

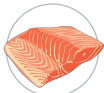
Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



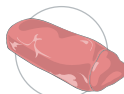
Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats
goat, camel, horse kangaroo, crocodile



Plain Greek yogurt



Tempeh



Tofu



Edamame



Cultured cottage cheese



Insects



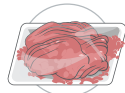
Lentils and beans

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

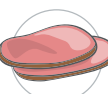
EAT SOME



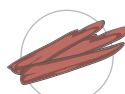
Uncultured cottage cheese



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 (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

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 such as Impossible, Beyond, Gardein, Boca, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

Carbohydrates

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

EAT MORE

- Beans and lentils
- Steel-cut, rolled, and old-fashioned oats
- Buckwheat
- Quinoa
- Whole-grain, black, and 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, and wraps

EAT SOME

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

EAT LESS

- Cereal bars
 - Fruit juices
 - Flavored milk
 - Honey, molasses, and syrups & jellies
 - Canned, dried, and pureed fruit w/added sugar
 - Sweetened sports drinks
 - Juice drinks
 - Sweetened energy drinks
 - Plant milks, sweetened
 - Soda
 - Crackers
 - Sugar
 - Pretzels
 - Foods with 10+g added sugar
- These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content*
- Chips
 - Fries
 - Ice cream and frozen yogurt
 - Candy bars
 - Donuts
 - Cookies
 - Pastries
 - Muffins
 - Cakes

Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT MORE



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



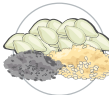
Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin and 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 category



Fresh unprocessed coconut

EAT SOME



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



Marinades and dressings with oils in this category



Fish and algae oil



Cream



Cheese aged <6 months



Flavored nuts and nut butters



Trail mix

Often rich in carbohydrates as well, with sources of varying quality.



High oleic safflower oil



High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS



Bacon



Sausage

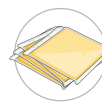
Also sources of protein, though usually higher in less desirable fats.



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats



Shortening