

HEALTHY FOOD CHOICES

FRUITS

GOOD:

- Fruits with skins: apples, pears, peaches, nectarines
- Berries: blueberries, raspberries, blackberries, strawberries
- Mangoes
- Oranges, grapefruit

AVOID:

- Fruit juice
- Canned fruits
- Dried fruits
- Fruit cups in syrup
- Smoothies*, which raise blood sugar

HELPFUL HINTS:

- Keep fresh fruit available for quick snacks: berries, fruit salad, chopped melon
- Consider eating fresh fruit for dessert, and save the daily ice cream or cookies for a special occasion
- Plain (low-fat) yogurt and fresh or frozen fruit for breakfast
- Use frozen fruits with no added sugar
- Eat many different colors

VEGETABLES

GOOD:

- Dark green: spinach, collard greens, kale, and Swiss chard
- Broccoli, Brussel sprouts, bok choy, and cauliflower
- Carrots and beets
- Bean/legume: adzuki, black beans, white beans, red beans, chickpeas, lentils, peas, edamame
- Sweet potatoes, yams, winter squash, summer squash
- Lettuce: romaine, red leaf, Boston, green leaf
- Peppers: red, orange, yellow, and green
- Avocados and olives
- Mushrooms
- Onions and garlic
- Sea vegetables
- Peas, green beans, string beans, wax beans

AVOID:

- Fried vegetables
- Canned vegetables
- Vegetables prepared in a sauce
- White potatoes and fried potatoes aren't vegetables
- Smoothies*

HELPFUL HINTS:

- Keep fresh vegetables cut up and ready in the fridge: celery stick, peppers, carrots, cucumbers
- Consider having a vegetarian meal one night a week-- build meals around beans, whole grains, and vegetables, and enhance the flavor with herbs and spices
- Celery with almond butter: a great snack with a little added protein
- Eat many different colors

*If you consume the same caloric value in liquid form instead of solid, you risk consuming too many calories too quickly. The liquified energy doesn't satisfy your appetite as well as the solid food because it is processed too fast. When you blend fruits and vegetables into a slurry prior to consuming it, your body reacts with a significantly higher and faster spike in blood sugar; this causes energy storage (weight gain) and then causes low blood sugar and hunger with possible excess eating.

WHOLE GRAINS and CARBOHYDRATES

GOOD:

- Lentils
- Quinoa
- Brown, black, red, or wild rice
- Old fashioned or steel cut oatmeal
- Hummus with healthy ingredients
- Buckwheat
- Whole grain bread, pasta, crackers, pits (less than 3 grams sugar per slice, no white flour added)
- Popcorn
- Bulgar
- Farro
- Peas
- Barley
- Millet

AVOID:

- White flour
- White potato
- White bread
- White pasta
- White rice
- Packaged pastries, donuts, pies, cookies

HELPFUL HINTS:

- Make a large batch of whole wheat pasta with veggies and keep it in the fridge for a quick lunch or dinner
- Favor products made with whole-grain flour
- Brown rice and stir-fried veggies

LEAN PROTEINS

GOOD:

- Animal: lean turkey, chicken, pork, tenderloin, grass fed beef, buffalo/bison
- Bean/legume: adzuki, black beans, white beans, red beans, lentils, peas, edamame
- Fish (not fried): mackerel, sardines, anchovies, trout, salmon, flounder, hake, cod, mussels, clams, oysters
- Tofu, tempeh
- Egg whites, eggs

AVOID/LIMIT:

- Limit fatty beef/lamb/veal
- Highly processed lunch meat (salami, bologna, hot dogs)
- Poultry skin

HELPFUL HINTS:

- Grill lean meats like chicken tenderloin ahead of time and keep to use on salads
- Try eating smaller amounts of meats-- consider small sirloin strips in a vegetable saute or substituting fish or skinless chicken breast for red meat
- Canned wild salmon or tuna packed in water with a salad
- Chickpeas or lentils on a salad

