

# Modified Mediterranean Food List

**C** = Carbohydrate

**P** = Protein

**F** = Fat

**O** = Other

## **C** Grains & Starches

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 80 calories, C=15g, P=3g, F=0-1g\*

- Amaranth: ¼ cup cooked
- Barley: ½ cup cooked
- Bread, stone ground wheat, mixed whole grain, 100% whole rye: 1 slice
- Bread, whole wheat pita (6" diameter): ½ pita
- Buckwheat groats: ½ cup cooked
- Buckwheat noodles: ¾ cup cooked
- Bulgur: ½ cup cooked
- Crackers, whole grain: serving size varies, see product label
- Millet: ½ cup cooked
- Oats, whole or steel-cut: ½ cup cooked
- Pasta, whole grain, legume: ½ cup cooked
- Quinoa: ½ cup cooked
- Rice, basmati or brown: ½ cup cooked
- Sorghum: ½ cup cooked
- Spelt or kamut berries: ½ cup cooked
- Spelt or kamut pasta: ½ cup cooked
- Teff: ½ cup cooked
- Tortilla, stone ground corn (6" diameter): 1 tortilla
- Tortilla, whole wheat (10" diameter): ½ tortilla
- Wild rice: ½ cup cooked

### Note:

- Choose products that are free from partially hydrogenated oils
- Avoid cornmeal flour and cornstarch
- Choose 100% whole grain products
- Organic, non-GMO varieties preferred

## **C** Fruit

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 60 calories, C=15g, P=0g, F=0g

- Apple: 1 small
- Apples, dried, unsweetened: ½ cup
- Applesauce, unsweetened: ½ cup
- Apricots: 3 small
- Apricots, dried, unsweetened: ¼ cup
- Banana: ½ medium
- Blackberries: ¾ cup
- Blueberries: ¾ cup
- Boysenberries: ¾ cup

- Cantaloupe: 1 cup, cubed
- Cherries: 12
- Cranberries, dried, unsweetened: ½ cup
- Figs: 2 small
- Grapefruit: ½ large
- Grapes: 17 small
- Guava: 1 medium
- Honeydew melon: 1 cup, cubed
- Kiwi: 2 small
- Loganberries: ¾ cup
- Mango: ½ cup
- Nectarine: 1 medium
- Orange: 1 small
- Papaya: 1 cup, cubed
- Peach: 1 medium
- Pear: 1 small
- Persimmon: ½ medium
- Pineapple: ¾ cup, cubed
- Plums: 2 small
- Plums, dried, unsweetened (prunes): ¼ cup
- Pomegranate: ½ cup
- Raspberries: 1 cup
- Strawberries: 1¼ cup, whole
- Tangerines: 2 small
- Watermelon: 1¼ cup, cubed



### Note:

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.
- Avoid all fruit juices and fruit spreads/preserves.
- All dried fruits should be unsweetened, with no added preservatives or oils.

## **C** Category 1 Vegetables (nonstarchy)

\_\_\_\_\_servings/day

Serving size: Leafy greens: Approximately 2-3 cups, raw; All others: ½ cup, cooked or 1 cup, raw

1 serving = approx. 25 calories, C=5g, P=1-2g, F=0g

- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Bitter melon
- Bottle gourd
- Broccoli
- Broccoli flower
- Brussels sprouts
- Cabbage (bok choy, green, nappa, red, savoy)
- Cactus (nopales)
- Carrots
- Cauliflower
- Celery
- Celery root
- Chayote



- Cucumber
- Eggplant
- Green or string beans
- Hearts of palm
- Jerusalem artichoke
- Jicama
- Kimchi
- Kohlrabi
- Leeks
- Leafy greens (arugula, beet, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, watercress)
- Lettuce (Boston bibb, butter, frisee, green leaf, red leaf, romaine)
- Mushrooms
- Okra
- Onions (green, brown, red, scallions, shallot, spring, white, yellow)
- Peppers (bell, jalapeño, poblano, sweet)
- Radishes (daikon, cherry belle, white icicle, watermelon)
- Rutabaga
- Sauerkraut
- Sea plants (aramé, dulse, kombu, kelp, nori)
- Spaghetti squash
- Sprouts
- Sugar snap peas, snow peas
- Summer squash (crookneck, delicata, yellow, zucchini, patty pan)
- Tomatoes
- Turnips
- Water chestnuts



