

## What to Eat and How Much to Eat: Shopping List with Food Groups and Serving Sizes

*To be successful on this plan, you must keep your house loaded with the right foods. Take this list and go shopping! (See DrPatLuse.com for a printable version.) Circle the foods you are going to buy. You can also use this list to check the serving size and calories of each food item.*

### Legumes

Serving size: 1/2 cup cooked, or as indicated (1 serving = approximately 110 calories)

**Beans:** black, butter, cannellini, garbanzo, great northern, pinto, kidney, lima, navy, mung, fat-free refried, green soy

**Lentils:** beluga, French, and red variety

**Bean soups,** 3/4 cup

**Hummus,** 1/4 cup

**Peas:** split green or yellow peas

### Vegetables—Low-GI

Serving size: 1/2 cup. Servings unlimited. Fresh juices made from these are allowed. (1 serving = approximately 10–25 calories)

**Cruciferous:** broccoli, brussels sprouts, cabbages (all types), cauliflower, radishes

**Greens:** beet greens, bok choy, collard greens, escarole, kale, mustard greens, Swiss chard, watercress

**Lettuce/Mixed greens:** arugula, endive, radicchio, red and green leaf, romaine, spinach

**Mushrooms**

**Other vegetables:** artichokes, asparagus, celery, chives, cucumbers, dill pickles, eggplants, garlic, green beans, kelp, leeks, mixed vegetable juices, okra, onions, peppers, radishes, snow peas, tomatoes, water chestnuts (5 whole)

**Salsa** (sugar-free)

**Sprouts:** alfalfa, broccoli or radish sprouts, bamboo shoots, etc.

**Squash:** spaghetti, summer, yellow, zucchini

### Vegetables—Medium-GI

Serving size: 1/2 cup, or as indicated (1 serving = approximately 45 calories)

**Beets,** 1 cup

**Carrots,** 1/2 cup cooked, 2 medium raw, or 12 baby carrots

**Pumpkins,** 2/3 cup

**Rutabagas** 1 cup

**Sweet potatoes or yams**, 1/2 medium

**Turnips**, 1 1/2 cup

**Winter squash**: acorn, butternut

**Yukon Gold potato**, 1/2 medium

## **Concentrated Proteins**

Serving size: 3–6 oz. cooked, or as indicated. Meat, poultry, and fish should be broiled, baked, or roasted. Keep cheese intake low due to saturated fat. (1 serving = approximately 150 calories)

### **Best**

**More low-GI vegetables** (1 frozen package of spinach has 10g of protein)

**Tofu**, 8 oz. or 1 cup (fresh), or 3.5 oz. cube

**Tempeh**, 3 oz. or 1/2 cup

**Soy or veggie burger**, 4 oz.

**Fish** (wild-caught only): salmon, sardines, mackerel (not king), shellfish (3 oz. fresh or 3/4 cup canned in water; if canned in oil, drain well)

**Beef, lamb, or chicken** (free-range only)

**Medical foods** (available in shake or bar form at [DrPatLuse.com](http://DrPatLuse.com))

### **Good**

**Beef** (very lean)

**Other fish** (wild-caught and low in mercury)

**Eggs** (cage-free, organic), 2 whole

**Egg substitute**, 2/3 cup

**Poultry**: chicken or Cornish hen (breast only), turkey

**Leg of lamb** (lean roast)

**Cottage cheese** (nonfat or low-fat), 3/4 cup

**Ricotta** (part skim or nonfat), 1/2 cup

**Mozzarella** (part skim or nonfat), 2 oz. or 1/2 cup shredded

**Parmesan**, 4 tbsp. grated

### **Nuts and Seeds**

Serving size as indicated (1 serving = approximately 100 calories)

