Eat Less

- Bacon & sausage - also sources of protein, though usually higher in less desirable fats.
- Butter
- Margarine
- Processed cheese
- Corn oil
- Cottonseed oil
- Sunflower oil
- Canola oil
- Soybean oil
- Safflower oil
- Marinades & dressings with oils in this column
- Vegetable oil
- Fat-rich foods with 10+ grams of added sugar
- Hydrogenated oils & trans fats
- Shortening

Fruit & Veggie List

Eat the rainbow! Remember fruits count towards your carbs.

Purple & Blue

- Eggplant, purple carrots, purple peppers, purple cauliflower, purple asparagus, purple cabbage, purple kale, black cherries, black currants, black grapes, black/purple plums, blueberries, blackberries.

Orange & Yellow

- Winter squash varieties, yellow zucchini/summer squash, pumpkin, orange/yellow peppers, orange/yellow carrots, orange cauliflower, orange/yellow beets, apricots, peaches, nectarines, cantaloupe, mangos, oranges, papayas, pineapple.

Red & Pink

- Beets, red cabbage, red onions, red leaf lettuce, radicchio, red peppers, red-skinned radishes, tomatoes, rhubarb, raspberries, salmonberries, cranberries, lingonberries, cherries, pink dragonfruit, red grapefruit, red grapes, red apples, strawberries, watermelon.

Green

- Beet greens, broccoli, broccolini, rapini, brussel sprouts, fresh herbs (basil, parsley, cilantro, mint, sage, rosemary, thyme), green beans, snap peas, kale, spinach, okra, turnip greens, collard greens, swiss chard, arugula, tomatillos, zucchini, cucumber, romaine lettuce, green peppers, asparagus, cabbage, kiwis.

White

- Bean sprouts, cauliflower, celery, daikon radish, fennel/anise, celery, garlic, jicama, mushrooms, onions, leeks, shallots, iceberg lettuce, white carrots, bananas.