



MEAL PLANNING CHOICES

CATEGORY	FOODS TO AVOID	RECOMMENDED FOODS
Dairy & Dairy Alternatives	All milk, buttermilk, yogurt, all cheeses, cream, butter, ice cream, sour cream, cream cheese, chocolates, non-dairy creamer, whey/casein	Alternative NS milks: soy, rice, hazelnut, hemp, almond, coconut, gluten-free oat Plain NS soy yogurt Vegan CF cheese: soy, rice or almond CF, NS whey
Proteins	Meat/poultry fed hormones or antibiotics Farm-raised seafood Breaded patties, fish sticks Processed cold cuts, canned meats, & sausages Protein powders with sugars, whey	Free-range beef, lamb, chicken, turkey, & eggs Wild game Wild-caught seafood Vegetarian: tofu, tempeh, nuts, beans, egg replacers, soy/rice or CF protein powders; dairy alternatives above
Grains, Breads, & Pastas	Foods containing gluten: wheat (whole or white), spelt, kamut, rye, barley, oats	Rice (all), quinoa, tapioca, millet, amaranth, buckwheat, gluten free oats Potato/almond flour Gluten-free pastas

MEAL PLANNING CHOICES CONT'D...

CATEGORY	FOODS TO AVOID	RECOMMENDED FOODS
Fruits, Vegetables, & Legumes	Fruits with added sugars: dried, juices, canned, preserves, jelly/jam Breaded or creamed vegetables Vegetables in cheese or butter sauces; casseroles Hot peppers	All fruits & berries: cooked, fresh, frozen, canned in water/juice Dates, raisins, prunes All vegetables: fresh or frozen All beans & peas: canned or dry Peppers, onions, garlic as tolerated
Nuts & Seeds	Nuts/nut butters with honey/sugars	All nuts/seeds NS nut/seed butter
Sugars & Sweeteners	Foods with white, brown, or powdered sugar, cane sugar, evaporated cane juice, corn syrup, sucanat, high fructose corn syrup (HFCS), molasses/sorghum, glucose, sucrose, dextrose Extracts (vanilla, almond, etc.)	Small amounts of raw honey, pure maple syrup, brown rice syrup, natural fructose, fruit sweeteners (juice concentrates), stevia
Other Spices & Condiments	BBQ sauce, ketchup, wet mustards Chili powder, cayenne, wasabi Spicy ethnic seasonings	All herbs/spices as tolerated Lemon & lime juice, NS salsa Plant/nut oils, vinegars (no malt) NS salad dressings, mayonnaise
Beverages	Flavored waters All sodas Energy & sports drinks Alcoholic beverages Coffee	Water: tap, spring, sparkling, seltzer NS tea NS fruit/vegetable juice Alternative milks

GF = gluten-free

NS = containing no sugars from the avoid list; unsweetened

CF = casein-free