

The 'What to Eat' Cheat Sheet

Protein Sources

Beef:

Grass-fed; Free-range or Free roaming; “Raised without antibiotics”/ “No antibiotics administered”; Natural; “No Hormones administered”

Poultry:

Natural; Free-range; Free roaming; Fresh; Certified Organic; Cage free; “Certified Humane Raised and Handled;” “Federal regulations prohibit the use of hormones;”

“No antibiotics added”

Eggs:

Cage-free; Free-range; Hormone-free; Antibiotic-free; Organic; Vegetarian-fed; Omega-3 enriched; No added antibiotics; Pasture raised;

Dairy:

Organic; No hormones (rBGH); Antibiotic-free

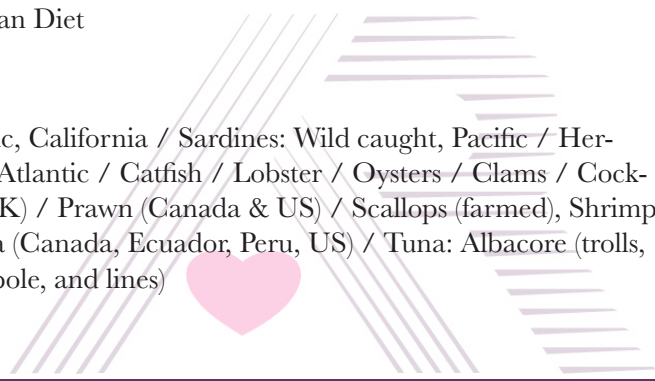
Vegetarian/Vegan:

Almonds / Black Beans / Brewer’s Yeast / Cheese* / Chia Seeds / Eggs* / Garbanzo beans(Chick-peas) / Greek Yogurt* / Hemp Seed / Milk (Grass-fed)* / Lentils / Nutritional Yeast / Peanut Butter / Pumpkin Seeds / Quinoa / Soybeans / Tofu

*Non-Vegan, but could be suitable for Vegetarian Diet

Fish/Seafood:

Salmon: Wild caught, Alaskan / Halibut: Pacific, California / Sardines: Wild caught, Pacific / Herring: Atlantic, Pacific / Anchovies / Haddock: Atlantic / Catfish / Lobster / Oysters / Clams / Cockles / Mussels / Crab: King, Snow & Tanner (AK) / Prawn (Canada & US) / Scallops (farmed), Shrimp (US farmed) / Squid (US) / Sole (US) / Tilapia (Canada, Ecuador, Peru, US) / Tuna: Albacore (trolls, pole and lines) / Tuna: Skipjack (Pacific trolls, pole, and lines)



Seafood to avoid due to high mercury, environmental and/or sustainability concerns:

Bluefin tuna / Canned Albacore tuna / Yellowfin tuna / Atlantic Halibut / Chilean Sea Bass (from Crozet, Prince Edward, Marion Islands and Chile) / Grouper / Monkfish / Orange roughy / Farm-raised Salmon / Swordfish / Shark / Tilefish / King Mackerel / Marlin

http://www.huffingtonpost.com/eatingwell/buying-chicken_b_1375953.html

<https://www.nrdc.org/stories/mercury-guide>

<https://www.nrdc.org/stories/smart-seafood-buying-guide>

<https://www.seafoodwatch.org/seafood-recommendations/consumer-guides>

High Quality Fats

High Quality Fats:

Olives / Avocados / Halibut / Shrimp / Snapper / Almonds / Cashews / Macadamia nuts / Pine nuts / Brazil nuts / Pecans / Hazelnuts / Sunflower seeds / Pumpkin seeds / Chia seeds / Grass-fed butter / Olive oil (extra-virgin) / Hemp oil / Hemp seeds / Avocado oil / Walnut oil / Walnuts / Flax oil

Food sources of Omega-3's:

Hemp oil / Flax oil / Flax seeds / Flax meal / Walnuts / Walnut oil / Seaweed / Chia seeds / Salmon / Scallops / Soybeans / Halibut / Shrimp / Snapper / Tofu / Winter Squash / Cod / Kidney beans

Fats best for dressings / sensitive to high temperatures:

Safflower (unrefined) / Flax (unrefined) / Hazelnut (unrefined) / Olive oil (extra virgin) / Hemp (unrefined)

Genetically Modified (GMO) Fats to Avoid

Corn oil / Cottonseed oil / Palm and Palm kernel oil / Soybean oil

High Quality Produce

For high quality produce, it is always best to buy locally and seasonally when possible. One of the best ways to find local produce, that is also in season, is to get to know the farmers in your area. This will not only help educate you as to what foods grow seasonally in your area, but also connect you to where your food comes from.

To find your local farmer, see if your area has a weekly or seasonal farmers market or try using Facebook or Google and search "Farmers markets near me". You can also talk to your local mom-and-pop grocery stores and see what farmers they purchase from or check localharvest.org for certified organic farms.

Tips for building a relationship with your farmer:

Ask them questions!

“Do you have a store front or farm stand?”

