

# The Good Stuff—What to Eat

## Protein Sources

Eggs and Egg Whites  
Skinless Chicken Breast  
Skinless Turkey Breast  
Lean Ground Turkey  
Low Sodium Low Fat Deli Meats  
Seafood  
Lean Meats  
Non-Fat / Low-Fat Cottage  
Cheese  
Tofu - Low-Fat or Light

## Protein Powders

Unsweetened Whey  
Egg White  
Unsweetened Soy

## Milk and Dairy

Nonfat Milk  
Unsweetened Soy Milk  
Lowfat 1% Milk  
Lowfat /Nonfat Plain Yogurt  
Fat-Free or Low-Fat (1-2%  
fat) Varieties  
Feta  
Mozzarella  
Parmesan  
Provolone  
Ricotta  
String Cheese

## Best Oil and Fats

Olive Oil  
Canola Oil  
Flax Oil  
Walnut Oil

## Nuts

Almonds  
Walnuts  
Pistachios  
Peanuts

## Fat alternatives:

Vegetable stock, chicken  
stock, tomato juice and  
water

## Vegetables

Artichokes  
Asparagus  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Greens  
Cucumbers  
Eggplant  
Endive  
Green Beans  
Hearts of Palm  
Lettuces  
Arugula  
Radicchio  
Spinach  
Sprouts  
Watercress  
Mushrooms  
Onions  
Leeks  
Peppers—Green, Red,  
Yellow, Orange  
Pumpkin  
Snow Peas  
Summer Squash  
Tomato  
Turnips  
Zucchini  
Yellow Squash

## Fruits

Apples  
Apricots  
Cantaloupe  
Cherries  
Grapefruit  
Oranges  
Lemon  
Lime  
Kiwi  
Pears  
Plums  
Peaches  
Strawberries  
Blueberries  
Blackberries  
Raspberries

## Herbs, Spices and

### Sweeteners

All Fresh and Dry Herbs  
Spices without Sugar  
Lemon and Lime Juice  
Extracts  
Spike™  
Stevia™  
Xylitol™

### Condiments

Mustards - No Sugar  
Unsweetened Ketchup  
Tamari  
Low Sodium Soy Sauce  
Hot Sauce  
Salsa - No Sugar  
Horseradish  
Capers  
Pepper - All Varieties  
Pickles (except sweet)  
Vinegars—Wine and Cider

### Grains and Cereals

Select High Fiber,  
Unsweetened Cereals  
Fiber One  
Old Fashioned Oats  
Multigrain Hot Cereals

### Breads

Course Whole Grain Bread  
Sprouted Wheat  
Pita Bread: Whole Wheat

### Pasta and Grains

Whole grain  
Barley  
Bulgur  
Quinoa  
Rice: Brown or Wild (1/2 cup  
cooked)  
Bran-a-crisp™ Crackers  
Rye Crisp Crackers  
Popcorn (NO Butter!)

### Beverages

Water!  
Coffee and Tea  
Herbal Teas  
Iced Teas  
Bubbly Water w/fruit slice  
Mineral Water w/ Lemon or  
Lime