

Fats & Oils _____ Servings / day

2 T.....Avocado
 1½ T..Coconut milk (½ c light)
 1 t.....Oils, cooking or salad: Almond, Canola, Coconut (virgin), Grapeseed, Flax Seed Oil (cold pressed), Olive (extra virgin), Pumpkin, Safflower or Sunflower high oleic oil, Sesame, Walnut

ELIMINATE

Butter
 Mayonnaise
 Margarine
 Processed oils

Salad dressings
 Shortening
 Spreads

Nuts & Seeds _____ Servings / day

6.....Almonds
 2.....Brazil nuts
 6.....Cashews
 3 T.....Coconut (unsweetened)
 2 T.....Flax seed, ground
 5.....Hazelnuts
 6.....Mixed nuts (no peanuts)
 ½ T....Nut butters (1½ t)
 1 t.....Nut oils

4.....Pecan halves
 1 T.....Pine nuts
 16.....Pistachios
 1 T.....Pumpkin seeds
 1 T.....Sesame seeds
 1 T.....Sunflower seed kernels
 2 t.....Tahini (sesame paste)
 4.....Walnut halves

ELIMINATE

Peanuts
 Peanut butter

Protein _____ Servings / day

Plant Protein: (*organic, non GMO preferred*)
 1 oz...Burger alternatives: mushroom, veggie, no soy

Animal Proteins (very lean cuts or low-fat)
 1 oz...Fish (fresh, frozen, wild-caught, not farm raised)
 1 oz...Meat: buffalo, elk, lamb, venison, wild game

1 oz...Poultry (skinless chicken, duck, turkey, Cornish hen)
 2sm...Sardines
 1 oz...Seafood, no shell fish

Protein Powder:
 1-2 scp(15-25 g protein) ≈ 2-3 oz Rice, pea, hemp protein, no soy, whey, or egg white

ELIMINATE

Eggs
 Pork

Beef/veal
 Sausage

Cold cuts
 Canned meats

Frankfurters
 Shellfish

Non-starchy Vegetables _____ Servings / day

Artichoke
 Asparagus
 Bamboo shoots
 Bean sprouts
 Bell peppers
 Bok choy
 Broccoli
 Brussels sprouts
 Cabbage
 Carrots
 Cauliflower

Celery
 Chard/Swiss Chard
 Cucumbers
 Eggplant
 Greens (beet, dandelion, collard, mustard, turnip)
 Green beans
 Jicama
 Kale
 Leeks

Lettuce
 Mushrooms
 Okra
 Onions
 Peppers
 Radishes
 Shallots
 Spinach
 Squash, summer
 Tomato
 Vegetable juice (¾ c)

* Serving = ½ c

Starchy Vegetables _____ Servings / day

1 c.....Acorn squash, cubed
 1 c.....Beets, cubed
 1 c.....Butternut squash, cubed
 ½ c....Green peas
 ⅓ c....Plantain (½ whole)
 1 c.....Snow peas

1 c.....Sweet potato, cubed
 ½ c...Winter roots or squashes, mashed (acorn, beet, butternut, parsnip, potato, pumpkin, sweet potato, turnip)

ELIMINATE

Corn

Fruits (No sugar added) _____ Servings / day

1 sm .Apple
 ½ c...Applesauce
 4.....Apricots, fresh
 ½.....Banana, med
 ¾ c...Blackberries
 ¾ c...Blueberries
 12.....Cherries
 3.....Dates or Figs

½ c....Fruit juice
 15.....Grape
 ½ sm..Mango
 1 c.....Melon
 1 sm..Nectarine
 1 c.....Papaya
 1 sm..Peach
 1 sm..Pear

¾ c....Pineapple
 2 sm..Plums
 1 sm..Pomegranate
 3 md .Prunes
 2 T.....Raisins
 1 c.....Raspberries
 2 sm..Tangerines
 2 T.....Dried fruit

ELIMINATE

Oranges

Orange juice

Legumes _____ Servings / day

½ c....Cooked dried peas, beans, or lentils
 ¾ c....Bean soups
 ⅓ c....Hummus or other bean dips
 ½ c....Fat-free refried beans

ELIMINATE

Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

Low-fat Dairy/ Alternatives _____ Servings / day

8 oz...Milk alternates: oat, nut hemp, rice
 8 oz...Dairy-free coconut yogurt or kiefer
 2 oz...Vegan style rice milk cheeses

ELIMINATE

Milk
 Cheese
 Cottage cheese

Cream
 Yogurt
 Butter

Ice cream
 Frozen yogurt

Non-dairy creamers

Grains _____ Servings / day

Gluten-free Grains:

Amaranth*
 Basmati rice*
 Buckwheat/kasha*
 Millet*
 Oat*

Quinoa*
 Rice, brown* or wild*
 Sorghum*
 Tapioca
 Teff*

½ c....Cereal, cooked (rice, oatmeal, grits)
 ¾ c....Cereal, ready-to-eat (high fiber, whole grain)
 ½ c....Oatmeal, cooked
 ⅓ c....Quinoa

⅓ c....Rice
 1 sl....Rice bread*
 2Rice cakes (brown)*
 3-4.....Rice crackers*
 ⅓ c....Rice noodles or pasta*
 * = *Gluten free*

ELIMINATE

Wheat
 Corn

Barley
 Spelt

Rye
 Triticale

* all measurements in single serving sizes