

FOOD GUIDE TO HEALTHY EATING

FOOD GROUP		WEIGHT LOSS	WEIGHT GAIN
PROTEIN 3 Servings per day	Lean meats: Beef, veal, pork lamb, game meats Seafood: fish, shell fish Poultry: skinless, lean white meat chicken or turkey Eggs: (without yolk if high cholesterol) or egg beaters Dairy: low fat cheeses: Swiss cheddar, mozzarella cream cheese, cottage, farmers or ricotta cheese Non-fat or skim milk; non-fat or plain yogurt; non-fat sour cream. Tofu & Nuts (peanuts & almonds are best)		Fatty cuts of meat. Poultry with skin and fat, fatty duck. Milk (1%, 2% and whole milk) Yogurt sweetened with fruit, sugar or aspartame Ice cream Sherbet
CARBOHYDRATES			
VEGETABLES Unlimited except beans and wild rice	DO NOT OVERCOOK * Beans (lentils, etc.) + leek * Wild rice = whole protein lettuce asparagus (all salad greens) broccoli mushrooms brussels sprouts okra cabbage onions cauliflower peppers celery radish collards scallions cucumber spinach eggplant sprouts green beans summer squash kale tomato (tomato sauce) zucchini		HIGH STARCH acorn squash avocado artichoke carrot corn peas potato white rice sweet potato, yam (Rice cakes)
GRAINS			
Bread	1-2 slices per day of whole grain multi grain or whole wheat bread and rye bread if rye flour is listed as the first ingredient. Whole wheat or multi grain bagels, etc. Whole wheat/whole grain must be the first ingredient		All processes white wheat flour products: Crackers, bagels, white, french and Italian bread, muffins, cakes, pies, donuts, cookies, pizza dough etc.
Pasta	1-2 times per week (al dente): High protein (12 grams) or whole wheat, speit, etc.		
Cereal	Must have: High Fiber (at least 5 grams) & Low Sugar (at most 5 grams) FiberOne brand has 13 grams fiber and 0 grams sugar (only a small amount of aspartame) or oatmeal		
FRUIT	ONLY THESE: 1-2 per day of apples, pears, citrus, peaches, nectarines, plums, cherries, or berries		Banana, apricot, raisins, all dried fruit, grapes, papaya, mango and all melons
SUGAR	Only saccharine (Sweet & Low) Carefree gum etc. (made with saccharine)		All sugars: sucrose, corn syrup, maple syrup, honey, etc. Aspartame (NutraSweet or Equal)
ALCOHOL	None		All
FATS	Mono& polyunsat. Oils (ie. Olive, canola). Limited essential fatty acids are needed to stop famine response		Use butter or margarine sparingly. All fried food
WATER	64 oz per day can be herbal tea, seltzer or other decaffeinated drinks. Too little water stops weight loss and too much can cause water retention		All fruit juices, sodas and drinks with NutraSweet (aspartame) All diet sodas, Crystal Light Caffeinated drinks, tea or coffer