



Best food choices per category

<u>proteins</u>	<u>grains/ starches</u>	<u>vegetables - cat I</u>	<u>vegetables - cat II</u>	<u>fruits</u>
3-4 oz cooked; 1/2 cup 1 serving = 150 calories	1/2 cup cooked 1 serving = 75-100 calories	1/2 cup - unlimited 1 servings = 25 calories	1/2 cup 1 serving = 45 calories	1/2-3/4 cup 1 serving = 80 calories
salmon natural turkey - breast natural chicken - breast organic egg whites, brown or white tuna egg whites (3-4) 1 whole egg + 2 egg whites lobster shrimp bison/ buffalo scallops herring sardines lamb or venison tofu lowfat cheeses, organic only lowfat cottage cheese lowfat mozzarella or swiss, etc goat cheese whey protein powder soy protein powder	amaranth quinoa millet wild rice/ Forbidden rice oats - groats or steel cut teff brown rice barley whole wheat berries spelt berries buckwheat/ soba noodles cornmeal/ polenta sprouted multi grain breads whole grain rye crackers (3) whole grain crackers (3) bulgur (cracked wheat) sprouted multi grain wraps brown rice wraps	red peppers broccoli asparagus squash green lettuces cauliflower cabbage - red or green zucchini or yellow squash spaghetti squash arugula watercress cabbage spinach pumpkin squash mushrooms cucumber brussel sprouts bean sprouts bell peppers artichokes celery eggplant parsley, chives, leeks kale or chard green beans	rhutabaga parsnip corn potato - yukon gold beets sweet potato/yam butternut squash carrots acorn squash turnip batata taro root spinach yucca root celery root	apples pears banana mango (half) plum (2) honeydew melon grapefruit nectarine or peach orange (1 large) apricot (3) kiwi raspberries (1 cup) tangerine (2 small) strawberries (1 cup) blueberries (1 cup) cantaloupe fresh figs (2) papaya (half)
<u>legumes/ beans</u>	<u>raw nuts & seeds</u>	<u>Food Groups</u>		
1/2 cup cooked 1 serving = 110 calories	as indicated 1 serving = 100 calories	servings per day		
lentils mung beans edamame beans aduki beans hummus (1/2 cup) red lentils bean soup (3/4 cup) split peas sweet peas yellow mung beans soy beans, white or black chick peas/garbanzo beans black beans	almond (10-12 whole) hazelnut (10-12 whole) peanuts (18 nuts or 2 tbsp) pistachios (2 tbsp) pumpkin seeds (2 tbsp) sesame butter (2 tbsp) sesame seeds (2 tbsp) nut butters (1 tbsp) hemp seeds (1 tbsp) flax seeds (1 tbsp)	<u>fats/ oils</u>		
		1 teaspoon 1 serving = 40 calories		
		avocado olive oil, extra virgin olives (7-8) coconut oil/ milk sesame oil mayonnaise (tsp) nuts flax seed oil (1 tsp) hemp seed oil (1 tsp)		
		<input type="checkbox"/> Meal replacements <input type="checkbox"/> Legumes/ Beans <input type="checkbox"/> vegetables - cat I <input type="checkbox"/> vegetables - cat II <input type="checkbox"/> proteins <input type="checkbox"/> nuts & seeds <input type="checkbox"/> oils/fats <input type="checkbox"/> fruit <input type="checkbox"/> dairy <input type="checkbox"/> grains/starches <input type="checkbox"/> Total Calories per day		
		up to 1 per day _____ 6-8 servings _____ _____ _____ _____ up to 1 per day up to 1-2 per day		
		<u>to create a meal (250 calories)</u> 15 grams protein 24 grams carbs 2 grams fat 4 grams fiber		