



WHAT TO EAT

P PROTEIN-RICH

GF GLUTEN-FREE GRAIN

GF* - Only gluten-free if processed in a gluten-free facility

★ 1 SERVING = 1 CUP

★ 1 CUP = 227 GRAMS

MOST HEALTHY • WEIGHT LOSS	ESSENTIAL PLANTS				ESSENTIAL CALORIES
	FRUITS	VEGETABLES	GRAINS	LEGUMES	HEALTHY FATS
	WHOLE FRUITS Cranberries Peach Blueberries Strawberry Cherries Cantaloupe Orange Apple Nectarines Banana Pears Watermelon Papaya Mango Raspberries ALL OTHER FRUITS Blackberries Coconut Avocado	WHOLE VEGETABLES Spinach Kale Lettuce Cucumber Mushroom Onion Celery Asparagus Radish Butternut Squash Cabbage Sweet Potato Zucchini Yam Broccoli P Carrot ALL OTHER VEGETABLES (CANNED, FROZEN OR FRESH) Cauliflower Eggplant Tomato Pepper	WHOLE GRAINS Oats Bulgur Wild Rice GF Spelt Brown Rice GF Teff GF Quinoa GF Barley P Millet GF Farro GF Amaranth GF Buckwheat GF	FIBER-FULL BEANS Fava Beans P White Beans Soybeans P Navy Beans P Pigeon Peas P Chickpeas P Mung Beans P Adzuki Beans P Lima Beans P Snap Beans Kidney Beans P Snow Peas Black Beans P ALL OTHER BEANS AND PEAS (DRY OR CANNED) P French Beans P Lentils P Pinto Beans P Great Northern Beans P	Nuts P Seeds P Healthy Oils: Olive Oil, Coconut Oil, Grapeseed Oil, Sesame Seed Oil HIGH QUALITY ANIMAL PROTEIN Fish P Poultry P Eggs P OTHER Coffee Dark Chocolate Non-Dairy Milk Substitutions (unsweetened)
MODERATELY HEALTHY	FRUITS WITH A HIGH GLYCEMIC LOAD Raisins Dates Prunes Grapes Pineapple Dried Fruit (1 SERVING = ¼ CUP)	VEGETABLES WITH A HIGH GLYCEMIC LOAD White Potato Corn (Non-GMO) MINIMALLY PROCESSED VEGETABLES Corn Tortillas	PROCESSED GRAINS Whole Grain Bread Whole Grain Crackers White Pasta/ Whole Wheat Pasta Whole Wheat Cereals (No Added Sugar) White Rice	MINIMALLY PROCESSED Tofu, Firm P Soymilk (Non-GMO) P Tempeh P	NON ESSENTIAL CALORIES Dairy Products P Red Meat P Alcohol Animal Fats (Butter)
	FIBER-LESS, HIGH CALORIE FRUIT PRODUCTS Fruit Juice with Added Sugar All Fruit Spreads with Added Sugar	PROCESSED OR FRIED VEGETABLES Potato Chips Other Veggie Chips	UNHEALTHY PROCESSED GRAINS White Bread Flour Cereals (with Added Sugar) Pastries / Cakes / Muffins	PROCESSED LEGUMES Store-Bought Hummus Store-Bought Bean Dips Refried Beans	UNHEALTHY CALORIES Sugar Processed Meat
LEAST HEALTHY • WEIGHT GAIN					