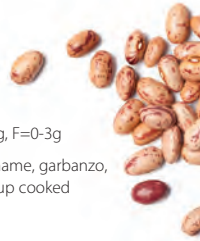
## C P Legumes

### servings/day

Serving size: As indicated

1 serving = approx. 100 calories, C=15g, P=7g, F=0-3g

- Beans (black-eyed, black, cannellini, edamame, garbanzo, kidney, lima, mung, navy, pinto, etc.): ½ cup cooked
- Beans, vegetarian refried: ½ cup
- Bean soups, homemade: ¾ cup
- Hummus: ¼ cup
- Lentils (brown, green, red, yellow, French): ½ cup cooked
- Peas (pigeon, split): ½ cup cooked



### Note:

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.

## C P F Dairy

### servings/day

Serving size: As indicated

1 serving = approx. 100-150 calories,

C= 12g, P= 8g, F= 5-8g

- Buttermilk: 1 cup
- Kefir, plain: 1 cup
- Milk: 1 cup
- Yogurt, plain, Greek: ½ cup

### Note:

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.

## C Category 2 Vegetables (starchy)

### servings/day

Serving size: As indicated

1 serving = approx. 80 calories, C=15g, P=3g, F=0-1g

- Cassava (yuca): ½ cup
- Green peas: ½ cup
- Parsnips: ¾ cup
- Potatoes:
  - Yukon gold: ½ medium
  - Fingerling: 3-4 small
  - Red: ½ medium
- Squash:
  - Acorn: ¾ cup, cubed
  - Butternut: 1 cup, cubed
  - Pumpkin, canned, unsweetened: 1 cup
- Sweet potato: ½ cup, cubed
- Yam: ½ cup, cubed

## C P F Dairy Alternatives

### servings/day

Serving size: As indicated

1 serving = approx. 25-75 calories,

C= 2-15g, P= 2-8g, F= 3-6g

- Almond milk: 1 cup
- Cashew milk: 1 cup
- Coconut milk: 1 cup
- Flax milk: 1 cup
- Hemp milk: 1 cup
- Rice milk: 1 cup
- Soy milk: 1 cup
- Yogurt, soy or coconut based: ½ cup



### Note:

- Organic, plain, unsweetened varieties recommended
- Choose boxed variety for all nondairy beverages
- Avoid nondairy creamers

### Note:

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.

# Modified Mediterranean Food List

## P Proteins

\_\_\_\_\_ servings/day

Serving size: As indicated  
1 serving = approx. 150 calories,  
C= 0g, P= 14-28g, F= 1-9g

- Beef
  - Lean, all cuts: 3 oz.
- Buffalo: 3 oz.
- Cheese
  - Cottage: ¾ cup
  - Feta: 2 oz.
  - Goat: 2 oz.
  - Mozzarella: 2 oz. or ½ cup shredded
  - Ricotta: ⅓ cup
- Chicken, skinless, white or dark meat: 3 oz.
- Cornish hen, skinless: 4 oz.
- Eggs, whole: 2
- Egg whites: 1 cup
- Elk: 3 oz.
- Fish:
  - Salmon:
    - Canned: 3 oz.
    - Fresh: 3 oz.
    - Smoked: 3 oz.
  - Herring: 3 oz.
  - Mackerel: 2 oz.
  - Sardines (in water): 3 oz.
  - Trout: 4 oz.
  - Tuna:
    - Canned, chunk light or solid light (in water): 4 oz.
    - Skipjack: 4 oz.
    - Yellowfin: 4 oz.
  - Lamb, leg, chop, or lean roast: 3 oz.
  - Pork, tenderloin: 3 oz.
  - Shellfish: 4-5 oz.
  - Turkey, skinless, white or dark meat: 3 oz.
  - Venison: 3 oz.



