



Green category foods make up about 30% of a balanced diet, but when it comes to green, the more the merrier! They are the least calorie dense foods, so you can eat more and keep your calorie count down as well. Some common green foods are vegetables, fruits, and whole grains.

**Fruits:**

- Tomatoes
- Cherry tomatoes
- Kiwi
- Watermelon
- Strawberries
- Oranges
- Grapes
- Raspberries
- Pineapple
- Blueberries
- Apples
- Pears
- Banana
- Cherries
- Peaches
- Mango
- Fig

**Veggies:**

- Radish
- Lettuce
- Cucumbers
- Mushrooms
- Bell peppers
- Carrots
- Broccoli
- Cauliflower
- Asparagus
- Green salad
- Green beans
- Onion
- Peas
- Spinach
- Brussel Sprouts
- Potatoes
- Sweet potatoes
- Zucchini
- Corn
- Spaghetti squash

**Eggs, meats, seafood, meat substitutes:**

- Shrimp
- Egg whites
- Prawns
- White fish fillet
- Crab meat
- Raw oyster
- Broiled or grilled mahi mahi
- Broiled or grilled lobster
- Tofu

**Snacks:**

- Fruits and veggies
- Unsweetened applesauce
- Pickles

**Grains:**

- Whole wheat bread
- Whole grain pasta
- Whole wheat english muffin
- Whole grain pita
- Whole grain rice
- Quinoa
- Porridge
- Rolled oats
- Grits
- Brown rice
- Wild rice
- Rasam rice
- Oat bran
- Barley
- 12-grain bread
- Brown rice noodles

**Beverages:**

- Skim milk
- Almond milk
- Cashew milk
- Soy milk
- Non-fat latte
- Some vegetable juices
- Vitamin Water
- Unsweetened soy milk
- Tomato juice

**Condiments:**

- Sauerkraut
- Salsa
- Hot sauces
- Spicy mustard
- Vinegars (red wine, apple cider, rice)
- Lemon and lime juice
- Horseradish
- Fish sauce
- Tomato sauce

**Dairy:**

- Non-fat yogurt
- Non-fat greek yogurt
- Non-fat cheese sticks
- Non-fat cottage cheese
- Non-fat cheese
- Non-fat milk
- Non-fat sour cream



Yellow foods make up about 45% of a balanced diet, so almost half of your foods can come from yellows. Although there are numerous types, it's easier to think about most yellows as lean meats, starches, and low-fat cheeses.

**Fruits:**

- Olives
- Dried apricots
- Prunes
- Persimmons
- Canned pineapples
- Avocado
- Plantain

**Veggies:**

- Garlic

**Legumes, seeds:**

- Lentils
- Edamame
- Beans (baked, refried, etc)
- Tempeh
- Seitan
- Dal
- Quinoa salad
- Chickpeas

**Eggs, meats, seafood, meat substitutes:**

- Quail egg
- Crab cakes
- Steak
- Fish
- Sushi
- Shrimp
- Tuna
- Eggs
- Turkey
- Chicken breast
- Rotisserie chicken
- Meatballs
- Ham
- Lean pork
- Lean beef
- Lean lamb
- Deli meats
- Duck breast
- Canadian bacon
- Canned tuna

**Dairy:**

- Light/low-fat cream cheese
- Low-fat yogurts
- Low-fat milk (1%-2%)
- Low-fat cottage cheese
- Low-fat cheese

**Grains:**

- Rice (basmati, coconut, yellow, jasmine, wild)
- Rice noodles
- English muffins
- Baked ziti
- Spaghetti
- Noodles
- Whole wheat bagel
- Whole wheat tortilla
- Couscous
- Corn tortillas

**Snacks:**

- Hummus
- Yorkshire pudding
- Fruit cup
- Banana pancake
- Rice pudding
- Fruit cocktail
- Acai bowl

**Beverages:**

- Diet sodas
- Vodka tonic
- Ginger beer
- Vodka soda
- Grapefruit juice
- Light beer/ some beers
- Orange juice
- Fruit smoothie
- Rice milk
- Unsweetened Cranberry Juice

**Soups:**

- Tomato bisque soup
- Cream of potato soup
- New England clam chowder
- Clam chowder
- Chili
- Beef chili
- Beef and vegetable stew

**Condiments, sauces, and sweeteners:**

- Splenda
- Stevia
- Gravy
- Oyster sauce
- Cacao powder
- Balsamic vinegar
- Mustard
- Soy sauce
- Pizza sauce
- Dried basil
- Sugar-free jelly



Red foods are the most calorically-dense and/or have the least healthy nutrients. They should make up about 25% or fewer of your calories, and can be thought of as foods to enjoy a little less frequently, or in smaller portions.

**Fruits:**

- Dates
- Raisins
- Dried cranberries

**Veggies:**

- None!

**Eggs, meats, seafood, meat substitutes:**

- Bacon
- 80% beef, "red meat"
- Sausage
- Fried chicken
- Hot dogs
- Meatballs
- Salami
- Turkey bacon
- Chicken wings
- Chicken nuggets

**Dairy:**

- Butter
- Margarine
- Full fat cheese (cheddar, American, mozzarella, swiss, gouda, parmesan)
- Goat cheese (feta)
- Whole milk
- Half and half
- Cream cheese
- String cheese
- Cottage cheese (4% or full fat)
- Curd
- Full fat yogurt

**Grains:**

- White bread
- Biscuits
- Pita bread
- Hamburger buns
- Hot dog buns
- French bread
- Flour tortillas
- Croissants
- Roti
- Bagels
- Granola
- Garlic bread
- Dinner rolls
- Naan
- Saltines
- Sourdough bread
- Waffles
- Muffins
- Corn Flakes cereal
- Falafels
- Banana bread
- Rusk
- Digestive biscuits

**Snacks:**

- Nut butter (almond butter, peanut butter)
- Nuts (almonds, pecans, peanuts, walnuts, mixed nuts)
- Tortilla chips
- Potato chips
- Crackers
- Popcorn
- Sunflower seeds
- Rice cakes
- Pretzels
- Protein bars
- Protein shake
- Trail mix
- Flax seeds

**Beverages:**

- Red wine
- White wine
- Champagne
- Regular soda (Coke, Pepsi, Mountain Dew, etc.)
- Coffee creamer
- Hot chocolate
- Vodka
- Margarita
- Apple cider
- Frappuccino

**Desserts:**

- Sugar
- Chocolate milk
- Dark chocolate
- Ice cream
- Cookies
- Cake
- Brownies
- Donuts
- Apple pie
- Candy
- Cheesecake
- Cupcakes
- Whipped cream
- Cinnamon roll
- Dahi

**Condiments, sauces, and sweeteners:**

- Olive oil
- Ranch dressing
- Sour cream
- Mayonnaise
- Ketchup
- Jam
- Barbecue sauce
- Oil & vinegar dressing
- Salad dressing
- Pesto
- Coconut oil
- Coconut milk
- Seasoned croutons
- Coconut chutney
- Tahini
- Honey
- Maple syrup