

Fruits & vegetables

Purple & blue

- Eggplant
- Red cabbage
- Purple kale
- Beets
- Blueberries, blackberries
- Purple carrots
- Purple potatoes
- Black grapes
- Black cherries
- Black currants (fresh)
- Black/purple plums

Dark green

- Spinach
- Rocket

Orange & yellow

- Oranges
- Winter squash and pumpkin
- Orange peppers
- Carrots
- Cantaloupe
- Orange cauliflower
- Orange sweet potatoes !
- Apricots, peaches
- Mangoes

Beet greens (the tops of beets)

- Kale
- Broccoli

Red & pink

- Red peppers
- Tomatoes
- Strawberries
- Cherries
- Fresh cranberries
- Red grapefruit
- Red-skinned apples
- Watermelon
- Red grapes
- Red-skinned radishes, Red lettuce, radicchio
- Rhubarb stems
- Pomegranates

Miscellaneous

- Onions, leeks, shallots
- Garlic
- Mushrooms
- Cauliflower
- Fennel
- Celery
- Bean sprouts

Any other dark leafy green (e.g. turnip greens, collard greens)

- Brussels sprouts
- Fresh herbs (e.g. parsley, basil)
- Green beans, green peas
- Avocado
- Cucumber



Fantastical
Mr. FOX

Lean protein

Meat

- Lean/extra-lean cuts of beef
- Lamb
- Lean pork (e.g. pork tenderloin)
- Wild game (e.g. venison, elk)
- Fish
- Salmon
- Tilapia
- Cod
- Haddock
- Smaller fish like herring or mackerel

Dairy

- Milk*
- Cottage cheese*
- Plain yogurt / Greek yogurt*
- Protein powders (e.g. whey protein, casein protein, milk protein blend)

*If you want to lose fat, remember that higher-fat versions of these are energy-dense, i.e. higher in calories per serving. Adjust portions accordingly.

Poultry

- Chicken
- Turkey breast
- Duck
- Eggs & egg whites

Seafood

- Shrimp (fresh or plain frozen)
- Mussels, clams, scallops
- Crab, lobster
- Calamari (not deep-fried)

Plant-based proteins

- Lentils
- Beans
- Quorn
- Peas (chickpeas, pigeon peas, etc.)
- Hummus
- Tofu
- Vegetarian protein powders (e.g. hemp protein, brown rice protein, vegan blend)



Good fats

Nuts & seeds

- Raw, unflavoured, unsalted nuts (e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.)
- Raw, unflavoured, unsalted seeds (e.g. pumpkin seeds, sunflower seeds, etc.)
- Dry-roasted nuts*
- Ground flax seeds
- Coconut (including fresh, unsweetened shredded coconut or the flesh of a young coconut)
- Natural peanut butter ! Natural nut butters

*Read labels carefully. Many nuts are roasted with oil, preservatives, etc.

Cold-pressed oils

- Extra-virgin olive oil
- Walnut oil
- Hemp seed oil
- Pumpkin seed oil
- Avocado seed oil
- Flax seed oil
- Extra-virgin coconut oil
- Butter (look for grass-fed / organic if possible)
- Fresh avocado
- Fresh guacamole
- Quality starches

Whole grains

- Oats
- Buckwheat
- Barley
- Brown rice
- Starchy fruit / veg
- Sorghum
- Quinoa
- Spelt
- Kamut
- Purple, red, or gold potatoes
- Sweet potatoes
- Wheat berries (whole Legumes wheat kernels)
- Sprouted grains
- Lentils & beans



Label reading checklist

LOOK FOR.....

- Whole foods
- No more than a few ingredients
- Food that is close to what it used to be

AVOID

- Sugar (look for trick words and phrases)
- Other sweeteners
- Hydrogenated and fractionated oils such as corn or palm oil
- Additives, preservatives, and colouring
- Any other ingredients you don't recognise
- More than a few ingredients

Trick words & phrases

- “Syrup” – corn syrup, brown rice syrup, agave syrup, etc.
- Words ending in “**ose**” – sucrose, glucose, fructose, etc.
- Words starting with “**malto**” – maltodextrin, maltitol, etc.
- “Made with / contains real fruit”
- “Fortified with”
- Ignore what the front of the package says. Look at the back of the package.
- Remember, if a packaged food claims to be “healthy”, it probably isn't. “Organic sugar” is still sugar.

