Food glorious food. Eating is simply one of life’s greatest pleasures. Stocking your pantry and refrigerator with healthy choices is a practical first step in your journey to better health. You will notice that some foods you can eat freely while others are still great choices, but you should plan to eat them in moderation.

## MEATS, SEAFOOD, EGGS

**Wild or Grass Fed, Hormone and antibiotic-free if possible.** *1 Serving = Deck of cards (3-4 oz.)*

- Poutry: (chicken, skinless +, chicken ground white meat, turkey skinless, turkey ground white meat
- Meats: Beef lean cuts, lamb
- Eggs (preferably Omega 3)*

No more than 8 per week

**Fish:** Anchovies, clams, crab, flounder, herring +, haddock, oysters, mackerel, wild salmon *, haddock, oysters, mackerel, wild salmon *, sardines *, anchovies, clams, cod, coho salmon, rockfish, salmon, trout, tuna (low mercury) trout

## BREADS, CEREALS, & GRAINS

**EAT IN MODERATION.** *1 Serving = 1 slice for breads/tortilla and 1/2 cup for cereals, grains.*

- Barley
- Brown rice
- Bulgur (cracked wheat)
- Oats (old fashioned or steel cut)
- Organic cornmeal

**NUTS**

**EAT SPARINGLY – raw and organic if possible.** *1 Serving = 1 oz. or 1 palm size or 2 Tbsp nut butter.*

- Almond butter
- Almonds *
- Almonds, raw
- Brazil nuts *
- Coconut butter
- Walnuts *
- Cashews

**SEEDS**

- Amaranth
- Buckwheat
- Chia *
- Flax *
- Hemp *

**OILS**

**EAT SPARINGLY.** *1 Serving =1 Tablespoon.

- Avocado oil
- Coconut oil, (raw unrefined) *
- Flaxseed oil

- Extra virgin olive
- Grapeseed oil
- Sesame oil

## FLOURS

**EAT SPARINGLY.** *Serving based on recipe.

- Almond flour
- Amaranth flour
- Arrowroot flour
- Gluten-free flour
- Organic sprouted flour
- Brown rice flour
- Whole wheat flour

## PASTAS

**EAT SPARINGLY – except shirataki noodles which can be eaten freely.** *

*1 Serving = ½ cup.*

- Brown rice
- Black rice
- Buckwheat
- Shirataki (look for konjac flour not yam flour) *
- Quinoa

## BEVERAGES (all unsweetened)

Avoid beverages with artificial sweeteners or flavorings, food dyes, or added sugars. *

*1 Serving = 6-8 ounces.

- Almond milk
- Coconut milk
- Coffee (decaf)
- Hemp or Chia Milk
- Rice milk

- Soy milk, organic
- Tea, Black (decaf)
- Tea, green (decaf)
- Tea, herbal (decaf)
- Water (64 or more ounces per day)

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*C1 Serving = 1 oz.

*C Serving based on recipe.
<table>
<thead>
<tr>
<th><strong>PRODUCE (Non-Starchy Vegetables)</strong></th>
<th><strong>PRODUCE (Starchy Vegetables &amp; Fruits)</strong></th>
<th><strong>REFRIGERATED PRODUCTS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>EAT FREELY. <em>Serving unlimited.</em></td>
<td>EAT IN MODERATION. *1 Serving = 1/2 cup cooked, 1 cup raw starchy veggies. <em>1 Serving Fruit = 3/4 cup.</em></td>
<td><em>Serving size noted below. Can choose 2 daily.</em></td>
</tr>
<tr>
<td>□ Artichokes</td>
<td>□ Kale</td>
<td>□ Cheese (hard cheese: Parmesan –Reggiano or extra sharp ) (1-2 tablespoons)</td>
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<td>□ Arugula *</td>
<td>□ Leeks</td>
<td>□ Whole Eggs, preferably omega 3*</td>
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<tr>
<td>□ Asparagus +</td>
<td>□ Lemons *+</td>
<td>□ Guacamole (1/4 cup)</td>
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<tr>
<td>□ Bell peppers (yellow, green, red, orange) +</td>
<td>□ Lettuce</td>
<td>□ Hummus (ideally homemade, but if store-bought look for a hummus made with extra virgin olive oil and no preservatives. Lemon should be the only preservative (1/4 cup)</td>
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<tr>
<td>□ Bok choy +</td>
<td>□ Limes +</td>
<td>□ Salsa (1/4 cup)</td>
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<tr>
<td>□ Broccoli *+</td>
<td>□ Mesclun</td>
<td>□ Tzatziki (1/4 cup)</td>
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<tr>
<td>□ Brussels sprouts *+</td>
<td>□ Mushrooms</td>
<td>□ Tofu (organic)</td>
</tr>
<tr>
<td>□ Cabbage</td>
<td>□ Mustard greens</td>
<td>□ Greek yogurt (unsweetened 8 oz.)</td>
</tr>
<tr>
<td>□ Carrots</td>
<td>□ Okra</td>
<td>□ Mayonnaise (vegan/organic) (1-2 tablespoons)</td>
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<tr>
<td>□ Cauliflower</td>
<td>□ Onions *</td>
<td></td>
</tr>
<tr>
<td>□ Celery</td>
<td>□ Sea vegetables *</td>
<td></td>
</tr>
<tr>
<td>□ Collard greens</td>
<td>□ Shiitake mushrooms *</td>
<td></td>
</tr>
<tr>
<td>□ Cucumbers</td>
<td>□ Snap peas</td>
<td></td>
</tr>
<tr>
<td>□ Dandelion greens</td>
<td>□ Spinach +</td>
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</tr>
<tr>
<td>□ Eggplant</td>
<td>□ Swiss chard</td>
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</tr>
<tr>
<td>□ Fennel</td>
<td>□ Tomatoes +</td>
<td></td>
</tr>
<tr>
<td>□ Green beans</td>
<td>□ Watercress *</td>
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<tr>
<td>□ Jicama</td>
<td>□ Zucchini</td>
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</tr>
</tbody>
</table>

**SPICES, SEASONINGS & DRESSINGS**

**EAT FREELY. Rotate new spices into your diet often.**

| □ Balsamic vinegar | □ Curry | □ Mustard |
| □ Balsamic vinaigrette | □ Dill | □ Nutmeg |
| □ Basil | □ Garlic * | □ Parsley * |
| □ Chilies * | □ Ginger * | □ Raw cacao * |
| □ Cinnamon | □ Kimchi | □ Rosemary |
| □ Cilantro * | □ Marinara sauce (organic low-sugar) | □ Saffron |
| □ Clove | □ Marjoram | □ Sage |
| □ Coriander | □ Miso * | □ Thyme |
| □ Cumin | | □ Turmeric |

**SUPERFOODS**

* = Dr. Hyman's top superfoods  + = Dr. Amen's best brain foods

Superfoods are whole foods that have not been processed and go beyond basic nutrition. They are foods that contain various combinations of vitamins, minerals, or antioxidants that help prevent disease and sickness while promoting outstanding health benefits.