

Fats

Good	Oils & Sprays:	Canola oil, canola spary, Enova oil, fish oil (capsules/liquid), flaxseed oil, Extra Virgin Olive oil, Olive Oil Spray
	Vegetables:	Avocadoes Pumpkin,
	Seeds:	sunflower
	Nuts:	Almonds, cashews, macadamias, pecans, soy nuts, walnuts

Neutral	Legumes:	Natural peanut butter, peanuts
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Bad	Dairy products:	Butter, cream, ice cream, margarine, milk (whole)
	Oils:	Lard (Crisco, etc)

Proteins

Good	Fish:	Anchovies, calamari, cod, flounder, grouper, halibut, mackerel, mahi mahi salmon (not farm-raised), sardines, swordfish, tuna (canned in water), tuna steak, sushi
	Shellfish:	Clams/mussels, crab, lobster, oysters, shrimp/prawns
	Poultry:	Chicken (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, beef/turkey jerky
	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 (with skin), ground turkey (85-90% lean)
	Meat:	Ground beef (85-90% lean), roast beef
	Legumes:	Chickpeas, kidney beans, lentils, pinto beans Cottage cheese (1% and 2% fat), frozen yogurt (low fat/sugar), ice cream (low fat/sugar)
	Dairy Products:	Milk (1% & 2% fat), whole eggs, yogurt (whole milk)

Bad	Meat:	Beef (heavily marbled), ground beef (regular fat), NY string, T-bone
	Dairy Products:	Cheeses (double-triple cream), milk (whole)

Carbohydrates

Good	Breads:	Pumpernickel, rye, sourdough Cheerios, Kashi, oatmeal (slow-cooking -- not instant)
	Cereals:	
	Starches:	Brown rice, couscous, quinoa
	Root vegetables:	Beets, sweet potatoes, yams
	Green vegetables:	Asparagus, broccoli, brussel sprouts, cucumber, field greens, green beans, romaine lettuce snap peas, spinach
	Other vegetables:	Bell peppers, carrots, celery, eggplant, mushrooms, soybeans, squash, tomatoes Apples (green), blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes (red)
	Fruit:	honeydew, kiwifruit, mangoes, oranges (whole), papaya, peaches, plums, pomegranates raspberries, strawberries, watermelon

Neutral	Breads & Baked	Bread (whole wheat), muffins (oat or whole wheat), tortillas (whole wheat)
	Cereals:	Corn-based (all), riced-based (all)
	Starches:	Egg noodles, pancakes (nonenriched / whole wheat, buckwheat, or sourdough - no/low sugar) pasta (whole wheat or vegetable)
	Root vegetables:	Potatoes (baked)
	Other vegetables:	Iceberg lettuce, yellow squash, zucchini
	Fruit:	Dates
	Snacks:	English muffins (sourdough), rice cakes, wheat crackers

Bad	Baked Goods:	Bagels, 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 (store bought)
	Salads:	Coleslaw, creamy seafood salad, potato salad