

# Veggies

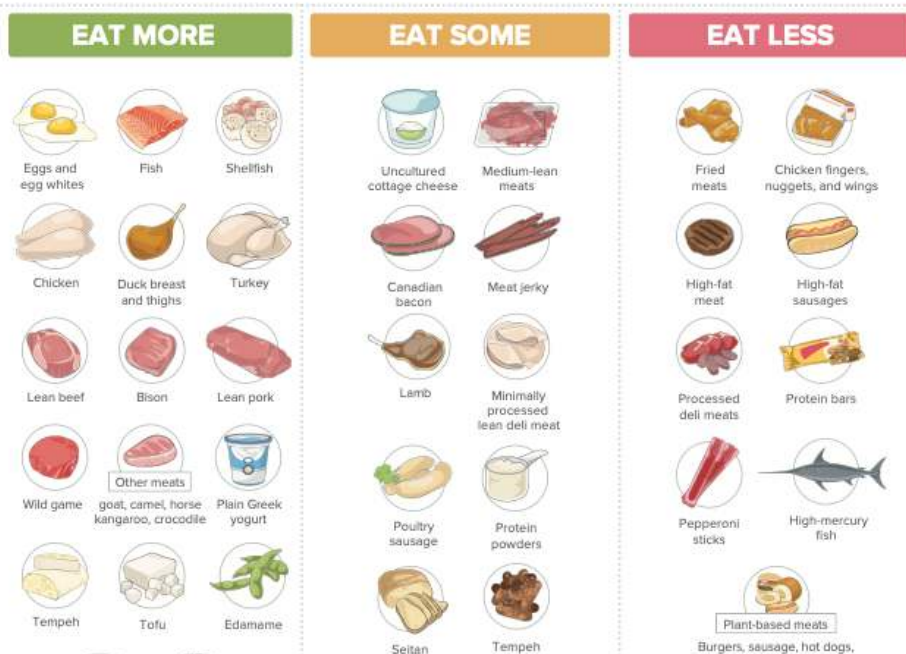


Figure 2.23: "Eat the rainbow"



# Protein

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





Cultured cottage cheese

Insects



Lentils and beans

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).



bacon

Textured vegetable protein



Black bean burgers



Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

tofurky, etc.

This includes items such as Impossible, Beyond, Gardein, Boca, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

# 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

Walnuts

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

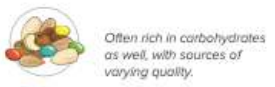
Fish and algae oil



Cream

Cheese aged < 6 months

Flavored nuts and nut butters



Trail mix

Often rich in carbohydrates as well, with sources of varying quality.

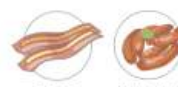


High oleic safflower oil

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

# 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

## EAT SOME

## EAT LESS



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



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



Bean and pulse pasta



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



Cereal bars Fruit juices Flavored milk



Honey, molasses, syrups & jellies Canned, dried, and pureed fruit w/added sugar Sweetened sports drinks



Juice drinks Sweetened energy drinks Plant milks, sweetened



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 Ice cream and frozen yogurt



Candy bars Donuts Cookies



Pastries Muffins Cakes