**Almonds, Brazil, cashews, hazelnuts, macadamia**, 10–12 whole nuts

**Walnut or Pecan**, 7–8 halves

**Pistachios, sunflower, pumpkin, sesame seeds**, 2 tbsp.

**Nut butter**, 1 tbsp. made from the above nuts

**Peanut butter** (this is my least favorite), 1 tbsp. refrigerated and no sugar added

## Oils

Serving size: 1 tsp., or as indicated (1 serving = approximately 40 calories)

**Avocado**, 1/8

**Flaxseed oil** (refrigerate)

**Walnut oil**

**Extra virgin coconut oil** (use for high heat stove top cooking)

**Cold-pressed extra virgin olive oil** (for cooking and dressing)

**Mayonnaise** (made with olive oil), 2 teaspoons

**Olives**, 8–10 medium

## Fruit

Serving size as indicated (1 serving = approximately 80 calories)

### Berries

**Blackberries and blueberries**, 1 cup

**Raspberries and strawberries**, 1 1/2 cups

### Other fruits

**Apples**, 1 medium

**Apricots**, 3 medium, 1/4 cup dried

**Cantaloupe**, 1/2 medium

**Cherries**, 15

**Clementines**, 2

**Fresh figs**, 2

**Grapes**, 15

**Honeydew melon**, 1/4 small

**Kiwifruits**, 2 medium

**Mango**, 1/2 medium

**Nectarines**, 2 small

**Oranges**, 1 large

**Peaches**, 2 small

**Pears**, 1 medium

**Plums**, 2 small

**Tangerines**, 2 small

**Watermelon**, 2 cups

## Dairy

If you can, skip this group and add more to the fat group. Serving size: 6 oz., or as indicated (1 serving = approximately 80 calories)

**Butter or ghee** (pasture-raised, organic), 2 1/2 tsp.

**Buttermilk**

**Yogurt** (plain, homemade is best), 4 oz.

**Almond, hemp, coconut milk** (unsweetened)

## **Grain**

Serving size: 1/2 cup cooked, or as indicated (1 serving = approximately 75–100 calories)

**Amaranth, teff, or quinoa**

**Rice:** basmati or other brown rice, wild

**Barley, buckwheat groats, millet**

**Bulgur** (cracked wheat)

**Popcorn**, 2 cups popped

**Whole oats**, 1/3 cup raw, 3/4 cup cooked

**Whole wheat, spelt, or kamut berries**

**100% whole wheat, spelt, or kamut pasta**

**Crackers**, small whole-grain crackers, 8

**Breads:** mixed whole-grain or 100% whole-rye (1 slice), whole-wheat tortilla or pita (1/2), low-carb tortillas (2 small or 1 large)

## **Beverages**

**8 glasses per day**

**Water** (filtered)

**Coffee** (2 cups per day limit)

**Herbal or green teas**

**Sparkling or mineral water**

## **Choosing Your Fish**

Remember to choose fish that are high in omega-3 and low in mercury.

### **Omega-3 Content in Fish:**

<b>Type of fish</b>	<b>Total omega-3 content per 3.5 ounces (in grams)</b>
Mackerel	2.6 (Canadian and Atlantic Mackerel only)
Trout, lake	2.0
Herring	1.7
Salmon	1.5
Sardines, canned	1.5
Sturgeon, Atlantic	1.5
Whitefish, lake	1.5
Anchovies	1.4
Bluefish	1.2
Bass, striped	0.8
Trout	0.6
Halibut, Pacific	0.5
Pollock	0.5
Sturgeon	0.4
Bass, freshwater	0.3
Catfish	0.3
Ocean perch	0.3
Flounder	0.2
Haddock	0.2
Snapper, red	0.2
Sole	0.1

### **Mercury in Fish**

#### **High Mercury**

Bluefish  
Grouper  
Mackerel (Spanish, Gulf)  
Sea Bass (Chilean)  
Tuna (canned albacore)  
Tuna (yellowfin)

#### **Highest Mercury**

Avoid eating these:  
Mackerel (king)  
Marlin  
Orange roughy  
Shark  
Swordfish  
Tilefish  
Tuna (bigeye, ahi)