HEALTHY SNACKS

GOOD:

- Raw nuts (almonds, cashews, walnuts)
- Fresh or frozen fruits
- Fresh or frozen vegetables
- Plain yogurt with fresh fruits or walnuts
- Water

AVOID:

- Granola bars
- Energy bars
- Fruit bars

DAIRY

GOOD:

- Plain yogurt - Greek or kefir
- Hard cheeses (aged cheese: Romano, cheddar, gouda, parmesan)
- Milk (low fat is preferable)
- Cottage cheese (low fat is preferable)
- Goat cheese

MINIMIZE:

- Butter

HELPFUL HINTS:

- Yogurt and fresh or frozen fruit for a snack
- Keep plain kefir or yogurt for a snack
- Eat dairy in moderation: occasionally include small amounts of cheese in meals

FLAVORING/SEASONINGS

- Ginger
- Turmeric
- Basil
- Clove
- Cinnamon
- Rosemary
- Oregano
- Cayenne
- Nutmeg
- Vanilla extract

HELPFUL HINTS:

- Sweeten plain yogurt at home with your favorite flavors. It's much lower in sugar than store-bought flavors. Just stir a dash of vanilla extract or a sprinkle of ground cinnamon.

FATS and OILS

GOOD:

- Fish (2x/week): mackerel, sardines, anchovies, trout, salmon, tuna, mussels, oysters, clams
- Raw nuts/seeds: almonds, walnuts, sunflower seeds, pecans, pistachios, cashews, peanuts, hazelnuts, macadamias, pumpkin seeds, natural nut butters (almond, peanut, sunbutter)
- Oils: extra-virgin oil
- Avocados, olives

AVOID:

- Oils: palm, coconut, and corn
- Butter/margarine
- Lard/Crisco
- Peanut butter with sugar and added oils

WATER

Drink 2 (or 1) glasses of water at each meal.

Avoid soda (including diet soda), energy drinks, and flavored water.

Sugar Synonyms and Artificial Sweeteners

All sugars are unhealthy carbohydrates. Artificial sweeteners (chemically produced) can also cause weight gain and aggravate our cravings for sweetened foods. Sugar is listed on food labels with the following **synonyms**:

- Agave
- Agave nectar
- Barley malt
- Beet sugar
- Brown rice syrup
- Carob syrup
- Corn syrup
- High fructose corn syrup
- Fructose
- Invert sugar
- Lactose
- Levulose
- Sorbitol
- Sorghum syrup
- Honey
- Dates and date products
- Date sugar
- Datem
- Malt syrup
- Maltodextrin
- Mannitol
- Fruit juice
- Fruit juice concentrate
- Dried fruit
- Maple Syrup
- Molasses
- Brown sugar
- Raw sugar
- Cane juice
- Cane sugar
- Crystallized cane juice
- Sucrose
- Dextrose
- Dextran

Artificial Sweeteners

- Aspartame (Equal, NutraSweet)
- Saccharine (Sweet'n Low)
- Stevia (Truvia, Sun Crystals)
- Sucralose (Splenda)

COMMON BREAD INGREDIENTS TO AVOID

- Calcium propionate
- Calcium sulfate
- Citric acid
- Cultured wheat starch
- Dough conditioner
- Enriched flour
- White flour
- Wheat flour
- Organic flour
- High fructose corn syrup
- Honey
- Lactic acid
- Liquid sugar
- Malted barley syrup
- Molasses
- Monocalcium phosphate
- Microcrystalline cellulose
- Monoglycerides
- Potato flour
- Sugar
- Cane sugar
- Sucrose
- Starch
- Sodium stearyl lactylate
- Wheat starch

Instead, consider bread with ingredients such as the following:

- 100% Whole wheat flour
- Sunflower seeds
- Flax seeds
- Whole oats
- Sesame seeds
- 100% Whole grain rye