

## FOODS BY CATEGORY

Complex Carbohydrate	Simple Carbohydrate	Lean Protein	Fatty Protein
Whole grain breads/... Whole grain pastas Whole grain cereals Brown/wild/basmati Rice Quinoa (grain) Green vegetables Most other vegetables Most potatoes Root vegetables Squashes Beans/soy beans Lentils	White bread/bagel/roll/cracker Refined grain pasta Refined grain cereals White rice Baked goods/pastry Desserts Corn, carrots, beets, tomato Baked/instant potatoes Fruits Fruit juices Jam/jelly Sugar/honey/syrup	Chicken breast Turkey breast Beef - lean cuts Ham Hamburger - lean Sausage - lean Pork Fish	Chicken - dark Turkey - dark Beef Honey baked ham Hamburger Sausage
	<b>Simple Carbohydrate &amp; Protein (some with Saturated Fat)</b>	<b>Protein &amp; Fat (low in saturated fat)</b>	<b>Saturated Fat</b>  Butter Margarine Cream Cheese Whole milk
	Milk/Soy milk Ice cream Yogurt	Peanut butter Nuts Seeds Cottage cheese Low fat cheese Low fat milk Soy products Egg Fish	<b>Unsaturated Fat</b>  Canola oil Olive oil Vegetable oils Flax oil Fish oil Avocados/olives