



GENERAL NUTRITION GUIDELINES

Pick at least one food item from each category for every meal

Protein

- Egg
- Chicken
- Fish (*salmon, herring, mackerel, sardines, trout, tuna*)
- Shellfish
- Turkey
- Beef
- Pork
- Tofu
- Yogurt (*plain, Greek*)
- Cheese (*cottage, mozzarella, goat, feta, ricotta*)
- Milk (*whole*)
- Legumes (*beans, lentils*)

Carbohydrate

- Fruits (*low glycemic index fruits—apple, berries, cherries, peach, pear, orange, grapefruit, passion fruit*)
- Non starchy vegetables (*Artichoke, Brussel sprouts, cauliflower, eggplant, mushrooms, peppers, sprouts, tomato, bean sprouts, asparagus, broccoli, celery, greens (collard, kale, mustard, turnip), okra, radish, swiss chard, summer squash/zucchini, green beans, cabbage, cucumber, onions/green onions, salad greens (endive, lettuce, romaine, spinach, arugula), bamboo shoots, chayote, heart of palm, kimchi, leeks*)
- Starchy Vegetables (*potato, sweet potato, yucca, malanga, corn, beets, plantains*)
- Legumes
- Whole Grains (*quinoa, wild rice, gluten free oats*)

Fat

- Oils (*almond, avocado, coconut, flaxseed, grapeseed, macadamia, olive, sesame, walnut*)
- Butter (*grass-fed*)
- Ghee
- Mayonnaise (*made with avocado or olive oil*)
- Coconut milk
- Avocado
- Olives
- Sour Cream
- Cream
- Nuts and nut butter (*almonds, Brazil nuts, pecans, pistachios, cashews, hazelnuts, macadamia, walnuts, pine nuts, soy nuts*)
- Seeds (*chia, flaxseed, hemp, pumpkin, sunflower, sesame*)



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EXAMPLES OF MEALS

Breakfast

Example 1:

- Plain Greek yogurt
- Blueberries
- Hemp seeds

Example 2:

- Whole egg
- Onions, peppers, mushrooms
- Avocado

Example 3:

- Cottage cheese
- Strawberries
- Walnuts

Lunch

Example 1:

- Chicken
- Brussel sprouts
- Coconut oil (used to sauté Brussel sprouts)

Example 2:

- Black beans
- Tomato salad
- Olive oil (dressing)

Example 3:

- Tuna salad
- Ezekiel bread
- Spinach, cucumber
- Mayonnaise

Dinner

Example 1:

- Salmon
- Green beans
- Shaved almonds

Example 2:

- Ground turkey
- Asparagus
- Avocado oil

Example 3:

- Grass fed beef
- Quinoa
- Broccoli
- Flaxseed oil

Please be advised that certain foods may need to be eliminated and quantities adjusted depending on different conditions, intolerances, allergies, food preferences, personal goals, etc. A Registered Dietitian (RD) can help you tailor your personal meal plan.



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