“Do you ever allow tours of your farm to the public?”

“Would I ever be able to come by and pick my own produce?”

“What crops are coming up that you are excited about?”

“Do you have any tips on how to tell the best of the bunch?”

“Any ‘seconds’ available that you would sell me for a better price?”

“Would you ever have people volunteer on the farm?”

“How would you recommend cooking/preparing/preserving this item?”

“Do you offer a CSA box (community-supported agriculture)? Could I learn more about it?”

Give them praise!

“I tried your tomatoes last week and I loved them!”

“Thank you for that recommendation, I loved sharing it with my friends!”

“I made that recipe of yours, it was a huge hit! Do you have any others?”

“I always love your produce, do you have a Facebook page I can share!?”

No matter where you do your produce shopping, you can always ask yourself these “High Quality Questions” to help you purchase the right product:

Does this produce come from a local source or sourced within my country?

Is this produce organic?

If it is not organic, is it part of the Clean Fifteen? (This is an annual list put out by the Environmental Working Group that states the fifteen items with the lowest pesticide residue.)

High Quality Chocolate

Dark chocolate wins over milk chocolate due to the higher proportion of flavanols that provide a host of health benefits.

The higher the cacao percentage listed in the chocolate, the more flavanols it contains. So be sure to read the percentage listed on the label. So, check your label! The amount of flavanols can also be impacted by the way the chocolate is processed from the raw cacao bean. If the label reads “processed with alkali” there will be less flavanols.

Healthy dark chocolate brands:

Pascha (non-GMO, fair trade, organic, no soy lecithin) / Sweetriot (organic, fair trade) / Alter Eco (organic, fair trade) / Ghirardelli Intense Dark / Godiva (not processed with alkali) / Lindt (some are processed with alkali, some aren't) / Green & Blacks (organic, non-GMO, some contain soy lecithin) / Valrhona / Moser Roth / Endangered Species / Chocolove (fair trade) / Tza (organic) / Vivani (organic) / Giddy Yoyo (raw, organic) / Theo (organic, fair trade, non-GMO) / Scharffen Berger (contains soy lecithin) / Equal Exchange (organic, fair trade) / Good Cacao (includes a line of supplement-enhanced chocolates for an extra boost) / Dandelion Chocolate / Righteously Raw (raw processing) / Sacred Chocolate (raw, organic)

<https://healthyeater.com/dark-chocolate-best-and-worst>

<http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/>

High Quality Nuts

Organic and raw is the way to go when choosing nuts. No roasted, no salt, no flavoring. This ensures the highest density of nutritional value.

Go nuts for these nuts:

Macadamia (high in MUFAs) / Pecans (rich in vitamin E) / Walnuts (anti-inflammatory, rich in Omega-3s) / Almonds (rich in vitamin E and fiber) / Brazil nuts (rich in selenium, which can be harmful at high levels so stick to 5 nuts per serving) / Pistachios (high in vitamin E, B6, potassium) / Cashews (rich in iron and zinc) / Hazelnuts (rich in vitamin E and MUFAs)

<http://articles.mercola.com/sites/articles/archive/2015/10/19/best-nuts-seeds.aspx>



Best Food to Eat for Maximum Fat Loss

Proteins

- Boneless, Skinless Chicken Breast
- Tuna (water packed)
- Fish (salmon, seabass, halibut)
- Shrimp
- Extra Lean Ground Beef or Ground Round (92-96%) - [Learn More](#)
- Protein Powder - [Learn More](#)
- Egg Whites or Eggs - [Learn More](#)
- Ribeye Steaks or Roast
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Top Sirloin (aka Sirloin Top Butt)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Top Loin (NY Strip Steak)
- Flank Steak (Sir Fry, Fajita)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round , 96% LeandGround Round)
- Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

Complex Carbs

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Oat Bran Cereal
- Brown Rice
- Farina (Cream of Wheat)
- Multigrain Hot Cereal
- Pasta
- Rice (white, jasmine, basmati, Arborio, wild)
- Potatoes (red, baking, new)

Fibrous Carbs

- Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery



Other Produce & Fruits

- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- Fruit (if acceptable on diet): bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
- Lemons or Limes

Healthy Fats

- Natural Style Peanut Butter
- Olive Oil or Safflower Oil
- Nuts (peanuts, almonds)
- Flaxseed Oil

Dairy & Eggs

- Low-fat cottage cheese
- Eggs
- Low or Non-Fat Milk

Beverages

- Water
- Infused Water
- Herbal Tea
- Green Juice
- Smoothies
- Protein Shakes

Condiments & Misc.

- Fat Free Mayonnaise
- Reduced Sodium Soy Sauce
- Reduced Sodium Teriyaki Sauce
- Balsamic Vinegar
- Salsa
- Chili powder
- Mrs. Dash
- Steak Sauce
- Sugar Free Maple Syrup
- Chili Paste
- Mustard
- Extracts (vanilla, almond, etc)
- Low Sodium beef or chicken broth
- Plain or reduced sodium tomatoes sauce, puree, paste)

