

Foods listed in green are recommended. You want to **avoid** the foods listed in **red**.

Vegetables Low GI	Vegetables Medium GI	Fruit	Oils	Concentrated Proteins	Nuts & Seeds	**Legumes	Grains	Dairy	Beverages	Functional Foods
Cruciferous: broccoli, brussels sprouts, cabbages, cauliflower Greens: beet greens, bok choy, collard greens, escarole, kale, mustard greens, Swiss chard, watercress, spinach Lettuce/Mixed greens Mushrooms Salsa (sugar-free) Sprouts: alfalfa, broccoli or radish sprouts, bamboo shoots, etc. Squash: spaghetti, summer, yellow, zucchini Other vegetables: artichokes, asparagus, organic celery, chives, cucumbers, dill pickles, eggplants, garlic, green beans, hot peppers, kelp, leeks, mixed vegetable juices, okra, onions, organic sweet bell peppers, radishes, snow peas, organic tomatoes, water chestnuts	Beets Carrots Pumpkins Rutabagas Sweet potatoes or yams Turnips Winter squash Organic Yukon Gold Potatoes	Berries: blackberries, blueberries, raspberries, and organic strawberries Organic apples Apricots Cantaloupe Organic cherries Clementine Fresh Figs Organic grapes Honeydew melon Kiwifruits Mango Organic nectarines Oranges Organic peaches Organic pears Plums Tangerines Watermelon	Best: Avocados and Guacamole Olives Good: Extra virgin coconut oil Cold-pressed extra virgin olive oil Flaxseed oil Walnut oil Avocado oil Mayonnaise (made with avocado oil)	Best: Low-GI vegetables Tofu Tempeh Soy or veggie burger (read ingredients) Fish (wild caught) Beef (grass-fed) Lamb (grass-fed) Chicken (free-range) Good: Beef-lean Eggs (free-range) Cottage cheese Ricotta Mozzarella Parmesan	Nuts: Walnut Almonds Brazil nuts Macadamia Pecan Pistachios Hazelnuts Seeds: Sunflower Pumpkin Sesame seeds Nut butter: Almond butter Not as good: Peanuts Cashews Peanut butter (no sugar)	Beans: black, butter, cannellini, garbanzo, chickpeas, great northern, pinto, kidney, lima, navy, mung, fat free refried, green soy Hummus Bean Soup Lentils: beluga, French, and red variety Peas: split green or yellow peas	Amaranth, teff, or quinoa Rice Barley, buckwheat groats, millet Bulgur Popcorn Whole oats Whole wheat, spelt, or kamut berries Pasta: 100% whole wheat, spelt, kamut, or black bean Crackers Breads: mixed whole-grain or 100% whole-rye Tortilla or Pita: whole-wheat or low-carb	Butter or ghee Buttermilk Yogurt (plain) Dairy Substitutes: Almond milk (no sugar) Hemp milk Coconut milk (no sugar)	Water Coffee Herbal or Green teas Sparkling or Mineral water Alcohol Soda Sugary beverages Fruit juices Enhanced or flavored water Diet/Artificially sweetened drinks	Dynamic Daily Meal Dynamic GI Restore Dynamic Cardio-Metabolic Dynamic Inflamm-Eze Dynamic GI Integrity Dynamic Detox

FOODS TO EAT

**FOODS TO BE CAREFUL WITH

**Avoid these foods if you have GI issues, inflammation, auto-immune disease, or diabetes.