



Food

The goal is to have 50 different foods a week – all colors, all types. Aim for ½ your body weight in water every day and daily exercise.

Types per week ()	Food Categories
Protein (10 – 15)	<p>PROTEINS (3 - 6 SERVINGS PER DAY) 1 Serving (women): 4-6 oz with breakfast, lunch & dinner; 2-3 oz with snacks 1 Serving (men): 6-8 oz with breakfast, lunch & dinner; 2-3 oz with snacks</p> <p>Meat: beef, chicken, duck, elk, goat, goose, lamb, pork, quail, turkey, veal, venison Fish: anchovies, cod, flounder, halibut, haddock, herring, mackerel, perch, salmon, sardines, seabass, snapper, sole, swordfish, tilapia, tuna, trout Shellfish: calamari, clams, crab, crayfish, lobster, mussels, octopus, oysters, scallops, shrimp, squid Dairy (cow, goat, sheep, buffalo): buttermilk, cream, milk, yogurt, soft cheese, hard cheese, lower sodium cheeses, plain Greek yogurt, whey Legumes: adzuki bean, alfalfa, black beans, black-eyed peas, broad beans, chickpeas (garbanzo beans), green beans, fava beans, kidney beans, lentils, lima beans, navy beans, pinto beans, snap peas Nuts: almonds, brazil nuts, cashew, chestnuts, coconut, filberts (hazelnuts), macadamia nut, peanuts, pecans, pine nuts, pistachio, walnuts Seeds: chia seeds, flax seeds, hemp hearts, pumpkin, sesame, sunflower, quinoa Soy-based products: soybean, edamame, tofu, tempeh Other: eggs, or egg whites</p>
Vegetables (10 – 15)	<p>VEGETABLES (6 - 12 SERVINGS PER DAY) 1 Serving: 1-2 cups, unless otherwise noted</p> <p>Alfalfa, artichoke, arugula, asparagus, bamboo shoots, bell peppers, bok choy, broccoli, Brussel sprouts, cabbage (green, red, nappa), cauliflower, celery, chard, chicory, collard greens, cucumber, dandelion, dulse, eggplant, endive, escarole, fennel, fiddlehead, garlic, ginger, greens (beet, collard, dandelion, mustard), kale, kohlrabi, kombu, leek, lettuce, lotus root, mushrooms (brown, cremini, maitake, morel, oyster, porcini, portobello, reishi, shitake, truffle), nori, okra, onions, parsley, pickles (unsweetened), pumpkin, radish, radicchio, sauerkraut, shallots, snap peas, spinach, spirulina, sprouts (alfalfa, broccoli, mung bean, radish), squash (acorn, butternut, crookneck, cucurbita, hubbard, sorrel, spaghetti, winter), swiss chard, tomatoes, watercress, water chestnuts, zucchini</p>
Starchy Vegetables (3 – 5)	<p>Starchy Vegetables (1 – 2 SERVING PER DAY) 1 Serving: 1/2 cup Beets, burdock root, carrots, cassava, celeriac, chicory root, Jerusalem artichoke, kohlrabi, sweet potatoes, white / yellow potatoes, rutabaga, taro, turnips, parsnips, yams</p>



Naturopathic Foundations

Fruit (3 – 5)	FRUITS (1 - 2 SERVINGS PER DAY. Fruit to vegetable ratio 1:4) 1 Serving: 1 medium fruit or 1 cup, unless otherwise noted Berries: blackberries, blueberries, boysenberries, elderberry, goji berry, gooseberry, huckleberry, logan berries, mulberries, raspberries, strawberries Citrus: grapefruit, lemon, lime, orange, Mandarin orange Other: apple, apricot, banana, breadfruit, cantaloupe, cherries, currant, dragon fruit, figs, grape, guava, honeydew melon, kiwi, kumquat, lychee, mango, nectarine, papaya, passionfruit, peach, pear, pineapple, plantain, plum, pomegranate, prunes, rhubarb, sour cherries, starfruit, watermelon Dried fruit (minimize): apricots, currants, dates, figs, mango, papaya, prunes, raisons
Fats (3 – 5)	GOOD FATS (2+ SERVINGS PER DAY) Apricot kernel oil, avocado oil, butter, canola oil, coconut oil, corn oil, cottonseed oil, flaxseed oil, ghee, grapeseed oil, MCT oil, mustard seed oil, olives, olive oil, peanut oil, safflower oil, sesame oil, sunflower oil, walnut oil Fats found in: fish, nuts and seeds and dairy
Grains (3 – 7)	WHOLE GRAINS (1 – 2 SERVING PER DAY) 1 Serving: 1/2 Cup Amaranth, barley, buckwheat, bulgar, couscous, corn (maize), kamut, millet, oats, oatmeal, quinoa, rice (basmati, brown, noodles, white, wild), rye, spelt, sprouted grain bread, triticale, wheat (white, whole wheat, sourdough), spelt
Spices (10 – 15)	SPICES (3 – 5 SERVING PER DAY) Allspice, basil, bay leaf, black pepper, caraway seed, cardamon, cayenne pepper, celery seed, chervil, chili powder, cilantro, cinnamon, coriander, cumin, dill, fennel seed, fenugreek, garlic, ginger, grape leaves, hot pepper, horseradish, marjoram, miso, mustard seed, nutmeg, oregano, paprika, peppermint, poppy seed, rosemary, saffron, sage, savory, spearmint, tarragon, thyme, turmeric
Other (3 – 10)	Bone broth: fish, poultry, mammal Sugars: brown sugar, cane sugar, carob, corn syrup, honey, maple syrup, molasses, stevia Vinegars: apple cider, white Drinks: Coffee, Tea (black, green, herbal, matcha, white) Other: capers, salt

Recommendations: _____