



# Food to Prioritize

## Non Starchy Vegetables

*Non-starchy vegetables are **essential** for good health. They are rich in vitamins, minerals, antioxidants, and fiber. Enjoy in abundance!*

- broccoli, cabbage, asparagus, cauliflower, boy choy, radish, Brussel sprouts, onions, garlic, leeks, chives, shallots, arugula, spinach, kale, collard, mixed greens, microgreens, chard, romaine, mushrooms, artichoke, celery, summer squash, zucchini, green beans, etc.

## Starchy Vegetables

*These are complex carbs that are rich in nutrients and fiber and provide energy. Remember to pair with protein to keep blood sugar stable.*

- carrot, beets, parsnips, potatoes, yams, sweet potatoes, yucca/cassava, plantains, butternut squash, spaghetti squash, acorn squash, etc.

## Whole Fruit

*Great sources of fiber, antioxidants, and micronutrients,. Eat fruit in combination with fat and protein to avoid blood sugar spikes.*

- Prioritize berries (lowest in sugar), other: apples, pears, melons, grapes, kiwi, peach, nectarine, cherries, apricot banana, mango, pineapple, papaya

## Animal Protein

*Lean, animal-based proteins are rich in many nutrients. Protein helps balance blood sugar and is essential for good health.*

- chicken, eggs, turkey, broth, fish/seafood (especially salmon)
  - If possible, choose organic/pasture raised/wild-caught for fish
- dairy: greek yogurt

## Whole Grains

*Choose whole grains and limit refined flours*

- quinoa, millet, oats, rice, corn, farro

## Legumes

*Legumes are rich in fiber and a great source of protein*

- Beans: black beans, chickpeas, pinto beans, lentils, peas, peanuts, kidney beans, white beans, pea protein, etc.
- Soy: tofu, tempeh, edamame

## Nuts/Seeds

*Nuts and seeds are rich in fiber, healthy fats, and many other nutrients. Include daily.*

- Nuts: walnuts, almonds, cashews, pistachios, macadamia nuts, pecans, Brazil nuts, etc.
- Seeds: Chia, flax, pumpkin seeds, hemp seeds, sesame seeds, etc.

## Healthy Fats

*Healthy fats help lower inflammation, lower cholesterol, and are **essential** for overall health*

- oils: olive oil, avocado oil
- foods: nuts/seeds, avocados, olives, salmon, coconut

## Spices/Herbs

*Spices and herbs are a great source of antioxidants which help to lower inflammation. They also make dishes tasty. If bottled, check ingredients for added salt, sugar, oils, etc.*

- cumin, paprika, cilantro, ginger, basil, cinnamon, chili powder, turmeric, mint, dill, etc.



## Eat in Moderation

### Animal Protein

*These meats are higher in saturated fat, eat in moderation.. Higher quality red meat is a great source of protein and many micronutrients.*

- Beef, pork, sausages, cured meats, deli meats. If possible, choose organic/grass-fed for meat and nitrate-free for cured meats

### Dairy

*Diary is higher in saturated fats, eat in moderation. If possible, choose organic.*

- plain greek yogurt is a great source of protein. Eat milk/cheese/butter in moderation if tolerated.

### Natural Sweetener

*Although less processed, these sugars can still lead to imbalanced blood sugar if eaten in excess. Enjoy mindfully.*

- raw honey, pure maple syrup (not sugary syrups), organic cane sugar, monk fruit, stevia, dried fruit such as dates/date syrup, molasses.

### Refined Whole Grains

*Whole grain products have more fiber which is beneficial, however it is still refined. Always consume with protein and healthy fats to keep blood sugar stable.*

- whole grain bread, whole grain pasta, whole grain noodles, etc.

## Reduce/Eliminate

### Refined oils

*High in omega-6 fats which are highly inflammatory. These oils are what restaurants/most packaged foods use.*

- Corn, soy, canola, sunflower, safflower, grapeseed, peanut oil

### Refined Flour

*Lacking in nutrients +fiber, spikes blood sugar, leads to metabolic dysfunction, GI dysfunction*

- White flour, breads, pasta, cereal, flour tortillas, pizza, pastries, noodles

### Sugars

*Read ingredients labels to learn if added sugar are hidden. Refined sugar is highly inflammatory, spikes blood sugar and worsens overall health.*

- Aspartame (Diet Coke, Equal), sucralose (Splenda), saccharin (SweetN Low), high fructose corn syrup, agave, cane sugar, white sugar
- Found in coffee creamers, candy, ice cream, juice, soda, granola bars, flavored yogurt, flavored oatmeal, etc.