

# Bari- Food List

	Food Group	Food to include in your diet	Foods NOT to include in your diet
Main focus at meals	<b>Protein</b> Aim for <3g fat per serving (7g protein = 1 oz.)	All poultry without skin, even dark meat (chicken breast, chicken tenderloins, lean ground chicken/turkey, turkey products--pepperonis, sausage, turkey hot-dogs), pork (lean chop, pork tenderloin, Canadian bacon, lean deli-ham), lamb (roast, chop, leg), veal (lean chop, roast), beef (93% lean or > ground beef, sirloin steak, flank steak, skirt steak, beef tenderloin, all seafood (tilapia, salmon, Mahi Mahi, etc.), game meat, egg whites or egg substitute, fat free hot dogs, fat free/low-fat/reduced-fat cheese, beans, edamame, lentils, tempeh, tofu, seitan	Fried or breaded meats, full-fat beef (80/20 ground hamburger meat, ribeye, prime rib), full-fat pork products (ribs, bacon, sausage), hot dogs, salami, pastrami, bologna. Whole eggs should be eaten less than 3 times per week. Skin and breading should be removed from meats before consuming.
	<b>Dairy</b> Aim for <3-5g of fat per 1 oz.	Low-fat/reduced-fat/fat-free: cheeses, milk, cottage cheese, ricotta, mozzarella, and other cheeses low in fat, plain Greek yogurt or Dannon Light & Fit Greek yogurt (lowest carb content for flavored)	Whole milk, 2% milk, high-sugar yogurts, full-fat cheeses
	<b>Vegetables</b> Cooked= ½ cup Fresh/Raw serving = 1 cup	Artichoke, artichoke hearts, asparagus, beans, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green onions/scallions, greens (collard, kale, mustard or turnip), leek, mushrooms, olives, okra, onions, peppers (any variety), radishes, salad greens, sauerkraut, spinach, snow peas, summer squash, tomatoes, turnips, water chestnuts, watercress, zucchini	Corns, peas, potatoes, winter squashes (acorn & butternut squash).
1 svg	<b>Fruits</b> Always eat with protein to decrease spike in blood sugar	Apples, peaches, pears, pitted prunes, grapefruit, cherries, plums, apricots, berries, banana, raspberries, strawberries, grapes, blueberries, blackberries	Canned fruit in heavy syrups, fruit juice, and dried fruits
2 svg	<b>Fats</b> 1 tsp oil, 6 nuts, 1/8 <sup>th</sup> avocado 1 tbsp. reg. dressing, 2 tbsp. reduced fat dressing	Unsalted nuts, nut butters (peanut, almond, etc.), avocado, vegetable oils, canola oil, olive oil, coconut oil, olive/canola oil based salad dressings, light or fat-free salad dressing, hummus	Full fat mayonnaise or salad dressing, butter, hard margarine, shortening, lard, cream (cream cheese), trail mix
1 svg	<b>Starches</b> 1 slice of bread, 1 oz crackers, 1/2 cup cooked grain or cereal, 1/3 cup rice or pasta	whole grain/low calorie bread, quinoa, oatmeal, whole grain, whole grain pasta and noodles, brown/wild rice, whole wheat pita or tortillas, low carbohydrate tortillas, high fiber English muffins	cereals containing sugar >5g/serving, cream of wheat, granola, grits, "enriched" grain product, bagels, pancakes, waffles, granola bars, cakes, cookies, gnocchi, hamburger buns, muffins, pasta, instant noodles, pizza, white or instant rice, regular bread or tortillas, white, crackers popcorns, chips