### Notes:

- Organic, non-GMO, grass-fed/grass-finished, free-range, meat, poultry, and dairy products are recommended
- Fresh or frozen, wild-caught (not farm-raised) fish and seafood are recommended



## C P Plant-Based Proteins

\_\_\_\_\_ servings/day

1 serving = approx. 150 calories,  
C= 12-15g, P= 10-15g, F= 0-8g

- Legumes (beans, peas, lentils): ¾ cup cooked
- Edamame: 1 cup
- Hummus: ¼ cup+2 Tbsp.
- Tempeh: 3 oz.
- Tofu: 6 oz.
- Seitan: 3 oz.
- Commercially prepared meatless products: serving sizes vary, see product label

### Note:

- Be aware of change in serving size when using legumes as a protein source
- Organic, non-GMO soy products recommended
- Commercially prepared meatless products should be low sodium, free from artificial preservatives, and contain at least 7 g protein

## F Oils and Fats

\_\_\_\_\_ servings/day

Serving size: As indicated  
1 serving = approx 45 calories, C=0g, P=0g, F=5g

- Avocado: 2 Tbsp.
- Avocado oil: 1 Tbsp.
- Butter: 1 tsp.
- Canola: 1 tsp.
- Coconut milk:
  - Light, canned: 3 Tbsp.
  - Regular, canned: 1.5 Tbsp.
- Coconut oil: 1 tsp.
- Coconut spread: 1.5 tsp.
- Flaxseed oil: 1 tsp.
- Ghee/clarified butter: 1 tsp.
- Grapeseed oil: 1 tsp.
- High-oleic safflower oil: 1 tsp.
- High-oleic sunflower oil: 1 tsp.
- Mayonnaise, unsweetened (made with avocado, grapeseed, or olive oil): 1 Tbsp.
- Olive oil, extra virgin: 1 tsp.
- Olives: 8-10 medium
- Sesame oil: 1 tsp.



### Note:

- Oils should be minimally refined, non-GMO, and organic
- Nut and seed oils should be refrigerated to prevent rancidity
- First cold-pressed or cold-pressed olive oil preferred
- Choose expeller-pressed nut, seed, and coconut oils when available

## F Nuts & Seeds

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 45 calories, C=0g, P=1g, F=5g

- Almonds: 6
- Almond butter: 1.5 tsp.
- Brazil: 2
- Cashews: 6
- Cashew butter: 1.5 tsp.
- Chia seeds: 1 Tbsp.
- Coconut, unsweetened, shredded: 1.5 Tbsp.
- Flaxseed, ground: 1.5 Tbsp.
- Hazelnuts: 5
- Hemp seeds: 2 tsp.
- Macadamia: 3
- Pecans: 4 halves
- Pine nuts: 1 Tbsp.
- Pistachios: 12
- Pumpkin seeds: 1 Tbsp.
- Sesame seeds: 1 Tbsp.
- Soy nuts, roasted: 2 Tbsp.
- Sunflower seeds: 1 Tbsp.
- Tahini: 1.5 tsp.
- Walnuts: 4 halves



### Note:

- Raw, unsalted, organic varieties preferred
- Choose nut butters that are free from partially hydrogenated oils

## O Other

### Beverages

- Coffee (limit to 8 oz. daily)
- Espresso (3 oz. limit)
- Green tea, rooibos tea (unsweetened)
- Noncaffeinated herbal teas (mint, chamomile, hibiscus, etc.)
- Mineral water (still or carbonated)
- Sparkling water (free from sodium and artificial flavors)
- Water (ideally filtered)

### Note:

- Organic coffee and tea preferred



## Condiments, Herbs, & Spices

- Animal-based broth
- Cacao (powder/nibs)
- Carob
- Blackstrap molasses
- Flavored extracts (ex. almond, vanilla)
- Garlic
- Ginger
- Herbs, all, fresh or dried (ex. dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)
- Horseradish
- Hot sauce
- Lemon
- Lime
- Liquid Amino Acid
- Miso
- Mustard
- Salsa, unsweetened
- Soy sauce/tamari
- Spices, all, fresh or dried (ex. chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)
- Tomato sauce, unsweetened
- Vegetable broth
- Vinegars, unsweetened, organic:
  - Apple cider
  - Balsamic
  - Red wine
  - White wine



