



## Healthy foods list:

## V1

Primary  
vegetablesSvg=40 Cal, 1 c unless  
indicated

- Artichokes: ½ med
- Asparagus: 10 lg spears
- Beets: 2 med
- Bok choy\*
- Broccoli
- Brussels sprouts: 5 med
- Cabbage: 3 ½ c raw
- Carrots: 1 c slices or 10 baby
- Cauliflower
- Celery\*
- Collard greens\*
- Cucumber\*
- Eggplant: ½ med
- Jicama
- Kale\*
- Lettuce\*
- Mushrooms\*
- Okra
- Onion
- Peppers, hot
- Peppers, sweet
- Radishes\*
- Snap peas: 2 c chopped
- Snow peas: 2 c chopped
- Spinach\*
- Sprouts\*
- Squash
- String beans – 2 c cooked
- Tomatoes – 2 med or 1 c grape, cherry, etc.

## V2

Secondary  
vegetables & grainsSvg=95 Cal, ½ c cooked  
(¼ c uncooked), unless  
indicated

- Almond milk, unsweet: 2 c
- Amaranth
- Barley
- Beans
- Bread, sprouted grain: 1 slice
- Bread, whole grain: 1 slice
- Brown rice, wild rice
- Buckwheat
- Bulgur
- Cereal, whole grain, low sugar
- Couscous, whole grain
- Crackers, whole grain: 8 sm
- Edamame
- Fingerling potatoes: 4 oz
- Lentils
- Millet
- Oatmeal, old fashioned rolled
- Oatmeal, steel cut
- Pasta, whole grain
- Potatoes: ½ med or 4 oz
- Quinoa
- Refried beans, nonfat
- Rice milk: ¾ c
- Sweet potato, yams: ½ c or 4 oz

## LP

Lean proteins

Svg=140 Cal, 3 oz cooked  
unless indicated

- Chicken breast, boneless skinless
- Clams, drained: 1 c
- Cottage cheese, 1%: 1 c
- Eggs, lg: 2, or 6 egg whites
- Fish, fresh water: 4 oz cooked (catfish, tilapia, trout)
- Fish, cold water (cod, salmon, halibut, tuna)
- Game (buffalo, bison, ostrich, venison): lean (95%)
- Greek yogurt, plain, 2% fat: ¾ c
- Greek yogurt, plain, nonfat: 1 c
- Ground beef, lean (95%)
- Ground chicken, lean
- Ground turkey, lean
- Ham slices, lean low sodium, nitrate-free: 4 oz
- Pork tenderloin
- Protein powder (whey, rice, pea): 1 scoop, 3 T, or 21g
- Red meat, extra lean
- Ricotta cheese, part skim: ½ c
- Roast beef deli meat, nitrate-free: 4 oz
- Sardines: 6 med
- Shellfish (crab, shrimp, lobster): 4 oz cooked
- Tuna, light, packed in water, drained: ½ c
- Turkey bacon, nitrate-free: 4 slices
- Turkey breast, boneless skinless
- Turkey deli meat, nitrate-free: 4 oz

## FF

Fresh fruit

Svg=70 Cal, 1 c unless  
indicated

- Apple: 1 sm or 1 c sliced
- Apricots: 4 sm
- Banana: ½ lg
- Blackberries
- Blueberries: ¾ c
- Cantaloupe
- Cherries: ¾ c
- Figs: 2 sm
- Grapefruit: ½ lg or 1 sm
- Grapefruit sections: ¾ c
- Grapes
- Honeydew melon
- Kiwifruit: 2 med
- Mango: ¾ c sliced
- Nectarine: 1 lg or 1 c sliced
- Orange: 1 med
- Orange sections: ¾ c
- Papaya
- Peach: 1 lg or 1 c slices
- Pear: 1 sm or ¾ c sliced
- Pineapple
- Raspberries
- Strawberries
- Tangerine: 2 sm
- Watermelon

## HF

Healthy fats

Svg=50 Cal, 1 Tbs unless  
indicated

- Avocado: 2 T mashed, or ¼ med
- Avocado oil: 1 tsp
- Cheese (cheddar, provolone, jack, feta, goat, mozzarella)
- Cheese (Parmesan): 2 T, shreds or crumbles
- Coconut (unsweetened)
- Coconut milk, canned: 2 T
- Coconut oil: 1 tsp
- Flaxseed oil: 1 tsp
- Flaxseed, ground
- Hummus
- Nuts, raw: 6 almonds  
4 cashews  
7 peanuts  
10 pistachios  
5 pecan halves  
4 walnut halves
- Nut butters: 1 ½ tsp
- Olive oil, extra virgin: 1 tsp
- Olives: 5 med
- Seed butters: 1 ½ tsp
- Seeds, raw: 1 T
- Walnut oil: 1 tsp

§Opt for the least-processed options for daily choices. Choose lower-glycemic foods more often than not, and allow products such as crackers, cereal, and pasta on a limited basis only.

\*Unlimited.