

| | Lean Protiens | Vegetables | Fruits | Grains | Fats |
|--------------------------|---|--|---|--|--|
| Best | Sustainably raised domestic salmon, Pole and line-caught skipjack and albacore tuna,cod, artich char, oysters, mussels, clams, shrimp, organic chicken, lean beef, whole eggs, Greek yogurt, lentils, almonds | Leafy greens like romaine, Swiss chard, kale, collards and spinach are king but all vegetables are nutrititious so choose those you enjoy most | Blueberries, raspberries, organic apples, oranges and all citrus, red grapes, pomegranates. | Rolled oats, quinoa, brown rice, millet, buckwheat, wild rice, whole wheat | Avocados, olives, olive oil, coconut oil, avocado oil. Nuts like almonds & walnuts. Flax seed |
| Good | Fermented soy products, beans | Starches like sweet potatoes, winter squash, eggplant | | Whole grain bread like wheat and rye without added sugar | Nut butters without added sugar, chia seed |
| Eat in Moderation | High-mercury fish Tofu | White potatoes, corn | High sugar fruits like pineapple, banana. Dried fruit is nutritious but fresh is better. | All grains should be eaten in moderation due to high caloric content | Butter |
| Avoid | Fried foods, processed meats with nitrates, processed soy products | Canned vegetables are lower in nutritional value. Some report night shades are bad for joints. | Fruit juice | Whole grain cereals with added sugar. White rice & pasta | Trans fats,hydrogenated & partially hydrogenated vegetable oils, soybean oil, corn oil, margarine, fake butter substitutes |