### Allowable Sweeteners

- Luo han guo (monkfruit extract)
- Stevia

### Note:

- Recommend limiting to no more than 1 serving per day to reduce cravings for sweet-tasting food

### Food Preparation Tips

- Animal proteins should be grilled, baked, poached, roasted, stewed, sautéed, or slow-cooked
- Vegetables should be baked, blanched, grilled, lightly sautéed, roasted, steamed, or eaten raw

Use broth or "seasoned stock" when cooking meats, lentils, vegetables, etc. to minimize using too much oil/fat. Recommend using organic, low sodium varieties

## Total Calories/Day

# Modified Mediterranean Gluten- and Dairy-Free Food List

**C** = Carbohydrate

**P** = Protein

**F** = Fat

**O** = Other

## **C** Grains & Starches

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 80 calories, C=15g, P=3g, F=0-1g\*

- Amaranth: ¼ cup cooked
- Buckwheat groats: ½ cup cooked
- Buckwheat noodles: ¾ cup cooked
- Millet: ½ cup cooked
- Oats, whole or steel-cut: ½ cup cooked
- Quinoa: ½ cup cooked
- Rice, basmati or brown: ½ cup cooked
- Sorghum: ½ cup cooked
- Teff: ½ cup cooked
- Tortilla, stone ground corn (6" diameter): 1 tortilla
- Wild rice: ½ cup cooked

### Note:

- Oats may be cross-contaminated. Therefore, eat only if oats are labeled "pure gluten-free," grown and processed in a separate plant.
- Buckwheat products may contain wheat. Read labels carefully.

## **C** Fruit

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 60 calories, C=15g, P=0g, F=0g

- Apple: 1 small
- Apples, dried, unsweetened: ½ cup
- Applesauce, unsweetened: ½ cup
- Apricots: 3 small
- Apricots, dried, unsweetened: ¼ cup
- Banana: ½ medium
- Blackberries: ¾ cup
- Blueberries: ¾ cup
- Boysenberries: ¾ cup
- Cantaloupe: 1 cup, cubed
- Cherries: 12
- Cranberries, dried, unsweetened: ½ cup
- Figs: 2 small
- Grapefruit: ½ large
- Grapes: 17 small
- Guava: 1 medium
- Honeydew melon: 1 cup, cubed
- Kiwi: 2 small
- Loganberries: ¾ cup
- Mango: ½ cup
- Nectarine: 1 medium
- Orange: 1 small
- Papaya: 1 cup, cubed
- Peach: 1 medium
- Pear: 1 small
- Persimmon: ½ medium
- Pineapple: ¾ cup, cubed



- Plums: 2 small
- Plums, dried, unsweetened (prunes): ¼ cup
- Pomegranate: ½ cup
- Raspberries: 1 cup
- Strawberries: 1¼ cup, whole
- Tangerines: 2 small
- Watermelon: 1¼ cup, cubed

### Note:

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.
- Avoid all fruit juices and fruit spreads/preserves.
- All dried fruits should be unsweetened, with no added preservatives or oils.

## **C** Category 1 Vegetables (nonstarchy)

\_\_\_\_\_servings/day

Serving size: Leafy greens: Approximately 2-3 cups, raw; All others: ½ cup cooked, or 1 cup raw

1 serving = approx. 25 calories, C=5g, P=1-2g, F=0g

- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Bitter melon
- Bottle gourd
- Broccoli
- Broccoli flower
- Brussels sprouts
- Cabbage (bok choy, green, nappa, red, savoy)
- Cactus (nopales)
- Carrots
- Cauliflower
- Celery
- Celery root
- Chayote
- Cucumber
- Eggplant
- Green or string beans
- Hearts of palm
- Jerusalem artichoke
- Jicama
- Kimchi
- Kohlrabi
- Leeks
- Leafy greens (arugula, beet, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, watercress)
- Lettuce (Boston bibb, butter, frisee, green leaf, red leaf, romaine)
- Mushrooms
- Okra
- Onions (green, brown, red, scallions, shallot, spring, white, yellow)
- Peppers (bell, jalapeño, poblano, sweet)
- Radishes (daikon, cherry belle, white icicle, watermelon)
- Rutabaga
- Sauerkraut
- Sea plants (aramé, dulse, kombu, kelp, nori)
- Spaghetti squash
- Sprouts
- Sugar snap peas, snow peas
- Summer squash (crookneck, delicata, yellow, zucchini, patty pan)
- Tomatoes
- Turnips



- Water chestnuts

**Note:**

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.

