



GREEN LIGHT Foods

GO! *Unprocessed Whole Plant Foods Naturally Low in Fat; Fresh, Frozen, or Canned. These foods are known to combat symptoms of insulin resistance.*

FRUIT:

Apple*, apricot, banana*, blueberries, cantaloupe, cherries, dates, fig, grapefruit, grapes, jackfruit (canned), kiwi, lemons, limes, mango, nectarine, orange*, papaya, passion fruit, peach, pear*, pineapple*, pitaya, plum, prickly pear, raspberries, strawberries, tangerine, watermelon*.

NON-STARCHY VEGETABLES:

Artichoke, asparagus*, baby corn, bamboo shoots, bean sprouts, beans (green*, wax, Italian), broccoli*, Brussels sprouts, cabbage* (green, bok choy, Chinese, purple), carrots*, cauliflower, celery*, chayote, chiles (fresh/all kinds), cucumber, daikon, eggplant, hearts of palm, huitlacoche, jicama, kohlrabi, leeks, mushrooms, nopales, okra, onions, pea pods, peppers, radishes, rutabaga, sprouts, squash, (cushaw, summer, crookneck, spaghetti, zucchini*) sugar snap peas, tomatillos, tomatoes, turnips, water chestnuts, wild greens (quelites).

LEGUMES, BEANS, PEAS, LENTILS:

Black beans, chickpeas, pinto beans, lima beans, etc. (Look for low sodium and no added lard, chicken stock, or salt pork.)

HERBS & SPICES:

Achiote, basil, cilantro, cinnamon, cumin, curry, dried chiles, epazote, garlic, ginger, hoja santa, jalapeño, oregano, paprika, parsley, etc.



YELLOW LIGHT Foods

CAUTION. *Minimally Processed Plant Foods, Starchy Complex Carbohydrates, High-fat Plant Foods, or Unprocessed Animal Foods. Think of these foods as side dishes to help promote eating more green light foods.*

DRIED FRUIT: (minimize added sugar)

Apricots, banana chips, raisins, fruit leather, mangoes, prunes, raisins.

NUTS & SEEDS: (minimized added salt)

Almonds, Brazil nuts, cashews, chia seeds, ground flax seeds, hemp hearts, peanuts, pecans, piñon nuts, pepitas, sunflower seeds, walnuts.

HEALTHY FATS:

Avocados, unsweetened coconut, avocado and olive oil (pour oil into a spray bottle and use sparingly).

STARCHY VEGETABLES:

Corn, hominy, parsnips, potatoes*, sweet potatoes*, winter squash, yuca, etc.

100% WHOLE GRAINS:

Amaranth, barley*, brown rice*, bulgur, millet, oats*, quinoa, brown rice pasta, whole-wheat pasta, corn tortillas, whole wheat tortillas, baked tortilla shells (corn or whole wheat), etc.

WHITE MEAT: (chicken & turkey)

Remove skin for less fat and avoid adding fat during cooking. Minimize dark meat and higher-fat parts of poultry.

EGGS & EGG PRODUCTS:

Egg whites, egg beaters, egg substitute.

SOY PRODUCTS:

Edamame, tempeh, tofu, soy milk.

FISH: (optional/no more than 1-2 servings/week & minimize fried)

Anchovies, herring, salmon, sardines, and shellfish bake/broil/grill/water-sauté/roast.

CALORIE-FREE SWEETENERS:

Splenda, stevia, aspartame.

RED LIGHT Foods

STOP AND THINK.

Is there a better option? Ultra-Processed Plant Foods and Processed Animal Foods. These foods should be minimized as they contribute to insulin resistance.

RED MEAT: (especially processed meat)

Bacon, beef, deli meat, hot dogs, lunch meats, sausages, smoked meats, spam, fast-food meat products.

EGGS:

Whole eggs or egg yolks.



DAIRY PRODUCTS:

Cow's milk, goat's milk, butter, buttery spreads, cheese, cottage cheese, creamer, crema, ice cream, margarine, sweetened yogurt, whip cream, etc.



PROCESSED BAKED GOODS:

Bagels, cakes, conchas, cookies, donuts, flans, most crackers, pan dulce, pastries, pies, etc.



SWEETENERS:

Corn syrup, high fructose corn syrup, honey, pancake syrup, piloncillo, table sugar, etc.

REFINED OILS:

Coconut, corn, palm, palm kernel, peanut, safflower, soybean, sunflower, etc.



FRIED FOODS:

Including chips, fries, fried tortilla shells.

PROCESSED/SWEETENED FRUIT:

Fruit juice concentrate, fruit pastries, fruit syrup, etc.

REFINED "WHITE" FOODS:

Bread, flour, white flour tortillas, pasta, etc.

