EAT MORE OF THE RIGHT FOODS, NOT LESS FOOD

Making weight management easier, nourishing your cells, and increasing energy

1. EAT FREELY *Build most meals around these*	2. ENJOY IN MODERATION *Healthy, but portions matter*	3. LIMIT OR AVOID *Occasional rather than everyday foods*
Protein foods • Chicken, turkey • Fish, seafood • Lean beef, pork • Lamb, duck, bison • Eggs • Liver, organ meats **Non-starchy vegetables** • Spinach, kale, lettuce • Zucchini, cucumber, celery • Mushrooms, asparagus • Peppers, tomatoes, onions • Green beans, celery • Radishes, bok choy • Broccoli, cauliflower • Cabbage, Brussels sprouts • Squash, eggplant, artichoke	**Starchy foods** • Potatoes, sweet potatoes • Oats, rice, quinoa, barley • Whole-grain bread, bagels • Beans, lentils, chickpeas • Corn, air-popped popcorn, peas • Parsnips, rutabaga, turnip **Fruit and dairy** • Fresh and dried fruit, berries, dates, figs • Plain yogurt, kefir • Cheese, cream cheese, milk **Energy-dense (high Calorie) foods** • Nuts, seeds, butter, nut butters • Homemade hummus, dips • Avocado, olives, olive oil • Homemade energy balls or granola bars • Homemade muffins • Dark chocolate	**Highly processed foods** • Chips, cheese puffs, microwave or movie theater popcorn • Candy, chocolate bars • Cookies, cakes, donuts • Sugary breakfast cereals • Ice cream • Soft drinks, sugary drinks • Packaged snack cakes **Fast foods and processed meats** • Fast-food burgers • French fries • Most takeout pizza • Hot dogs, bacon, salami • Chicken nuggets • Deep-fried fast foods

A SIMPLE DAILY FOOD PATTERN



Other tips for weight loss:

- Eat 2-3 times per day, avoid grazing. Eat slowly until satisfied
- Have category 2 foods 2 hours before or after exercise
- Include strength exercise 2-4 times per week, some movement/ activity daily
- Avoid drinking calories
- Fast 12-18 hours per day (individual-specific)