
The Best and Worst Foods

Kenneth A. Hall M.S, CPT

Embarking on a new diet plan is always a challenge. After all, we're creatures of habit. We go into grocery stores and roll down the aisles on autopilot, grabbing the same foods we've eaten for years. But if we take just a moment and consider some healthier alternatives, many of which taste better, we can change our lives. We'll look and feel, have more energy and live longer.

FATS

Good **Oils and sprays:** Canola oil, canola spray, enova oil, fish oil capsules, flaxseed oil, I can't Believe it's Not Butter spray, olive oil or spray (extra virgin)

Vegetables: Avocados

Seeds: Pumpkin, sunflower

Nuts: Almonds, cashews, macadamias, pecans, soy nuts, walnuts

Neutral **Legumes:** Natural peanut butter, peanuts

Bad **Dairy products:** butter, cream, ice cream (regular, full-fat), margarine, milk (whole)

Oils: Lard (Crisco, etc)

PROTEINS

Good **Fish:** Anchovies, calamari, cod, flounder, grouper, halibut, mackerel, mahi mahi, salmon (wild, not farm-raised), sardines, swordfish, tuna (canned in water), tuna steak or sushi

Shellfish: Clams/mussels, crab, lobster, oyster, shrimp/prawns

Poultry: Chicken (skinless), ground turkey (extra lean), turkey breast

PROTEINS CONTINUE:

Meat: Buffalo, filet mignon, flank steak, ground beef (93% lean), ham (96% fat-free), London broil, pork loin (lean), top and bottom round, venison

Legumes: Black beans, soy beans (edamame)

Dairy products: Cheese (less than 2% fat), egg beaters, egg whites, milk (fat-free-skim), yogurt (low-fat, low sugar)

Neutral **Poultry:** Chick (with skin), ground turkey (85-90% lean)

Meat: Ground beef (85-90 % lean), roast beef

Legumes: (eaten alone): Chickpeas, kidney beans, lentils, pinto beans

Dairy Products: Cheese (less than 1% and 2% fat), frozen yogurt (low-fat, low, low-sugar), ice cream (low-fat/fat free, low-sugar), milk (1% and 2 % fat), whole eggs, yogurt (whole milk)

Bad **Meat:** Beef (heavily marbles), ground beef (regular fat). NY strip. T-Bone

Dairy products: Cheeses (double-or triple cream, such as Brie and Camembert), milk (whole)

CARBOHYDRATES

Good **Breads:** Pumpernickel, rye, sourdough

Cereals: Cheerios, Kashi, oatmeal (slow-cooking-not instant)

Starches: Brown rice, couscous, quinoa

Root vegetables: Beets, sweet potatoes, yams

Green vegetables: Asparagus, broccoli, Brussels sprouts, cucumbers, field greens, green beans, romaine lettuce, snap peas, spinach

Other vegetables: Bell peppers, carrots, celery, eggplant, mushrooms, soybeans, squash, tomatoes

Neutral: **Bread and baked goods:** Bread (whole wheat), muffins (oat or whole wheat) tortillas (whole wheat)

Cereals: Corn-based cereals (all), rice-based cereals (all)

Root vegetables: Potatoes (baked)

Other vegetables: Iceberg lettuce, yellow squash, zucchini

Fruit: Dates

Snacks: English muffins (sourdough), rice cakes, wheat crackers

Bad **Bakes Goods:** Bagels, cakes, cookies, doughnuts, English muffins (most types), white bread

Cereals: Sugary cereals

Dairy products: Frozen yogurt (with sugar) ice cream

Salads: **Coleslaw**, creamy seafood salad, potato salad

Snacks: Dried fruit, French fries, granola bars, potato chips, trail mix

BEVERAGES

Good Red wine (2-6 glasses per week), tea (decaffeinated – green, black or white), water (at least 64 oz per day)

Neutral Coffee (decaf or regular), diet soft drinks, fruit juices (unsweetened), orange juice (diluted), teas (caffeinated), white wine

Bad Beer, fruit juice (sweetened), hard liquor, Kool-Aid, mixed drinks (especially fruity bar drinks), smoothies, soft drinks, wine coolers

CONDIMENTS

Good Balsamic vinegar, benecol spread, cayenne pepper, fruit spreads, garlic, herbs/spices, horseradish, hummus, mayonnaise (fat-free), Mrs. Dash seasoning, mustard, pesto, salad dressing (fat-free), salsa, seasoning, Take Control spread

Neutral BBQ sauce, ketchup, salad dressing (low-fat) syrup (light)

Bad Mayonnaise, Miracle Whip, salad dressing (regular) sugar