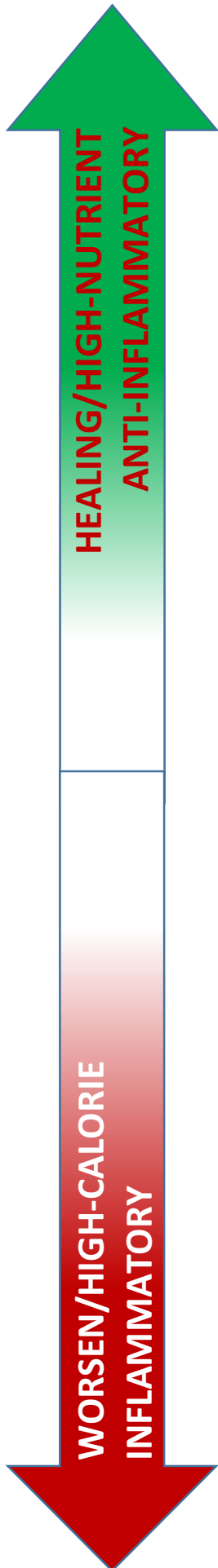


FOOD CHOICE LIST*



GREEN LEAFY VEGETABLES:	½ CUP COOKED; 1 CUP RAW
Kale, mustard, collards, turnip, Swiss chard, Bok choy, Napa cabbage, spinach, leaf lettuce, Brussels sprouts, cabbage, herbs, broccoli, endive, Iceberg lettuce	
COLORFUL VEGETABLES:	1 CUP
Mushrooms, Bell pepper, asparagus, tomatoes, zucchini, okra, celery, winter squash, garlic, onions, chayote, shallots, yellow squash, beets, parsnips, eggplant	
BEANS/LEGUMES:	1/2 CUP COOKED
Bean sprouts, edamame, pinto beans, great northern beans, lentils, lima beans, tempeh, kidney beans, black beans, chickpeas (garbanzo beans), split peas, tofu	
FRUITS:	1 MEDIUM/1 CUP
Cranberries, strawberries, blackberries, raspberries, blueberries, guava, grapefruit, pomegranate, grapes, cantaloupe, plums, oranges, apricots, water-melon, papaya, peaches, kiwi, cherries, pineapple, mango, apple, pears, nectarine, banana	
SEEDS:	1 OZ.
Flax seeds, sunflower seeds, chia seeds, pumpkin seeds	
STARCHY VEGETABLES:	1 CUP
Sweet potato, snow peas, green peas, corn, jicama, yams, white potato, cassava	
WHOLE-FOOD FATS & NUTS:	1 OZ./2 TBSP.
Olives, avocado, tahini, nut butters, almonds, peanuts, walnuts, pecans, coconut, brazil nuts	
WHOLE GRAINS:	1 CUP COOKED
Wheat, pearl barley, quinoa, oats, brown rice, rye flakes, buckwheat groats, whole-grain cornmeal, wild rice, millet	
MILK/MEAT ALTERNATIVES:	1 CUP/1 PORTION
Unsweetened almond milk, soy or gluten meat substitutes, coconut milk, hemp milk, unsweetened soy milk, chocolate almond milk, oat milk, rice milk, sweetened soy milk	
COLD WATER FISH:	3 OZ.
Salmon, haddock, cod, flounder, tilapia, trout, red snapper, grouper, sardines, tuna	
WHITE MEAT:	3 OZ.
Turkey breast, chicken breast	
CHEESE/DAIRY:	1 CUP MILK/1 OZ. CHEESE
Milk, cottage cheese, ricotta, mozzarella, American, parmesan, blue cheese, provolone Gouda, brie, muenster, cream cheese, eggs, yogurt	
DARK / RED MEAT:	3 OZ.
Dark meat turkey, dark meat chicken, beef steak, ground beef (90% lean), tenderloin, rib eye, Porterhouse, veal, bison, lamb, pork tenderloin, pork chops, ham, spareribs, bacon	
REGULAR OILS:	1 TSP.
Flax seed oil, olive oil, canola oil, corn oil, cotton seed oil, safflower oil, soy oil, sesame oil, sunflower oil, coconut oil, palm oil, butter, lard, partially hydrogenated vegetable shortening	
REFINED SWEETS:	1 PORTION
Maple syrup, apple pie, frozen yogurt, cookies, ice cream, jam, jelly, sugar, hard candy, corn syrup, agave syrup, sodas	
REFINED GRAINS:	1 CUP
White rice, pasta, white flour, white bread, cookies, cakes	
PROCESSED MEATS:	1 PC. /1 SLICE
Salami, beef jerky, bologna, deli meats, hot dogs, corned beef, sausage, canned meat	
DIET DRINKS:	12 OZ.
Diet sodas, artificial sweeteners	

*IF FOOD HAS BEEN **PROCESSED** DECREASE BY TWO CATEGORIES. IF FOOD HAS BEEN **FRIED** DECREASE BY FOUR CATEGORIES.
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