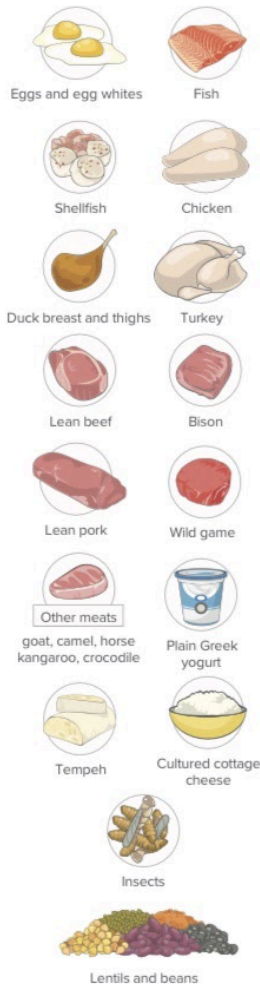


Protein

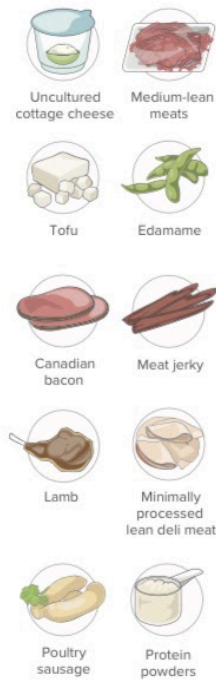
Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE

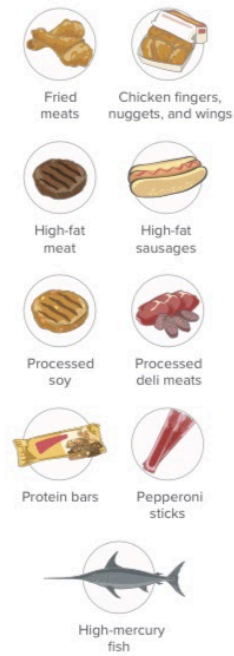


These are protein for plant-based eaters and meatless meals, otherwise, they're considered sources of carbohydrates

EAT SOME



EAT LESS



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



White bagels, breads, English muffins, pastas, and wraps

EAT LESS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups & jellies



Canned, dried, and pureed fruit w/ added sugar



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



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



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