

FOODS TO EMBRACE

TRAIL-LEVEL 1

EXPERIMENT WITH THESE FOODS TO INCREASE DIETARY DIVERSITY



VEGETABLES

Most vegetables including dark leafy greens, broccoli, cauliflower, asparagus, lettuces, peas, beets, artichokes, carrots, cabbage, bok choy, zucchini, tomatoes, cucumbers, avocado, corn, potatoes, yams, etc.



FRUITS

Most fruits including lemons, limes, oranges, grapefruit, apples, bananas, berries, pears, pineapple, mango, kiwi, plantains, papaya.

Dried fruits (w/o added sugar).



WHOLE GRAINS

Oats, oatmeal, quinoa, amaranth, buckwheat, brown, black, red and wild rice, barley, bulgur, millet, farro, whole-wheat flour (bread, pasta, crackers), whole-grain cereals.

LIMIT:

White flour (bread, pasta, tortillas), white rice



LEGUMES, BEANS, NUTS & SEEDS

Beans & legumes, lentils, chickpeas, fermented soy, miso, tempeh, soy, tofu, edamame.

Nuts and nut butters including walnuts, almonds, pecans, and seeds including pumpkin, sunflower, hemp, chia, flax.



FATS & OILS

Olive oils, coconut oils, nut/seed oils, avocado oil, ghee. Nut milks, coconut milk, soy milk, unsweetened creamers.

LIMIT:

Industrial oils including corn, veg, peanut, sunflower, safflower, grapeseed and canola



ANIMAL

Eggs, lean meats, pork, poultry, fish, shellfish.

Yogurt, kefir, cottage cheese.

CONSUME IN MODERATION:

Animal milks, cheeses and creams



AQUATIC

Kelps, seaweed, cold, freshwater fish, sustainably sourced fish, and local fish from known waterways.

Shellfish such as clams, oysters, crab, lobster, and mussels.

*Refer to seafoodwatch.org for best choices



SUGAR, SWEETENERS & BEVERAGE

Stevia, coconut sugar and nectar, honey, agave, pure maple syrup, monkfruit. Water, Vegetable juices, coffee, tea, coconut water.

LIMIT:

Candy, white sugar, light and dark brown sugar, high-fructose corn syrup, artificial sweeteners.

Fruit juice, soda, beer
Wine or spirits-1 drink per day

AIM FOR 30+ PLANTS / WEEK TO MAXIMIZE HEALTH BENEFITS

FOODS TO EMBRACE

SLOPE-LEVEL 2

EXPERIMENT WITH THESE FOODS TO INCREASE DIETARY DIVERSITY



VEGETABLES

Most vegetables including dark leafy greens, broccoli, cauliflower, asparagus, lettuces, peas, beets, artichokes, carrots, cabbage, bok choy, zucchini, tomatoes, cucumbers, avocado

CONSUME IN MODERATION:
Corn, potatoes, yams
OMIT:
Fried vegetables



FRUITS

Lemons, limes

CONSUME IN MODERATION:
Most fruits including oranges, grapefruit, apples, bananas, berries, pears, pineapple, mango, kiwi, plantains, papaya.

Dried fruits (w/o added sugar)



WHOLE GRAINS

Oats, oatmeal, quinoa, amaranth, buckwheat, brown, black, red and wild rice, millet

CONSUME IN MODERATION:
Farro, whole-wheat flour (bread, pasta, crackers), whole-grain cereals, barley, bulgur.

OMIT:
White flour (bread, pasta, tortillas), white rice



LEGUMES, BEANS, NUTS & SEEDS

Beans & legumes, lentils, chickpeas, fermented soy, miso, tempeh, soy, tofu, edamame.

CONSUME IN MODERATION:
Nuts and nut butters including walnuts, almonds, pecans, and seeds including pumpkin, sunflower, hemp, chia, flax.



FATS & OILS

Olive oils, coconut oils, nut/seed oils, avocado oil, ghee.
Nut milks, coconut milk, soy milk, unsweetened creamers.

OMIT:
Industrial oils including corn, veg, peanut, sunflower, safflower, grapeseed and canola



ANIMAL

Eggs, lean meats, pork, poultry, fish, shellfish.

Yogurt, kefir, cottage cheese

CONSUME IN MODERATION:
Animal milks, cheeses and creams



AQUATIC

Kelps, seaweed, cold, freshwater fish, sustainably sourced fish, and local fish from known waterways.

Shellfish such as clams, oysters, crab, lobster, and mussels.

*Refer to seafoodwatch.org for best choices



SUGAR, SWEETENERS & BEVERAGE

Stevia, coconut sugar and nectar, honey, agave, pure maple syrup, monkfruit. Water, Vegetable juices, coffee, tea, coconut water.

OMIT:
Candy, white sugar, light and dark brown sugar, high-fructose corn syrup, artificial sweeteners.
Fruit juice, soda, beer
Wine or spirits-1 drink per week

AIM FOR 30+ PLANTS / WEEK TO MAXIMIZE HEALTH BENEFITS

FOODS TO EMBRACE

SUMMIT-LEVEL 3

EXPERIMENT WITH THESE FOODS TO INCREASE DIETARY DIVERSITY



VEGETABLES

Most vegetables including dark leafy greens, broccoli, cauliflower, asparagus, lettuces, peas, beets, artichokes, carrots, cabbage, bok choy, zucchini, tomatoes, cucumbers, avocado

CONSUME IN MODERATION:
Corn, potatoes, yams
OMIT:
Fried vegetables



FRUITS

Lemons, limes

CONSUME IN MODERATION:
Most fruits including oranges, grapefruit, apples, bananas, berries, pears, pineapple, mango, kiwi, plantains, papaya.

Dried fruits (w/o added sugar)



WHOLE GRAINS

Oats, oatmeal, quinoa, amaranth, buckwheat, brown, black, red and wild rice, millet

CONSUME IN MODERATION:
Farro, whole-wheat flour (bread, pasta, crackers), whole-grain cereals, barley, bulgur.

OMIT:
White flour (bread, pasta, tortillas), white rice



LEGUMES, BEANS, NUTS & SEEDS

Beans & legumes, lentils, chickpeas, fermented soy, miso, tempeh, soy, tofu, edamame.

CONSUME IN MODERATION:
Nuts and nut butters including walnuts, almonds, pecans, and seeds including pumpkin, sunflower, hemp, chia, flax.



FATS & OILS

Olive oils, coconut oils, nut/seed oils, avocado oil, ghee.
Nut milks, coconut milk, soy milk, unsweetened creamers.

OMIT:
Industrial oils including corn, veg, peanut, sunflower, safflower, grapeseed and canola



ANIMAL

Eggs, lean meats, pork, poultry, fish, shellfish.

Yogurt, kefir, cottage cheese

OMIT:
Animal milks, cheeses and creams



AQUATIC

Kelps, seaweed, cold, freshwater fish, sustainably sourced fish, and local fish from known waterways.

Shellfish such as clams, oysters, crab, lobster, and mussels.

*Refer to seafoodwatch.org for best choices



SUGAR, SWEETENERS & BEVERAGE

Stevia, coconut sugar and nectar, honey, agave, pure maple syrup, monkfruit. Water, Vegetable juices, coffee, tea, coconut water.

OMIT:
Candy, white sugar, light and dark brown sugar, high-fructose corn syrup, artificial sweeteners.
Fruit juice, soda, beer
Wine or Spirits

AIM FOR 30+ PLANTS / WEEK TO MAXIMIZE HEALTH BENEFITS