

Foods listed in **green** are recommended. You want to **avoid** the foods listed in **red**.

FOODS TO EAT

\*\*FOODS TO BE CAREFUL WITH

| Vegetables Low GI   | Vegetables Medium GI   | Fruit  | Oils   | Concentrated Proteins  | Nuts & Seeds  | **Legumes  | Grains   | Dairy  | Beverages   | Functional Foods   |
|---|--|--|--|--|---|--|--|--|---|--|
| <b>Cruciferous:</b> broccoli, brussels sprouts, cabbages, cauliflower<br><br><b>Greens:</b> beet greens, bok choy, collard greens, escarole, kale, mustard greens, Swiss chard, watercress, spinach<br><br><b>Lettuce/Mixed greens</b><br><br><b>Mushrooms</b><br><br><b>Salsa</b> (sugar-free)<br><br><b>Sprouts:</b> alfalfa, broccoli or radish sprouts, bamboo shoots, etc.<br>Squash: spaghetti, summer, yellow, zucchini<br><br><b>Other vegetables:</b> artichokes, asparagus, organic celery, chives, cucumbers, dill pickles, eggplants, garlic, green beans, hot peppers, kelp, leeks, mixed vegetable juices, okra, onions, organic sweet bell peppers, radishes, snow peas, organic tomatoes, water chestnuts | Beets<br>Carrots<br>Pumpkins<br>Rutabagas<br>Sweet potatoes or yams<br>Turnips<br>Winter squash<br>Organic Yukon Gold Potatoes | <b>Berries:</b> blackberries, blueberries, raspberries, and organic strawberries<br><br>Organic apples<br>Apricots<br>Cantaloupe<br>Clementine<br>Organic cherries<br>Fresh Figs<br>Organic grapes<br>Honeydew melon<br>Kiwifruits<br>Mango<br>Organic nectarines<br>Oranges<br>Organic peaches<br>Organic pears<br>Plums<br>Tangerines<br>Watermelon<br><br>Bananas<br>Dried fruit<br>Fruit juice<br>Pineapples | <b>Best:</b> Avocados and Guacamole<br>Olives<br><br><b>Good:</b> Extra virgin coconut oil<br>Cold-pressed extra virgin olive oil<br>Flaxseed oil<br>Walnut oil<br>Avocado oil<br>Mayonnaise (made with avocado oil)<br><br>Vegetable and<br>Processed oils<br>Canola oil<br>Hydrogenated oil<br>Margarine<br>Peanut oil<br>Sunflower oil<br>Safflower oil<br>Trans fats<br>Vegetable shortening | <b>Best:</b> Low-GI vegetables<br>Tofu<br>Tempeh<br>Soy or veggie burger (read ingredients)<br>Fish (wild caught)<br>Beef (grass-fed)<br>Lamb (grass-fed)<br>Chicken (free-range)<br><br><b>Good:</b> Beef-lean<br>Eggs (free -range)<br>Cottage cheese<br>Ricotta<br>Mozzarella<br>Parmesan | <b>Nuts:</b> Walnut<br>Almonds<br>Brazil nuts<br>Macadamia Pecan<br>Pistachios<br>Hazelnuts<br><br><b>Seeds:</b> Sunflower<br>Pumpkin<br>Sesame seeds<br><br><b>Nut butter:</b><br>Almond butter<br><br><b>Not as good:</b><br>Peanuts<br>Cashews<br>Peanut butter (no sugar) | <b>Beans:</b> black, butter, cannellini, garbanzo, chickpeas, great northern, pinto, kidney, lima, navy, mung, fat free refried, green soy<br><br><b>Hummus</b><br><br><b>Bean Soup</b><br><br><b>Lentils:</b> beluga, French, and red variety<br><br><b>Peas:</b> split green or yellow peas<br><br>Baked beans<br>Peanuts<br>Soybean oil<br><br>Nut butter that contains toxic fats or sugar | Amaranth, teff, or quinoa<br>Rice Barley, buckwheat groats, millet<br>Bulgar<br>Popcorn<br>Whole oats<br>Whole wheat, spelt, or kamut berries<br><br><b>Pasta:</b> 100% whole wheat, spelt, kamut, or black bean<br><br><b>Crackers</b><br><br><b>Breads:</b> mixed whole-grain or 100% whole-rye<br><br><b>Tortilla or Pita:</b> whole-wheat or low-carb<br><br>Flour tortilla<br>Wheat bread<br>White bread<br>Pasta | Butter or ghee<br><br>Buttermilk<br><br>Yogurt (plain)<br><br><b>Dairy Substitutes:</b><br>Almond milk (no sugar)<br>Hemp milk (no sugar)<br>Coconut milk (no sugar)<br><br>All conventional dairy products including milk<br>Processed cheese | Water<br><br>Coffee<br><br>Herbal or Green teas<br><br>Sparkling or<br><br>Mineral water<br><br>Alcohol<br>Soda<br>Sugary beverages<br>Fruit juices<br>Enhanced or flavored water<br>Diet/Artificially sweetened drinks | Dynamic Daily Meal<br><br>Dynamic GI Restore<br><br>Dynamic Cardio-Metabolic<br><br>Dynamic Inflamm-Eze<br><br>Dynamic GI Integrity<br><br>Dynamic Detox |

\*\*Avoid these foods if you have GI issues, inflammation, auto-immune disease, or diabetes.