

THE BEST AND WORST FOODS

(AND EVERYTHING IN BETWEEN)

FATS

Good Oils and sprays canola oil, canola spray, enova oil, fish oil, flaxseed oil, I can't believe it's not butter spray, olive oil (extra virgin), benecol spread

Vegetables avocados

Seeds pumpkin, sunflower

Nuts almonds, cashews, macadamias, pecans, soy nuts, walnuts

Neutral Nuts natural peanut butter, peanuts

Bad Dairy Products butter, cream, ice cream (regular full-fat, margarine, milk (whole))

Oils lard (crisco, etc)

PROTEINS

Good Fish: anchovies, calamari, cod, flounder, grouper, halibut, mackerel, mahi mahi, salmon, sardines, swordfish, tuna (canned in water), tuna steak or sushi

Shellfish: clams/mussels, crab, lobster, oysters, shrimp/prawns

Poultry: chicken breast (skinless), ground turkey (extra-lean), turkey breast

Meat: buffalo, filet mignon, flank steak, ground beef (93% lean), ham (96% fat-free), london broil, pork loin (lean), top and bottom round, venison

Legumes: black beans, soybeans (edamame)

Dairy Products: cheeses (less than 2% fat), egg beaters, egg whites, milk (fat-free skim), yogurt (low-fat, sugar)

Neutral Poultry: chicken (dark meat, skinless), ground turkey (85-90% lean)

Meat: ground beef (85-90% lean), roast beef

Legumes: chickpeas, kidney beans, lentils, pinto beans

Dairy Products: cottage cheese (1% and 2% fat), frozen yogurt (low-fat, sugar), ice cream (low-fat, sugar), milk (1% and 2% fat), whole eggs, yogurt (whole milk)

Bad Meat: beef (heavily marbled), ground beef (regular fat), NY strip, T-bone, chicken (with skin or fried)

Dairy Products: cheeses (double-or triple-cream, such as Brie and Camembert), milk (whole)

CARBOHYDRATES

Good Breads: pumpernickel, rye, sourdough

Cereals: cheerios, kashi, oatmeal (slow-cooking-not instant)

Starches: brown rice, couscous, quinoa

Root Veggies: beets, sweet potatoes, yams

Green Veggies: asparagus, broccoli, brussel sprouts, cucumber, field greens, green beans, romaine lettuce, snap peas, spinach)

Other Veggies: bell peppers, carrots, celery, eggplant, mushrooms, soy beans, squash, tomatoes

Fruit: apples (green), blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes (red), honeydew, kiwifruit, mangoes, oranges (whole), papaya, peaches, plums, pomegranates, raspberries, strawberries, watermelon

Neutral Breads / Baked Goods bread (whole wheat), muffins (oat or whole wheat), tortillas (whole wheat)

Cereals: corn-based cereals (all), rice-based cereals (all)

Starches: egg noodles, pancakes (nonenriched / whole wheat, buckwheat, or sourdough - no/low sugar syrup), pasta (whole wheat)

Root Veggies: potatoes (baked)

Other Veggies: iceberg lettuce, yellow squash, zucchini

Fruit: dates

Snacks: english muffins (sourdough), rice cakes, wheat crackers

Bad Baked Goods: cakes, cookies, doughnuts, english muffins (most types), white bread

Cereals: sugary cereals

Dairy Products: frozen yogurt (with sugar), ice cream

Snacks/Treats dried fruit, french fries, granola bars, potato chips, trail mix

Salads: coleslaw, cream seafood salad, potato salad

BEVERAGES

Good red wine (2-6 glasses per week), tea (decaffeinated -- green, black, or white), water (at least 64 oz. per day)

Neutral coffee (decaf or regular), diet soft drinks, fruit juices (unsweetened), orange juice (diluted), teas (caffeinated), white wine

Bad beer, fruit juice (sweetened), hard liquor, kool-aid, mixed drinks (especially fruity bar drinks), smoothies, soft drinks

CONDIMENTS

Good balsamic vinegar, benecol spread, cayenne pepper, fruit spreads, garlic, herbs/spices, horseradish, hummus, mayo (fat-free), Mrs. Dash seasoning, mustard, pesto, salad dressing (fat-free), salsa, seasonings, take control spread

Neutral bbq sauce, ketchup, salad dressing (low-fat), syrup (light)

Bad mayo, miracle whip, salad dressing (regular), sugar