

## Good Food Sources

Fats	1 table spoon with each meal	For snacks, include a tablespoon of fat.
<b>Best choices</b>	<b>Omega-6 fatty acids</b>	<b>Omega-3 fatty acids</b>
Raw nuts of any kind	black currant oil	canola oil
Raw seeds of any kind	borage oil	chia seeds
Extra virgin olive oil	corn oil	fish oils
Avocado	cottonseed oil	flaxseed oil
	evening primrose oil	flaxseeds
	grapeseed oil	greens, dark leafy
	Lean meats	pumpkin seeds
	Any raw nut	puslane
	peanut oil	soybean oil
	poultry	soybeans
	safflower oil	walnuts
	seeds	walnut oil
	sesame oil	roe
	soybean oil	mackerel
	sunflower oil	anchovies
		herring
		salmon
		sardines
		whitefish
		tuna, albacore
		turbot
		shark
		bluefish
		bass, striped tuna
		lake trout
		Atlantic sturgeon

<b>Proteins</b>	<b>Serving</b>	<b>Grams-Protein</b>
Recommended 0.5 - 1 gram per lb/day		
Chicken breast, white meat only, no skin	1 breast	25
Turkey, white meat or dark meat	3.5 oz	25
Non-fat or low-fat cottage cheese	1 cup	30
Lean white fish	3.5 oz	25
Seafood	3.5 oz	25
Non-fat cheese	1 slice	5
Skim milk	1 cup	9
Non-fat plain yogurt	1 cup	12
Non-fat sour cream	1 oz	5
Non-fat cream cheese	1 oz	5
water packed tuna	1 can	24
Salmon	3.5 oz	25
Egg White	1	3
Egg Beaters	8 oz	24
Whey protein powder	1 scoop	16

<b>Carbohydrates</b>	<b>Serving</b>
All whole fresh fruit	Apples, pears, peaches, oranges, melons, etc.
All fresh frozen fruit - unsweetened	Strawberries, blueberries, raspberries, etc.
All raw vegetables	Spinach, cucumbers, tomatoes, carrots, etc.
All Steamed Vegetables	Squash, broccoli, green beans, etc.
Grilled vegetables	Onions, bell peppers, etc.
Yams and Sweet potatoes	
All whole grains	Old fashioned rolled oats, brown rice, wheat, etc.
All whole grain products	Multi-grain bread, whole wheat pasta
All legumes:	beans, peas, lentils, green peas, non-fat refried beans, split pea soup

## Bad Food Sources

Bad Fats
Anything Fried
Butter
Lard
Margarine - of any kind
Mayonnaise
Salad dressings: Ranch, Blue Cheese, etc.
All cream sauces: Alfredo, Bernaise, Hollandaise
Bacon, sausage, and all "breakfast" meats
Hot dogs of any kind
Lunch meats and all processed meats, aka salami, and other fatty meats
All Red Meats – eat in extreme moderation
Whole eggs
Cheese - all regular cheese is 60-90% fat
All regular dairy products: Milk sour cream, etc.
Low fat dairy products: 2% = 37% fat (1% milk or skim is okay)
All processed oils
All roasted nuts and roasted seeds
Peanut butter - except raw and natural
Gravy

Bad Carbohydrates
Bad = processed
Alcohol of any kind: beer, wine, Scotch, etc.
Sugar of any kind: brown, raw, turbinado, etc.
Sweeteners of any kind: Equal, maple syrup
All white flour products: crackers, bread, tortillas, etc.
Dry breakfast cereals: Grape Nuts, Shredded Wheat, etc.
Cake of any kind - including fat free
Candy of any kind - including sugar free and gum
Cookies of any kind - including fat free
Pie of any kind - including sugar free
Dried fruit of any kind
Fruit juice of any kind - including fresh squeezed
Granolas and mueslies
Jams and jellies of any kind - even unsweetened
All muffins and donuts
White flour pasta
Popcorn of any kind - including air popped
Any potato that is white inside
White rice and rice cakes
Sodas of any kind - including diet sodas
Potato chips and pretzels