

CORE FOOD PLAN

DAILY FOOD INTAKE

EATING TIPS

WHAT:

Colorful vegetables and fruits
Lean protein
Healthy fats
Fiber-rich foods
Protein and fat with each meal
Organic foods

HOW MUCH:

Small, frequent meals
3 meals, 2 snacks
Appropriate portions
MINIMUM per day:

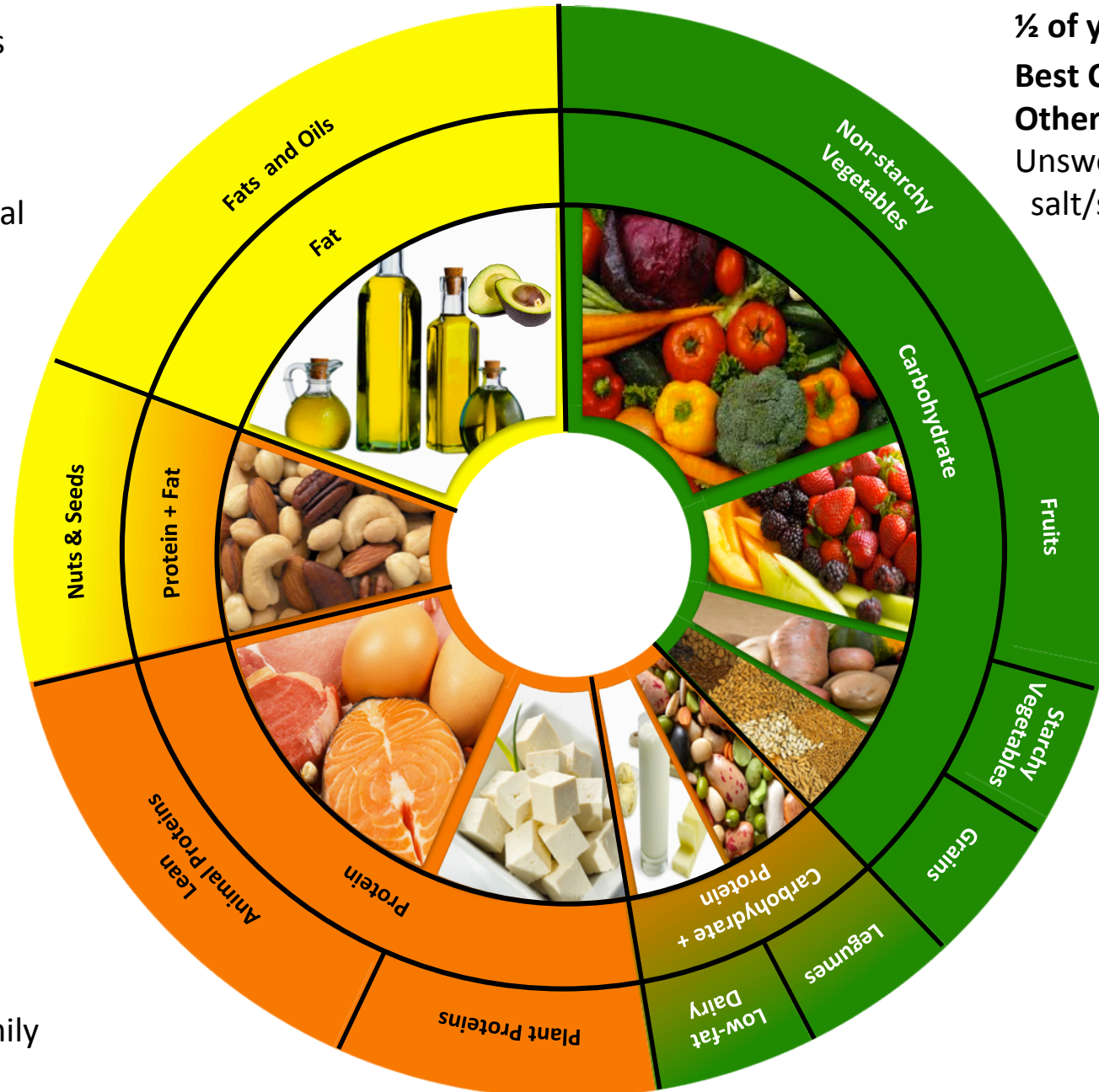
- Legumes, 1 serving
- Nuts & Seeds, 1 serving
- Vegetables and Fruits:
1 red, 1 orange, 1 yellow,
1 green, 1 blue-purple

WHEN:

Start the day with breakfast
Approximately every 3 hours

HOW:

Enjoy your food
Eat mindfully, peacefully
Share meals with friends/family



DAILY FLUID INTAKE

$\frac{1}{2}$ of your desirable weight (lbs) in ounces

Best Choice: Purified water

Other Options:

Unsweetened beverages low in salt/sodium and caffeine



Fats & Oils _____ Servings / day

2 T.....Avocado	1 T.....Parmesan cheese
1 t.....Butter (2 t. whipped)	1 T.....Pesto (Olive oil)
1 T.....Chocolate, dark (1 oz)	1 t.....Mayonnaise
1½ T...Coconut milk (½ c light)	1 T.....Salad dressing made with quality oils
2 T ...Half and Half	
8.....Olives, black or green	
1 t.....Oils, cooking or salad: Almond, Canola, Coconut (virgin), Grapeseed, Flax Seed Oil (cold pressed), Olive (extra virgin) Safflower or Sunflower high oleic oil, Sesame, Walnut	

