

WHOLE FOODS LIST

PLANT-BASED NUTRITION

USE THIS LIST AS A FOUNDATION TO HEALTHY EATING.

THIS LIST IS NOT ALL INCLUSIVE AND SHOULD BE TAILORED TO MEET YOUR INDIVIDUAL NEEDS.

VEGETABLES

RAINBOW OF COLORS

RED TOMATO BEETS BELL PEPPER	ORANGE/YELLOW BELL PEPPERS SQUASH CARROTS SWEET POTATO	GREEN DARK LEAFY GREENS EX. KALE, COLLARDS, CHARD, SPINACH, ROMAINE GREEN ONIONS ZUCCHINI BROCCOLI CUCUMBER GREEN BEANS SNAP PEAS BRUSSELS SPROUTS CELERY ASPARAGUS	PURPLE EGGPLANT CABBAGE DAIKON RADISH CAULIFLOWER POTATOES	WHITE CAULIFLOWER PARSNIPS MUSHROOMS ONION GARLIC	LACTO-FERMENTED VEGETABLES (REFRIGERATED) SAUERKRAUT KIMCHI MISO
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FRUITS

ALL WHOLE FRUITS, ESPECIALLY BERRIES
SOME DRIED FRUIT WITHOUT ADDED SUGARS

LEGUMES

BEANS - BLACK, KIDNEY,
CHICKPEA, PINTO ETC
AND LENTILS

NUTS & SEEDS

UNSALTED WALNUTS, CASHEWS, ALMONDS,
BRAZIL NUTS, PECANS, HAZELNUTS
NUT BUTTERS WITHOUT ADDED SUGAR:
PEANUT, CASHEW, ALMOND...
SUNFLOWER, PUMPKIN, CHIA, FLAX, & HEMP SEEDS

WHOLE GRAINS

(INTACT)
BROWN OR WILD RICE, QUINOA,
STEEL CUT OR ROLLED OATS,
POPCORN, MILLET, BUCKWHEAT, FARRO...

LEAN MEAT, POULTRY & FISH

ORGANIC, GRASS-FED OR PASTURE RAISED
CHICKEN AND TURKEY
OCCASIONAL RED MEAT AND PORK
WILD CAUGHT FISH, ESPECIALLY FATTY FISH:
SALMON, HERRING, MACKEREL, SARDINES
SHELLFISH: CLAMS, OYSTERS, MUSSELS,
SCALLOPS, LOBSTER, CRAB...

EGGS & DAIRY

(IF TOLERATED)
ORGANIC, GRASS-FED, PASTURE RAISED
PLAIN GREEK YOGURT (OR COCONUT YOGURT IF DAIRY FREE)
SMALL AMOUNTS OF CHEESE, BUTTER, OR GHEE FOR FLAVOR
SOME WHOLE MILK, COTTAGE CHEESE
GOAT AND SHEEP'S MILK/CHEESE
OR A2 COW'S MILK IS EASIER TO DIGEST

HERBS & SPICES

ROSEMARY, THYME, BASIL,
OREGANO, PARSLEY, CILANTRO,
SAGE, MINT, TURMERIC/CURRY ETC...

OTHER

MINIMALLY PROCESSED (MADE FROM WHOLE FOODS)
EX. PESTO, TOMATO SAUCE, GUACAMOLE, HUMMUS,
SOME CONDIMENTS: MAYO, MUSTARD, HOT SAUCE, VINEGAR
DARK CHOCOLATE - 70% COCOA OR HIGHER

BEVERAGES

WATER
TEA
COFFEE WITHOUT SUGAR OR FAKE SUGAR
SELTZERS ARE OKAY

CARBOHYDRATES TYPE MATTERS

	GRAINS	STARCHY VEG & LEGUMES	FRUIT	MILK & YOGURT
BEST	WHOLE GRAINS (INTACT): - BROWN OR WILD RICE - QUINOA - OATS (ROLLED OR STEEL CUT) - POPCORN - BARLEY, MILLET, BUCKWHEAT	ROOT VEGETABLES - SWEET POTATO, YAMS - ROASTED/BAKED POTATOES - PARSNIPS - WINTER SQUASH CORN, PEAS BEANS (PINTO, BLACK, KIDNEY...) LENTILS	WHOLE FRUITS - BERRIES ARE BEST - ALL FRUITS ARE GOOD - GREENISH BANANAS	PLAIN GREEK YOGURT PLAIN SKYR OR KEFIR
OKAY	WHOLE GRAIN <u>PRODUCTS</u> : - WHOLE GRAIN PASTA, BREAD, CRACKERS, CORN TORTILLAS, CEREAL, HIGH FIBER/LOW SUGAR (<6 G PER CUP). LOOK FOR "WHOLE" ON INGREDIENT LIST	MASHED POTATOES	DRIED FRUIT HOMEMADE SMOOTHIES W/O ADDED SUGARS CANNED FRUIT PACKED IN WATER OR JUICE, DRAINED	MILK
LIMIT	REFINED/WHITE FLOURS: - WHITE PASTA, BREAD/BAGELS/ROLLS, WHITE RICE, FLOUR TORTILLAS/WRAPPS - BAKED GOODS, PANCAKES - SALTINES, RITZ, GOLDFISH, INSTANT OATMEAL, GRANOLA BARS	FRIED POTATOES - FRENCH FRIES - POTATO SKINS - HOME FRIES	FRUIT JUICE FRUIT CANNED IN SYRUP JAMS AND JELLIES	YOGURT W/ADDED SUGAR OR ARTIFICIAL SWEETENERS RECOMMENDED: SIGGI'S ICE CREAM FROZEN YOGURT

LIMIT OR AVOID ADDED SUGARS

ESPECIALLY IN BEVERAGES: SODA, KOOL-AID, GATORADE, FRUIT PUNCH, SWEETENED ICED TEA, SUGAR IN COFFEE/TEA, FLAVORED MILK

SWEETS SUCH AS PASTRIES, COOKIES, CAKES, MUFFINS, ICE CREAM, CANDY

HIDDEN SUGARS IN YOGURT, GRANOLA BARS, CEREAL, PEANUT BUTTER, CRACKERS, BOTTLED SALAD DRESSING AND CONDIMENTS (KETCHUP, BBQ SAUCE)

OTHER WORDS FOR SUGAR: HONEY, AGAVE, MAPLE SYRUP, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, BROWN RICE SYRUP, MALT SYRUP, MOLASSES, -OSE (FRUCTOSE, LACTOSE, GLUCOSE, SUCROSE, DEXTROSE), FRUIT JUICE CONCENTRATE, EVAPORATED CANE JUICES.

LABEL RULE

4 GRAMS SUGAR

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1 TEASPOON SUGAR*

*does include natural sugars found in fruit & milk

MY FOOD JOURNAL OR PLANNER

DATE							
BREAKFAST							
SNACK <i>IF YOU HAD ONE</i>							
LUNCH							
SNACK <i>IF YOU HAD ONE</i>							
DINNER							
SNACK <i>IF YOU HAD ONE</i>							
PHYSICAL ACTIVITY							
NOTES:							