## C Category 2 Vegetables (starchy)

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 80 calories, C=15g, P=3g, F=0-1g

- Cassava (yuca): ½ cup
- Green peas: ½ cup
- Parsnips: ¾ cup
- Potatoes:
  - Yukon gold: ½ medium
  - Fingerling: 3:4 small
  - Red: ½ medium
- Squash:
  - Acorn: ¾ cup, cubed
  - Butternut: 1 cup, cubed
  - Pumpkin, canned, unsweetened: 1 cup
  - Sweet potato: ½ cup, cubed
  - Yam: ½ cup, cubed



**Note:**

- Fresh, organic preferred. If fresh not available, frozen varieties are allowed.

## C P Legumes

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 100 calories, C=15g, P=7g, F=0-3g

- Beans (black-eyed, black, cannellini, edamame, garbanzo, kidney, lima, mung, navy, pinto, etc.): ½ cup cooked
- Beans, vegetarian refried: ½ cup
- Bean soups, homemade: ¾ cup
- Hummus: ¼ cup
- Lentils (brown, green, red, yellow, French): ½ cup cooked
- Peas (pigeon, split): ½ cup cooked

**Note:**

- These foods are naturally gluten-free, but the risk of cross-contamination is there due to processing in food manufacturing plants with gluten-containing products. To be safe, look for “gluten-free” on the label.
- Organic variety recommended.

## C P F Dairy Alternatives

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 25-75 calories,

C=2-15g, P=2-8g, F=3-6g

- Almond milk: 1 cup
- Cashew milk: 1 cup
- Coconut milk: 1 cup
- Flax milk: 1 cup
- Hemp milk: 1 cup
- Rice milk: 1 cup
- Soy milk: 1 cup

- Yogurt, soy, or coconut based: ½ cup

**Note:**

- Organic, plain, unsweetened varieties recommended
- Choose boxed variety for all nondairy beverages
- Avoid nondairy creamers

## P Proteins

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 150 calories, C=0g, P=14-28g, F=1-9g

- Beef
  - Lean, all cuts: 3 oz.
  - Buffalo: 3 oz.
- Chicken, skinless, white or dark meat: 3 oz.
- Cornish hen, skinless: 4 oz.
- Eggs, whole: 2
- Egg whites: 1 cup
- Elk: 3 oz.
- Fish
  - Salmon
  - Canned: 3 oz.
  - Fresh: 3 oz.
  - Smoked: 3 oz.
  - Herring: 3 oz.
  - Mackerel: 2 oz.
  - Sardines (in water): 3 oz.
  - Trout: 4 oz.
  - Tuna
    - Canned, chunk light or solid light (in water): 4 oz.
    - Skipjack: 4 oz.
    - Yellowfin: 4 oz.
- Lamb, leg, chop, or lean roast: 3 oz.
- Pork, tenderloin: 3 oz.
- Shellfish: 4-5 oz.
- Turkey, skinless, white or dark meat: 3 oz.
- Venison: 3 oz.



**Note:**

- Organic, non-GMO, grass-fed/grass-finished, free-range meat and poultry are recommended
- Fresh or frozen, wild-caught (not farm-raised) fish and seafood are recommended

## C P Plant-Based Proteins

\_\_\_\_\_servings/day

1 serving = approx. 150 calories,

C=12-15g, P=10-15g, F=0-8g

- Legumes (beans, peas, lentils): ¾ cup cooked
- Edamame: 1 cup
- Hummus: ¼ cup+2 Tbsp.
- Tempeh: 3 oz.
- Tofu: 6 oz.

**Note:**

- Be aware of change in serving size when using legumes as a protein source
- Organic, non-GMO soy products are recommended
- Hummus, tempeh, and tofu are gluten-free, but some brands may contain wheat. Read food labels very carefully.

