

Dr. Clyde Grocery List: Circle the items you are getting

By circling the items you are getting, you are ensuring that you have foods from each food group.

Unsaturated Fat	Protein	Produce: fruit, veggie	Starch
<p>Omega-3 fat sources</p> <ul style="list-style-type: none"> • Salmon, sardine • Flax, chia: Seed, meal, oil • Walnuts • Soy: tofu, tempeh, soy milk <p>Omega-6 fat sources</p> <ul style="list-style-type: none"> • Seeds: Sunflower, pumpkin, sesame • Nuts or nut butter: Peanut, almond, Brazil, pistachio, pecan, cashew <p>Monounsaturated</p> <ul style="list-style-type: none"> • Extra virgin olive oil (EVO) • Olives • Avocado • Macadamia nut <p>Plant saturated fats are healthy (don't avoid them)</p> <ul style="list-style-type: none"> • Nuts: Coconut, cocoa 	<p>Best: High in omega-3 with very low mercury:</p> <ul style="list-style-type: none"> • Salmon, sardine, oyster • Soy: Tofu, soy milk <p>Good: Low in fat</p> <ul style="list-style-type: none"> • Chicken or turkey white • Egg whites / substitute • Nonfat nonsweet dairy <p>Not bad: Some sat. fat</p> <ul style="list-style-type: none"> • Dark chicken or turkey <p>Okay: Moderate sat. fat</p> <p>Lean pork or beef (no visible fat or a lean cut e.g. top round)</p> <p>Higher saturated fat:</p> <ul style="list-style-type: none"> • Average cut beef, pork • Whole fat dairy • Highest: Ribs, hot dog, salami, pepperoni <p>Low-fat dairy is made from nonfat dairy with oxidized (rancid) fat added back in: if you like low-fat, mix together full & nonfat.</p> <p>Think about and list what seafood you eat at least once per year and see mercury list.</p>	<p>VEGGIES</p> <p>Top-tier vegetables: cruciferous, celery</p> <p>High tier: leafy greens and veggies with peel you eat raw (radish, zucchini, cucumber, bell pepper, etc)</p> <p>Middle tier: veggies you eat lightly cooked (onion, eggplant, endive, etc)</p> <p>Bottom tier vegetables because softer or a bit higher calories: Beets, carrot, peas, tomato</p> <p>FRUIT</p> <p>Top-tier fruit dark color, organic, eaten with peel: berries, plumb, black grape, etc</p> <p>Middle tier fruit not as dark but still with peel: apple, red grape, pear, etc</p> <p>Bottom tier fruit lighter-color & high calories: green grapes, banana, mango</p>	<p>Top starches: Legumes</p> <ul style="list-style-type: none"> • Lentil • Beans: <p>High tier starches: coarse grain (can see visually see entire grain)</p> <ul style="list-style-type: none"> • Whole corn kernels • Coarse bread • Steel cut oats, or at least rolled oats (not oat flour produces e.g. Cheerios) <p>Middle tier starches: regular whole grain made from whole grain flour or ground down grains</p> <ul style="list-style-type: none"> • Whole grain bread, pasta, cereal, crackers, etc with LITTLE OR NO SUGAR added (see ingredients and sugar content on label) • Brown rice • Yam, potato <p>Bottom tier starches</p> <ul style="list-style-type: none"> • White options same as above • Potato products e.g. mashed potatoes, chips • Any processed corn product (chips, cereal)