

SUGGESTED WELLNESS PROGRAM

RECOMMENDED FOODS	NOT RECOMMENDED FOOD
PROTEIN	
Plant-based proteins, such as beans, nuts, seeds, or tofu	Fried meats. Higher-fat cuts of meat. such as ribs
Fish and seafood	Pork bacon, Deep-fried tofu
Chicken and other poultry (Choose the breast meat)	Regular cheeses, Beans prepared with lard
Eggs and low-fat	Poultry with skin, deep-fried fish
DAIRY	
1% or skim milk	Whole milk, regular ice cream, regular half-and-half
Low-fat yogurt, Low-fat cottage cheese	Regular yogurt, regular cottage cheese
Low-fat or nonfat sour cream	Regular sour cream
FATS, OILS, AND SWEETS	
Natural sources of vegetables fats, such as nuts, seeds, or avocados (high in calories, so keep portions small). Plant-based oils. such as canola,	Anything with artificial trans fat in it. Anything that's "partially hydrogenated", even if the label says it has 0 grams of trans fat.
Salmon, tuna, or mackerel. Natural sources of vegetable fats, such as nuts, seeds, or avocados (high in calories so keep portions small).	Big portions of saturated fats, which mainly come from animal products but also are in coconuts oil and palm oil.
DRINKS	
Water, unflavoured or flavoured sparkling water	Regular sodas
Unsweetened tea (add a slice of lemon)	Regular beer, fruity mixed drinks, dessert wines
Light beer, small amounts of wine, or non-fruity mixed drinks	Sweetened tea. Energy drinks
Coffee, black or with added low-fat milk and sugar substitute	Coffee with sugar and cream. Flavoured coffees and chocolate drinks.

RECOMMENDED FOODS**NOT RECOMMENDED FOOD****STARCHES**

Whole grains, such as brown rice, oatmeal, quinoa, millet or amaranth

Processed grains, such as white rice or white flour

Baked sweet potato

Cereals with little whole grains and lots of sugar

Item made with whole grains and no added sugar

White bread, french fries

VEGETABLES

Fresh veggies, eaten raw or lightly steamed, roasted, or grilled

Canned vegetables with lots of added sodium

Plain frozen vegetables, lightly steamed

Veggies cooked with lots of added butter, cheese, or sauce

Greens such as kale, spinach and arugula. Iceberg lettuce is not as great, because its low in nutrients

Pickles, if you need to limit sodium - otherwise, pickles are okay

Low sodium or unsalted canned vegetables

Sauerkraut, for the same reason as pickles - so, limit them if you have high blood pressure

FRUITS

Fresh fruit

Canned fruit with heavy sugar syrup

Plain frozen fruit or fruit canned without added sugar

Chewy fruit rolls

Sugar-free or low-sugar jam or preserves

Regular jam, jelly, and preserves (unless you have a very small portion)

No-sugar-added applesauce

Sweetened applesauce, fruit punch, fruit drinks, fruit juice drinks