



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

Optimal Fat Choices

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

Optimal Non-Starchy Vegetable Choices

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

High Fiber Starchy Carbohydrate Choices

- Squash (acorn,
- Artichokes
- Leeks

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

Low Glycemic Index Fruit Choices

Low GI

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

Moderate GI

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

High GI - eat sparingly, or after a workout

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

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