

# The GOOD FOOD List

## Beans, Legumes

♦ All great protein sources, high in fiber too! Use these instead of meat several times per week!

\* Soy (Tofu, meat substitutes)

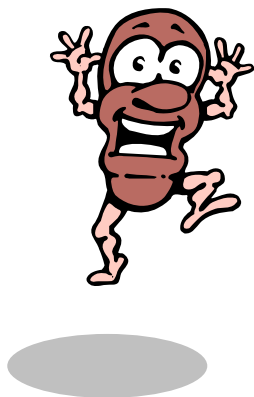
Garbanzo or chickpeas  
Red (kidney, aduki, etc.)

White (navy, etc.)

Pinto, lima, mung  
Black-eyed peas, pea beans

\* Lentils

(\*Source of Omega-3 Fatty Acids)



## Meats, Trimmed (less than 6 Oz per day)

Chicken, Turkey  
(light meat, without skin)  
Wild game  
Buffalo, Ostrich



### Processed Meats

Get low fat or fat free, or try meatless alternatives. Be careful of high sodium content!

## Fish (4oz 2-3x/week) All are a source of Omega-3 Fatty Acids



**Fatty Fish:** herring, salmon, mackerel, sardines, bluefish, trout swordfish, shark, carp, mussels, sea bass



**Whitefish:** halibut, haddock, scrod, flounder, red snapper



**Shellfish:** scallops, shrimp, clams, lobster, crab (without butter)



## Nuts & Seeds (1/4 cup/ day) \* Source of Omega-3 Fatty Acids

Almond

\* Walnut

Brazil Nut (1-2 day only)

\* Flaxseed, **ground** (2 T/day, ↑ water, refrigerate!)

Filbert (hazelnut)



\*Soynuts

Sesame seeds (unhulled)

Pumpkin seeds

Eat them raw and unsalted

## Dairy Products

\*Buy organic dairy if possible

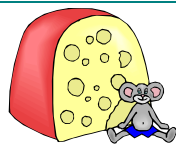
Eggs and egg substitute (omega-3)

Cream cheese - reduced fat

Cheeses - reduced fat & fat free

Cottage cheese - reduced fat & fat free

soy, almond, oat or rice milk



## (2-3 svgs/day)

Yogurt - reduced fat and fat free eggs)

Non dairy Milk & Cheese & fat free,

Margarine w/o trans fats

Evaporated Skim Milk

Milk - 1%, skim, or thick skim

Sour cream - reduced fat & fat free

## Grains (6-11 svgs/day)

Serving size = ½ cup or 1 slice bread 2g Fiber/slice is best

Barley, whole grain

Barley, pearled (more refined)

Bread, whole grain (avoid hydrogenated oil) (including bagels, baked goods)

Buckwheat (kasha)

Bulgar (cracked wheat)

Wheat germ



Couscous, reg. or whole grain

Crackers, high fiber

Flour, whole grain

Millet

Whole grain pasta

Cereals, whole grain (at least 5g fiber/serving)

Oats: whole, steel-cut, rolled

Oat bran

Quinoa ("keenwa")

Rice, brown

Rice bran

Wheat bran



❖ Limit white pasta, rice, bread etc.!

# Vegetables(3-5 svgs/day)

1 serving = 1/2 c cooked, 1 c raw  
\* Source of Omega-3 Fatty Acids



## \* Leafy Greens

**Eat at least 3 per week**

Arugula  
Beet greens  
Bok Choy  
Broccoli leaves  
Cabbage  
Chard  
Collards  
Chicory greens  
Dandelion greens  
Endive (escarole)  
Kale, Mustard greens  
Spinach, Turnip greens  
Watercress  
Parsley, Cilantro  
Dill

## Low Starch

Asparagus  
Avocado  
Bamboo shoots  
Broccoli  
Brussels sprouts  
Carrot, Cauliflower  
Celery, Cucumber  
Eggplant  
Fennel, Kohlrabi  
Green pepper  
Mushroom (shitake, crimini,  
portabella, other)  
Okra  
Onions, Radish  
Sweet pepper  
Hot pepper  
Snap beans, Green beans  
Snap peas  
Rhubarb  
Summer squash  
Tomato  
Turnip



## Starch (limit <3x/week)

Artichoke  
Beets  
Chestnut  
Corn  
J. Artichoke  
Jicama  
Parsnip  
Potato  
Plantain  
Pumpkin  
Sweet Potato  
Taro  
Winter squash  
Yam

***Beans,  
see previous  
page.***

## Lettuce

Romaine, Mesclun  
Spring Salad Mix  
Mizumi



# Fresh Fruits (2-3 servings per day)

## Sweet Fruit

Banana, Fig  
Date, Prune, Raisin  
Dried Fruits



## Melons

Watermelon  
Cantaloupe  
Casaba  
Christmas  
Crenshaw  
Honeydew

**All groups  
high in  
potassium!**

## Acid Fruit

Clementine  
Currant  
Grapefruit  
Kumquat  
Lemon, Lime  
Loquat  
Orange  
Pineapple  
Pomegranate  
Strawberry  
Tamarind  
Tangerine



## Sub-Acid Fruit

Apple, Apricot  
Blackberry, Blueberry  
Cactus Fruit  
Cherry, Cranberry  
Elderberry  
Gooseberry  
Red/Purple Grapes  
Huckleberry  
Kiwi, Mango  
Papaya, Peach  
Pear, Plum  
Raspberry



## Condiments

**Oils:** Olive, canola, rice bran, walnut, flax  
**Mayonaise:** Low-fat or fat-free or soy based mayo  
**Mustard & ketchup:** Watch sodium content  
**Sauces:** Soy, BBQ, teriyaki-- Watch sodium content  
**Sweeteners:** maple syrup, fruit sweeteners, date  
sugar, barley malt, brown rice syrup, stevia, splenda,  
succanant  
**Margarine:** Trans fat free ONLY – Smart Balance,  
Smart Balance Omega-Plus, PromiseUltra, Benecol

**LIMIT WHITE SUGAR!!**



## Beverages

**WATER** (sparkling, plain,  
mineral)

**100% fruit juices.** Water  
juice down to limit calories  
and sugar content

**Coffee and tea as allowed  
by your MD or RD.** Be  
careful to limit added fat and  
sugar to beverages!