

## Healthy Food Choices

for meals on the Almased Diet

### PROTEIN

Women: 3-4 oz per meal | Men: 4-5 oz per meal

#### MEAT & EGGS

- Chicken breast (no skin)
- Chicken thighs (no skin)
- Turkey breast (no skin)
- Turkey thighs (no skin)
- Ground turkey
- Lean beef (90/10)
  - ground beef
  - eye of round
  - top round
  - top sirloin
  - tenderloin
- Lean pork
  - top loin
  - center loin
  - tenderloin
  - sirloin
- Lunch meat (chicken or turkey breast, ham, pastrami)
- Free-range eggs
- Egg whites

#### FISH & SEAFOOD

- Cod
- Flounder
- Grouper
- Haddock
- Salmon
- Sardines
- Shrimp
- Scallops
- Squid
- Tuna
- Trout

#### OILS

Women: 1-2 tsp per meal

Men: 2-3 tsp per meal

- Avocado oil
- Coconut oil, virgin
- Flaxseed oil
- Sesame oil
- Olive oil, extra-virgin
- Walnut oil

#### BEANS & LEGUMES

- Chickpeas
- Edamame
- Black beans
- Butter beans
- Hummus
- Kidney beans
- Lentils, red or green
- Pinto beans
- Navy beans
- Tofu

#### NUTS & SEEDS

- Almonds
- Cashews
- Brazil nuts
- Flaxseeds
- Hemp seeds
- Pistachios
- Sunflower seeds
- Pumpkin seeds
- Walnuts

#### GRAINS

Women and men:

1 cup of grains or

1 slice of bread per meal

- Amaranth
- Barley
- Bread, whole grain or sprouted
- Buckwheat
- Bulgur
- Cornmeal, whole
- Couscous, whole wheat
- Flour, whole wheat
- Millet
- Oatmeal
- Pearl barley
- Pumpernickel, whole grain
- Quinoa
- Rice, brown or wild
- Sourdough, rye or wheat
- Spaghetti, whole grain

### VEGETABLES

Women and men:

1 cup or more per meal

- Asparagus
- Bell Peppers
- Beets
- Broccoli
- Eggplant
- Cauliflower
- Cabbage
- Carrots
- Green peas
- Green beans
- Leafy greens (kale, spinach, etc.)
- Onions
- Mushroom
- Parsnips
- Romaine lettuce
- Spring mix
- Sweet potato
- Tomato
- Zucchini

### FRUITS

Women: 1/2-1 cup per day

Men: 1 cup per day

- Apple
- Avocado
- Blackberry
- Blueberry
- Cherry
- Coconut
- Grapefruit
- Kiwi
- Orange
- Pear
- Peach
- Plum
- Raspberry
- Strawberry

### DAIRY

Women and men:

1 cup of fat-free milk, yogurt or milk alternative or 1 1/2 oz of reduced or low fat cheese per meal.