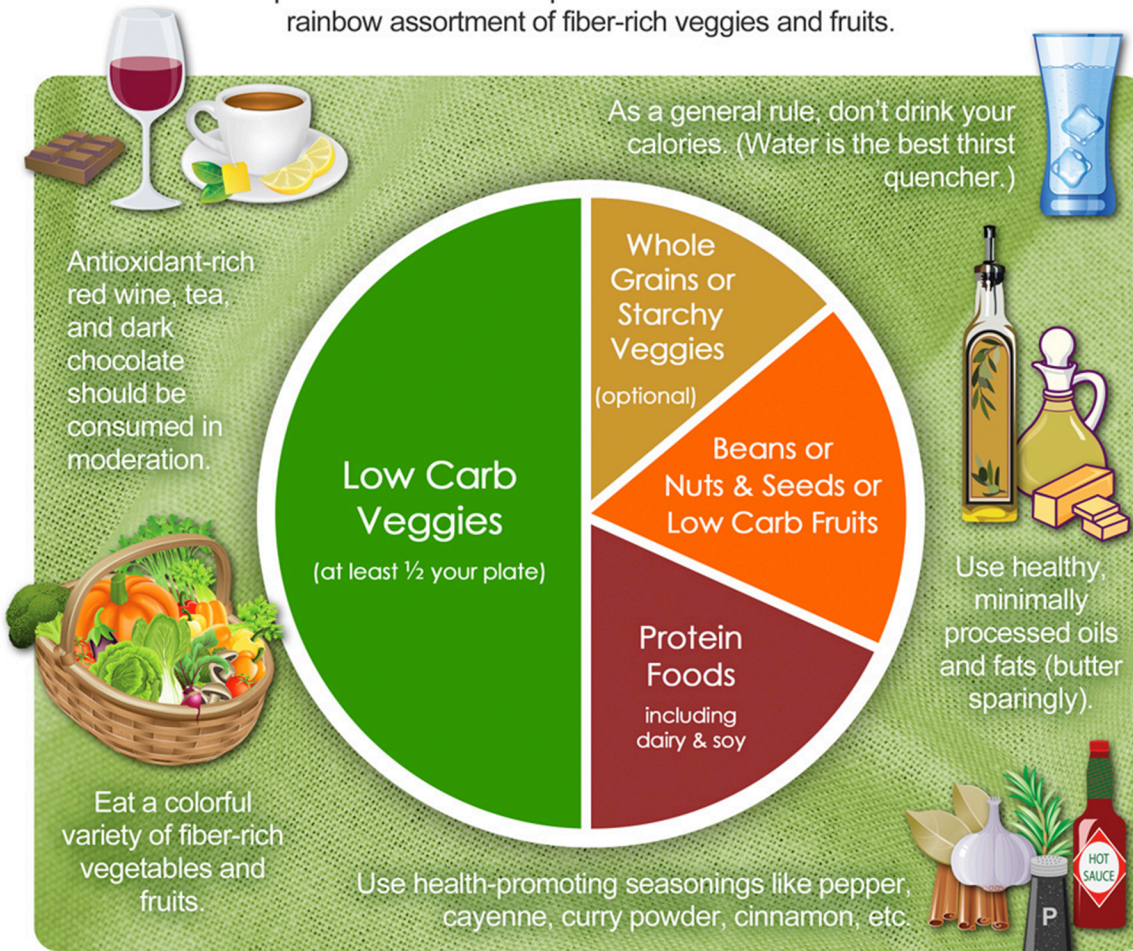


Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color – eat a rainbow assortment of fiber-rich veggies and fruits.



Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.

Low Carb Vegetables	Whole Grains & Starchy Veggies	Beans, Nuts & Seeds, Low Carb Fruits	Protein Foods (including dairy & soy)
<b>At least 1 to 3 cups</b> <ul style="list-style-type: none"> <li>• Kale</li> <li>• Spinach*</li> <li>• All leafy greens/lettuces*</li> <li>• Mushrooms</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Avocado</li> <li>• Artichoke</li> <li>• Cucumber</li> <li>• Celery*</li> <li>• Asparagus</li> <li>• Okra</li> <li>• Cabbage</li> <li>• Bell pepper*</li> <li>• Beets</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Sugar snap peas</li> <li>• Chili peppers</li> <li>• Radishes</li> </ul>	<b>No more than 1/4 to 1/2 cup, cooked</b> <ul style="list-style-type: none"> <li>• Barley (pearl, ok; hulled, better)</li> <li>• Steel cut oats</li> <li>• Bulgur</li> <li>• Popcorn (home popped)</li> <li>• Wild rice</li> <li>• Quinoa</li> <li>• Buckwheat groats/kasha</li> <li>• Wheat berries</li> <li>• Sweet potato/yams</li> <li>• Peas</li> <li>• Corn</li> <li>• Parsnips</li> <li>• Turnips</li> <li>• Squashes/pumpkin</li> </ul>	<b>About 1/4 to 1/2 cup, depending on carb count</b> <ul style="list-style-type: none"> <li>• Lentils</li> <li>• Soybeans (including edamame)</li> <li>• Black beans</li> <li>• All beans &amp; legumes</li> </ul> <b>About 1/4 cup</b> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Macadamias</li> <li>• Brazil nuts</li> <li>• Peanuts</li> <li>• All nuts &amp; seeds (and unsweetened nut butters)</li> </ul> <b>About 1/2 to 1 cup, depending on carb count</b> <ul style="list-style-type: none"> <li>• Melons</li> <li>• Raspberries/blackberries</li> <li>• Strawberries*</li> <li>• Plums</li> <li>• Citrus fruits</li> </ul>	<b>About 3 to 6 oz. (3 oz. is about the size of a deck of cards)</b> <ul style="list-style-type: none"> <li>• Whole, unprocessed meats &amp; poultry (avoid cold cuts, sausage, bacon, etc.)</li> <li>• Eggs (free range, organic, if available)</li> <li>• Fish, especially oily, cold-water species (wild caught, whenever possible) &amp; Shellfish</li> <li>• Tofu</li> <li>• Yogurt (unsweetened, full fat)</li> <li>• Cheese (full fat)</li> <li>• Cottage cheese (4% milk fat)</li> </ul>

These fruits and vegetables may have higher levels of pesticides. Choose organic whenever you can.