

Healthy Food Choices

Plan your daily or weekly meals using this health food guide for patients.
Ask your doctor about the best food choices to manage your health.



Poultry

Chicken:
Canned (read labels)
Thighs, Wings, Legs
Ground & Tenders
Whole Chicken
Cornish Hen
Eggs & Broth

Turkey:
Ground or Whole
Legs & Breast

Meat/Eggs of Duck,
Goose, Pheasant, Quail

Watch for Nitrates:

Deli meats
Turkey Bacon/Sausage

Sauce/Dressing

Soy Sauce
Vinegar
Worcestershire Sauce
Mustard
Sugar Free Ketchup
Sugar Free Syrup
Blue Cheese
Ranch or Italian
Lemon and Lime Juice
Low Carb Soda

Seafood

Anchovies
Bass
Canned Salmon & Tuna
Catfish
Cod
Crab (no imitation)
Flounder
Haddock
Halibut
Herring
Lobster
Orange Roughy
Oysters (some carbs)
Salmon
Sardines
Scallops
Shellfish (may contain carbs)
Shrimp
Sole
Tilapia
Trout
Tuna

Baking/Sweeteners

Coconut Flour or Flakes
Almond Flour or Meal
Flax/Chia Seeds or Meal
Cocoa Powder
Erythritol, Stevia Drops, or
Xylitol

Spices

All Spice	Cumin
Cajun	Dill
Spice	Garlic Salt
Capers	Horseradish
Chili	Hot Sauce
Powder	Oregano
Cinnamon	Paprika
Salt	Parsley
Turmeric	Pepper
Real Bacon Bits	
Cream of Tartar	
Garlic Powder	
Onion Powder	
Pumpkin Spice	

Liquids

Coconut, Coconut, or
Almond Milk
Coffee (w/ heavy cream)
Unsweet Tea
Protein Shakes

Fats & Oils

Béarnaise Sauce
Butter
Bacon or Duck Fat
Hollandaise Sauce
Mayonnaise
Oils: Olive, Peanut,
Sesame, or Coconut

Veggies

Artichokes	Cabbage
Asparagus	Mushrooms
Avocado	Pickles
Bell	Sauerkraut
Peppers	Cauliflower
Bok Choy	Celery
Broccoli	Cucumbers
Lettuce	Eggplant
Leeks	Green
Okra	Onion
Zucchini	Radish
Yellow	Snow Peas
Onion	Squash
Bean Sprouts	
Brussel Sprouts	
Green or Black Olives	
Green Beans	
Greens & Spinach	

Dairy

Sour/H. Whipping Cream
Full Fat/Cream Gr. Yogurt
Full Fat/Cream Milk
Cheeses: Feta
Cottage Goat
Cream Monterey
Blue Jack
Brie Mozzarella
Cheddar String
Parmesan Swiss

Fruits

Apples	Mango
Apricot	Melon
Avocado	Nectarines
Bananas	Olive
Blackberry	Oranges
Blueberry	Papaya
Cherry	Passion fruit
Cranberry	Peaches
Dates/Figs	Pears
Grapes	Pineapples
Grapefruit	Plums
Guava	Pomegranate
Kiwi	Raspberry
Lemons	Rhubarb
Limes	Strawberry
Tomatoes	Tangerine

Meat

Beef: Steak
Hamburger Prime Rib
Roast Beef Baby Back
Corned Bf All Cuts
(not lean)

Pork: Chops
Ham Tenderloin
(unglazed) Ground
Bacon Ground
Roast