

# FOODS LIST

This list is not all-inclusive. Talk to a registered dietitian for dietary advice on specific foods not listed.

## Foods to include:

Vegetables (½ cup cooked/1 cup raw)	Fruit (½ cup)	Protein	Fats (1 Tbsp)
Artichokes	Apples	Beef	Almonds*
Asparagus	Apricots	Whole eggs	Almond butter*
Beets	Banana	Fish/seafood*	Avocado
Broccoli	Blackberries	Pork	Brazil nuts*
Brussels sprouts	Blueberries	Poultry	Cashews*
Cabbage	Cherries	Protein powder	Cashew butter*
Carrots	Figs	Tofu	Chia seeds
Cauliflower	Honeydew	Tempeh*	Butter/ghee
Celery	Grapefruit		Coconut oil
Cucumber	Kiwi		Flax seeds/oil
Eggplant	Lemon	<b>Dairy (6 oz)</b>	Hazelnuts*
Green beans	Lime	Cottage cheese	Hummus
Kale	Mango	Greek yogurt-plain*	Walnuts*
Kohlrabi	Melon	Kefir*	Macadamia nuts*
Lettuce	Orange	Goat cheese	Olives
Mushrooms	Nectarine	Grass-fed cheese	Olive oil
Onions	Papaya	Natural cheeses	Pecans*
Peppers	Peaches	Sour cream	Pine nuts
Pumpkin	Pears		Pistachios*
Radish	Pineapple	<b>Starches (½ cup)</b>	Pumpkin seeds
Shallot	Plum	Ancient grains	Salad dressings made with olive oil
Snow peas	Raspberries	Beans and lentils*	Sesame seeds
Sugar snap peas	Strawberry	Couscous	Sunflower seeds
Spaghetti squash	Tangerine	Oats	
Spinach	Watermelon	Quinoa*	<b>Herbs and spices</b>
Tomato		Sweet potato	Use to flavor your foods
Turnip greens	<b>Fermented foods</b>	Wild rice	
Watercress	Kimchi	Brown rice	
Zucchini	Kombucha		
	Miso		
<b>Beverages</b>	Sauerkraut		
Water			
Infused water			

\* These foods fall into multiple categories.

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## Foods to limit:

### Added sugar items

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Agave nectar  
Artificial sweeteners  
Barley malt  
Beet sugar  
Brown sugar  
Cane juice  
Cane sugar  
Caramel  
Condiments  
Confectioners' sugar  
Honey  
Invert sugar  
Malt syrup  
Maltodextrin  
Maltose  
Mannitol  
Rice syrup  
Sorbitol  
Sorghum syrup  
Sucrose  
Sugar

### Fats

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Corn oil  
Cottonseed oil  
Sunflower oil  
Hydrogenated oils  
Partially hydrogenated oils  
Peanut oil  
Safflower oil  
Soybean oil  
Vegetable oil

### Beverages

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Alcohol  
Diet sodas  
Energy drinks  
Fruit drinks  
Juice  
Sodas

### Starches

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Bread  
Cereals  
Crackers  
Granola bars  
Pasta  
Refined grains  
White potatoes

### Dairy

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Dairy, processed  
Yogurts, flavored

### Protein

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Preserved meats