

## OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken and turkey
- Eggs
- LF Cottage Cheese
- LF Feta/Goat Cheese
- LF Ricotta Cheese
- Cold water fish - salmon, halibut, cod, mackerel, tuna
- Shellfish
- Lean red meats – 2-3 times per week (sat fat)
- Lamb (sat fat)
- Game
- Whey Protein

## OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanuts)
- Macadamia nuts (sat fat)
- Freshly ground flaxseed meal
- Cod liver oil
- Olive oil, olives
- Flaxseed oil
- Avocado (sat fat)
- Whipped butter (sat fat)
- Coconut milk or oil (sat fat)

## OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Brussels sprouts
- Celery
- Collard greens
- Eggplant
- Ginger root
- Jalapeno peppers
- Mushrooms
- Radishes
- Shallots
- Swiss chard
- Asparagus
- Bell peppers (red, yellow, green)
- Cabbage
- Chayote fruit
- Coriander
- Endive
- Green beans
- Kale
- Mustard greens
- Radicchio
- Spinach
- Tomatoes
- Bamboo shoots
- Broadbeans
- Cassava
- Chicory
- Cucumber
- Fennel
- Hearts of palm
- Kohlrabi
- Onions
- Snap beans
- Spaghetti squash
- Turnip greens
- Bean sprouts
- Broccoli
- Cauliflower
- Chives
- Dandelion greens
- Garlic
- Jicama (raw)
- Lettuce
- Parsley
- Snow peas
- Summer squash
- Watercress

## HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Okra
- Legumes
- Chick peas (garbanzo)
- Kidney beans
- Pinto beans
- Barley
- Millet
- Bulgar (tabouli)
- Whole grains
- Whole grain tortillas
- Artichokes
- Pumpkin
- Black beans
- Cowpeas
- Lentils
- Split peas
- Brown rice
- Rye
- Tapioca
- AkMak crackers
- Leeks
- Sweet potato or yam
- Adzuki beans
- French beans
- Mung beans
- White beans
- Buckwheat groats (kasha)
- Semolina (whole grain-dry)
- Whole grain breads
- Ezekiel bread
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Navy beans
- Yellow beans
- Steel cut oats
- Whole grain cooked cereals
- Wasa crackers

## LOW GLYCEMIC INDEX FRUIT CHOICES

### Low GI

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

### Moderate GI

- Cherries
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit
- Pear
- Peaches
- Apples
- Limes
- Persimmons
- Fresh apricots
- Plum
- Avocados
- Nectarines
- Plums
- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pomegranates

### High GI – eat sparingly, or after a workout

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon