

# HEALTHY FOOD GUIDE **V**

## CARB/STARCH

### BEANS

pinto  
chickpea  
kidney  
adzuki  
mung  
white  
navy  
black  
lentils  
lima

### GRAINS

barley  
steel cut oats  
brown rice  
quinoa  
couscous  
farro

### FLOURS

spelt  
oat flour  
whole wheat flour  
almond flour  
coconut flour  
chickpea flour  
brown rice flour  
quinoa flour

## CONDIMENTS

apple cider vinegar  
balsamic vinegar  
red wine vinegar  
white wine vinegar  
rice vinegar  
balsamic vinaigrette  
other vinaigrettes  
soy sauce  
teriyaki sauce  
hot sauce  
chili paste  
garlic paste  
cilantro paste  
hummus  
natural almond butter  
natural peanut butter  
natural coconut butter  
natural cashew butter  
worcestshire sauce  
broths  
mustards

### TOMATO BASED

marinara  
tomato paste  
ketchup  
salsa  
pico de gallo

## SUPERFOODS

spirulina  
chia  
flax  
hemp seeds  
green tea  
ginger  
beets  
berries  
coconut  
raw cocoa  
eggs

## HEALTHY ALTERNATIVES

turkey jerky  
beef jerky  
low-fat cheese  
deli meats  
quest bars  
lara bars  
kind bars

## SEASONINGS

fresh herbs  
dried herbs  
sea salt or himalayan salt  
black pepper  
spices  
pure extracts

## PROTEIN

### LEAN CUTS OF MEAT

top sirloin  
flank steak  
lean ground beef

### POULTRY

chicken  
lean ground chicken  
turkey  
lean ground turkey

### FISH / SEAFOOD

halibut  
sole  
salmon  
tilapia  
tuna (white albacore)  
trout  
mahi mahi  
red snapper  
flounder  
grouper  
herring

### EGGS

free-range organic

### DAIRY (see choices)

### BEANS (see choices)

### NUTS (see choices)

## FRUITS

### LOW GLYCEMIC (eat lots)

apple  
pear  
raspberry  
blackberry  
blueberry  
cherry  
strawberry  
grapefruit  
cloudberry  
lingonberry  
plum  
lemon  
limes  
pomegranate  
orange

### MEDIUM GLYCEMIC (eat sometimes)

mango  
guava  
tangerine  
kiwi  
peach

### MEDIUM-HIGH GLYCEMIC (eat sparingly)

banana  
pineapple  
date  
fig  
apricot  
cantaloupe  
grapes  
raisins  
watermelon  
papaya

## VEGETABLES

### VERY LOW-LOW GLYCEMIC (eat lots)

artichoke  
asparagus  
broccoli  
brussel sprouts  
cabbage  
cauliflower  
celery  
green beans  
mushrooms  
onions  
green peas  
garlic

### LETTUCE (eat lots)

kale  
collard greens  
spinach  
arugula  
dandelion greens  
beet greens

### FRUITS USED AS VEGETABLES (eat lots)

tomatoes  
cucumbers  
squash  
zucchini  
pumpkins  
peppers  
eggplant  
tomatillos  
okra  
avacado

### MEDIUM GLYCEMIC (eat sometimes)

carrot  
sweet potato  
yam  
sweet corn  
beets  
leeks

### HIGH GLYCEMIC (avoid)

potatoes  
(white, red, golden, etc.)

## HEALTHY FAT

### NUTS/FATTY PROTEINS

walnuts  
pecans  
cashews  
almonds  
avocado  
coconut  
seeds  
natural peanut butter  
natural almond butter

### DAIRY

unsweetened almond milk  
unsweetened rice milk  
unsweetened coconut milk  
goat milk  
goat cheese  
low-fat cottage cheese  
greek yogurt  
grass fed whey

### OILS

coconut oil  
olive oil (extra virgin)  
sunflower oil  
walnut oil  
avocado oil

## SWEETENERS USE SPARINGLY

pure maple syrup  
coconut sugar  
raw stevia  
applesauce (no sugar added)  
pure honey  
palatinose/isomaltulose