

General Food Guide for Effective Weight Management

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Foods to Choose

Proteins	Carbohydrates	Vegetables	Fats	Foods to Avoid
Chicken	Baked Potato	Broccoli	Avocado	Whole Milk
Turkey	Sweet Potato	Asparagus	Sunflower Seeds	Butter
Swordfish	Squash	Lettuce	Pumpkin Seeds	Mayonnaise
Tuna	Yams	Carrots	Cold Water Fish	Candy
Cod	Brown Rice	Cauliflower	Natural Peanut Butter	Regular Soda
Halibut	Whole Grain Pasta	Green Beans	Hard Cheeses	Processed Meats
Tilapia	Oatmeal	Peppers	Low-Cal Salad Dressing	Processed Foods
Lean Pork	Beans	Mushrooms	Nuts	Sour Cream
Lean Beef	Corn	Spinach	Olives	Pasta
Deer	Melons	Tomatoes	Olive Oil	Bread
Eggs	Apples	Peas	Sunflower Oil	Cereals
Cottage Cheese	Oranges	Brussels Sprouts	Canola Oil	Ice Cream
Tofu	Bananas	Artichoke	Flax Seed Oil	Low Fat Foods
Whey Protein	Mangos	Cabbage		Sweet Tea
Shrimp	Yogurt	Celery		Lemonade
	Whole Grain Breads	Zucchini		Kool-Aid
	Popcorn	Cucumbers		Pastries/Cake/Pie
	Grits	Onions		Sauces
		Soy Beans		Regular Sports Drinks
				White Rice
				Pancakes/Waffles
				Alcohol/Beer
				Crackers