

FIRST CLASS FOODS

FOOD	EXAMPLES	BENEFITS
Green Leafy Vegetables	Romaine lettuce, spinach, broccoli kale, collards, turnip greens cabbage, arugula, Swiss chard bok choy	The most nutrient-dense of all plant foods, green leafy veggies are rich in dietary fiber, calcium, magnesium, minerals, vitamins and other phytonutrients
Green Vegetables	Green beans, asparagus, cucumbers, zucchini, green bell peppers, Brussels sprouts, artichokes, celery, sprouts	Green vegetables provide an abundant amount of phytonutrients for optimal health
Colorful vegetables	Carrots, tomatoes, purple cabbage bell peppers, eggplant, squash, cauliflower, onions, turnips, garlic leeks, beets	The colorful pigments of these vegetables are rich in special forms of flavinoids and antioxidents
Beans/Legumes	Pinto beans, black beans, kidney beans, lentils, garbanzos/chick peas lima beans, white beans, black-eyed beans, soybeans, fava beans, mung beans	Beans are rich in fiber, protein, carbs and other nutrients. Beans help control and stabilize blood sugars
Starchy Vegetables	Sweet potatoes, yams, baked potatoes, corn, peas	Rich sources of carbohydrates, fiber, and other nutrients, these starchy vegetables need to be balanced with healthy proteins and fats.
Fresh Fruits	Apples, oranges, tangerines, grape- fruit, pears, grapes, berries, banana melons, apricots, cherries, coconut,	Good sources of energy with fiber, natural antioxidents, and vitamins, these fruits need to be balanced with healthy proteins

kiwis, lemons, limes, nectarines
peaches, plums, strawberries

and fats.

Whole, Unrefined
grains

Barley, oatmeal, oat groats, quinoa,
brown rice, wild rice, Kamut, bulgur
(cracked wheat), buckwheat, millet
amaranth, spelt

Whole grains provide fiber and other
nutrients missing in refined carbs. These
starches need to be balanced with
healthy proteins and fats.

Raw nuts and seeds

Walnuts, almonds, pecans, cashews
hazelnuts, macadamia nuts, pitashios
pine nuts, pumpkin seeds, sesame
seeds, flax seeds, chia seeds,
sunflower seeds, old fashioned
peanut butter, almond butter
sunflower butter

Nuts and seeds are good sources of heart
healthy fats, protein, and other nutrients.
Because of their high fat content, they
should be used moderately.

Whole-food fats

Whole olives, whole avacadoes
whole coconuts, nuts, seeds

Good sources of healthy fat and other
nutrients, but high in calories. Should
be used moderately.

First-class beverages:
water, fresh pressed
vegetable juices

A wide variety of vegetables can be
included in these juices. Minimal
fruit can be added to enhance flavor
without spiking blood sugars.

Water is your beverage of choice. Be sure
to stay well-hydrated by drinking, plenty
of water through the day. Fresh pressed
vegetable juices are high in nutrients and
phytochemicals

SECOND CLASS FOODS

Processed whole grains

Whole wheat or whole grain bread
or pasta (or other whole wheat flour
products), whole grain cereal, couscous

These refined whole grain foods are
healthier than foods made with white flour.
However, they are still processed foods

		and generally spike blood sugars more than unrefined whole grains.
Processed fruits or vegetables (with added sugar, salt, or fat)	Applesauce, canned fruits with added sugar, dried fruits with added sugar canned and salted vegetables	Processed fruits are not as healthy as fresh fruits and can raise blood sugars more dramatically. Processed vegetables lose many of their nutrients and can be high in sodium.
Milk alternatives	Soy milk, almond and other nut milks	These milk-replacement products are healthier alternatives to real milk. They can be used in cereal, smoothies, etc. Be sure to choose unsweetened varieties.
Organic, fat-free dairy and free range eggs	Organic, fat-free milk, yogurt, and cottage cheese	These foods are lower in saturated fat and cholesterol than regular dairy products. Organic forms are safer to eat. However dairy is not an optimal food for humans. If it is consumed, it should be on a limited basis. Free-range eggs are high in saturated fat and cholesterol, but are safer to eat than regular eggs. Using only egg whites removes the fat and cholesterol.
Cold-water fish	Mackerel, trout, herring, water-packed tuna, and salmon	These fish are high in omega-3 fatty acids. However, many fish contain mercury and other dangerous toxins. A better option is to take a DHA/EPA rich, microalgae supplement or an omega-rich purified fish oil. Flax seeds and walnuts also contain some omega-3 fatty acids. Pregnant or lactating women are especially encouraged to limit

fish intake.

White meat

chicken and turkey

White meat contains less saturated fat than red meat, but it contains the same amount of cholesterol. If you choose to eat these meats, it's best to use organic products to avoid contamination associated with hormones and antibiotics, etc.

Virgin oils-use sparingly

Extra virgin, cold pressed olive oil, coconut oil, flax seed oil, hemp seed oil, EFA oil blends

It's best to get fats from whole plant sources such as olives, avocados, coconut, nuts, and seeds. However, if you choose to use extra virgin, cold-pressed forms for baking and try an essential oil blend for salad dressings.

second-class
beverages: fruit juices

100% fruit juices

Fruit juice contain vitamins and minerals However, even 100% all natural juice can spike blood sugars and contribute to weight gain. It's better to eat whole fruit than to drink fruit juices. Use juices sparingly and only on special occasions.