# Modified Mediterranean Gluten- and Dairy-Free Food List

## **P** **F** Oils and Fats

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx 45 calories, C=0g, P=0g, F=5g

- Avocado: 2 Tbsp.
- Avocado oil: 1 tsp.
- Canola: 1 tsp.
- Coconut milk
  - Light, canned: 3 Tbsp.
  - Regular, canned: 1.5 Tbsp.
- Coconut oil: 1 tsp.
- Coconut spread: 1.5 tsp.
- Flaxseed oil: 1 tsp.
- Grapeseed oil: 1 tsp.
- High-oleic safflower oil: 1 tsp.
- High-oleic sunflower oil: 1 tsp.
- Mayonnaise, unsweetened (made with avocado, grapeseed, or olive oil): 1 Tbsp.
- Olive oil, extra virgin: 1 tsp.
- Olives: 8-10 medium
- Sesame oil: 1 tsp.



### Note:

- Oils should be minimally refined, non-GMO, and organic
- Nut and seed oils should be refrigerated to prevent rancidity
- First cold-pressed or cold-pressed olive oil preferred
- Choose expeller-pressed nut, seed, and coconut oils when available

## **F** Nuts & Seeds

\_\_\_\_\_servings/day

Serving size: As indicated

1 serving = approx. 45 calories, C=0g, P=1g, F=5g

- Almonds: 6
- Almond butter: 1.5 tsp.
- Brazil: 2
- Cashews: 6
- Cashew butter: 1.5 tsp.
- Chia seeds: 1 Tbsp.
- Coconut, unsweetened, shredded: 1.5 Tbsp.
- Flaxseed, ground: 1.5 Tbsp.
- Hazelnuts: 5
- Hemp seeds: 2 tsp.
- Macadamia: 3
- Pecans: 4 halves
- Pine nuts: 1 Tbsp.
- Pistachios: 12
- Pumpkin seeds: 1 Tbsp.
- Sesame seeds: 1 Tbsp.
- Soy nuts, roasted: 2 Tbsp.
- Sunflower seeds: 1 Tbsp.
- Tahini: 1.5 tsp.
- Walnuts: 4 halves



### Note:

- Raw, unsalted, organic varieties preferred
- Choose nut butters that are free from partially hydrogenated oils

## **O** Other

### Beverages

- Coffee (limit to 8 oz. daily)
- Espresso (3 oz. limit)
- Green tea, rooibos tea (unsweetened)
- Noncaffeinated herbal teas (mint, chamomile, hibiscus, etc.)
- Mineral water (still or carbonated)
- Sparkling water (free from sodium and artificial flavors)
- Water (ideally filtered)

### Note:

- Organic coffee and tea preferred

## **O** Condiments, Herbs, & Spices

- Animal-based broth
- Cacao (powder/nibs)
- Blackstrap molasses
- Garlic
- Ginger
- Herbs, all, fresh or dried (ex. dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)
- Lemon
- Lime
- Liquid amino acid
- Miso
- Salsa, unsweetened
- Tamari (wheat-free)
- Spices, all, fresh or dried (ex. chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)
- Tomato sauce, unsweetened
- Vegetable broth
- Vinegars, unsweetened, organic
  - Apple cider
  - Balsamic



### Note:

- Avoid anything that contains wheat, rye, and barley. Malt and malt flavoring also contain gluten unless derived from corn. Hydrolyzed Vegetable Protein (HVP) contains gluten, unless made from soy or corn. If the following words are present on the food labels, they often mean a gluten-containing grain has been used: stabilizer, starch, flavoring, emulsifier, hydrolyzed, or plant protein. Read food labels very carefully.

### Allowable Sweeteners

- Luo han guo (monkfruit extract)
- Stevia

### Note:

- Recommend limiting to no more than 1 serving per day to reduce cravings for sweet-tasting food

## Food Preparation Tips

- Animal proteins should be grilled, baked, poached, roasted, stewed, sautéed, or slow-cooked.
- Vegetables should be baked, blanched, grilled, lightly sautéed, roasted, steamed, or eaten raw.
- Use broth or "seasoned stock" when cooking meats, lentils, vegetables, etc. to minimize using too much fat. Recommend using organic, low-sodium varieties.

**Total Calories/Day** \_\_\_\_\_