Nuts & Seeds _____ Servings / day

6.....Almonds	10.....Peanuts
2.....Brazil nuts	4.....Pecan halves
6.....Cashews	1 T.....Pine nuts
3 T.....Coconut (unsweetened)	16.....Pistachios
2 T.....Flax seed, ground	1 T.....Pumpkin seeds
5.....Hazelnuts	1 T.....Sesame seeds
6.....Mixed nuts (50% peanuts)	1 T.....Sunflower seed kernels
½ T....Nut butters (1½ t)	2 t.....Tahini (sesame paste)
1 t.....Nut oils	4.....Walnut halves

Protein _____ Servings / day

Plant Protein: (<i>organic, non-GMO preferred</i>)	¼ c....Cottage cheese, low-fat
1 oz...Burger alternatives: mushroom, soy, veggie	1 oz...Feta cheese, low-fat
3 T.....Miso	1 oz...Fish
¼ c....Natto	1 oz...Meat: beef, buffalo, elk, lamb, pork, veal, venison, wild game
1 oz...Soy foods: soy burgers, soy cheeses, soy dogs	1 oz...Poultry (skinless chicken, turkey, Cornish hen)
½ c....Tofu, tempeh	¼ c....Ricotta cheese, low-fat
	2sm...Sardines
Animal Proteins (very lean cuts or low-fat)	1 oz...Seafood
½ oz..Beef jerky	Protein Powder:
1.....Egg or 2 egg whites	1-2 scp(15-25 g protein) ≈ 2-3 oz protein
½ oz..Cheese, hard	
1 oz...Cheese, low-fat	

Non-starchy Vegetables _____ Servings / day

Artichoke	Celery	Lettuce
Asparagus	Chard/Swiss Chard	Mushrooms
Bamboo shoots	Cucumbers	Okra
Bean sprouts	Eggplant	Onions
Bell peppers	Greens (beet, dandelion, collard, mustard, turnip)	Peppers
Bok choy		Radishes
Broccoli		Shallots
Brussels sprouts	Green beans	Spinach
Cabbage	Jicama	Squash, summer
Carrots	Kale	Tomato
Cauliflower	Leeks	Vegetable juice (¾ c)

* Serving = ½ c

Core Food Plan



Enjoy a rainbow of food every day

Legumes _____ Servings / day

½ c....Cooked dried peas, beans, or lentils
¾ c....Bean soups
½ c....Edamame, steamed (green soybeans)
⅓ c....Hummus or other bean dips
½ c....Fat-free refried beans

Low-fat Dairy/ Alternatives _____ Servings / day

8 oz...Buttermilk, nonfat or 1%
8 oz...Kefir, nonfat or 1%
8 oz...Milks: cow, goat, sheep milk, skim or 1%
8 oz...Milk alternates: nut, hemp, rice, soy milks; low-fat
6 oz...Yogurt, cow or soy (plain, nonfat or 1%)
½ c....Yogurt, Greek (plain, nonfat or 1%)

Starchy Vegetables _____ Servings / day

1 c....Acorn squash, cubed	1 c....Sweet potato, cubed
1 c....Beets, cubed	½ c...Winter roots or squashes, mashed (acorn, beet, butternut, parsnip, potato, pumpkin, sweet potato, turnip)
1 c....Butternut squash, cubed	
½ c....Corn	
½Corn-on-the-cob	
½ c....Green peas	
⅓ c....Plantain (½ whole)	
1 c....Snow peas	

Fruits (No sugar added) _____ Servings / day

1 sm .Apple	½.....Grapefruit or (¾ c sections)	1 sm..Pear
½ c....Applesauce		¾ c....Pineapple
4.....Apricots, fresh	15.....Grape	2 sm..Plums
½.....Banana, med	1.....Kiwi	1 sm..Pomegranate
¾ c....Blackberries	½ sm.Mango	3 md .Prunes
¾ c....Blueberries	1 c....Melon	2 T.....Raisins
12.....Cherries	1 sm..Nectarine	1 c....Raspberries
3.....Dates or Figs	1 sm..Orange	1¼ c..Strawberries
½ c....Fruit juice	1 c....Papaya	2 sm..Tangerines
	1 sm..Peach	2 T.....Dried fruit

Grains _____ Servings / day

Amaranth*	Millet*	Sorghum*
Basmati rice*	Oats	Spelt
Bulgur (cracked wheat)	Quinoa*	Tapioca*
Buckwheat/kasha*	Rice, brown*/wild*	Teff*
Kamut	Semolina	Whole wheat
		* Serving = ⅓-½ c
¼.....Bagel, large (whole grain)	½ c....Oatmeal, cooked	
½ c....Bulgur, cooked	⅓ c....Pasta, whole grain	
½.....Bun (whole grain)	½.....Pita, whole grain	
1 sl....Breads, whole grains	3 c....Popcorn	
½ c....Cereal, cooked (oatmeal, wheat, grits)	⅓ c....Quinoa	
¾ c....Cereal, ready-to-eat (high fiber, whole grain)	⅓ c....Rice	
	1 sl. ...Rice bread*	
	2Rice cakes (brown)*	
4-7.....Crackers, whole grain/rye	3-4.....Rice crackers*	
⅓ c....Couscous	⅓ c....Rice noodles or pasta*	
½English muffin, whole grain	1Tortilla, 6 inch, whole grain or rice	
½ c....Kasha, cooked		* = Gluten free
¼ c....Muesli		

* all measurements in single serving sizes