

Spectrum of Food Choices

O P R A H . C O M

Reversal



Prevention

Choose Most Often	Choose in Moderation	Choose Least Often
<p>Vegetables (organic whenever available)</p> <ul style="list-style-type: none"> All fresh vegetables and fruits, such as green leafy vegetables and greens, broccoli, cauliflower, green beans, carrots, tomatoes, etc. <p>Fruits (organic whenever available)</p> <ul style="list-style-type: none"> All fresh fruits, such as citrus, apples, berries, etc. <p>Legumes</p> <ul style="list-style-type: none"> Dried beans, such as garbanzo beans, black beans, pinto beans, etc. Lentils Green peas Sprouted peas, beans and seeds <p>Complex Carbohydrates</p> <ul style="list-style-type: none"> Whole grains, pastas and cereals, such as brown rice, whole wheat, oats, millet, barley, kasha, cornmeal, polenta, etc. <p>Protein Sources</p> <ul style="list-style-type: none"> Soy products, such as tofu, soy beans, soy yogurt, soy and mixed-protein powders Non-fat dairy products daily Egg whites <p>Flavor Additives</p> <ul style="list-style-type: none"> Fat-free condiments and salad dressings Vinegars Fresh and dried herbs Garlic and onions 	<ul style="list-style-type: none"> Nuts and seeds Olives Avocados Steamed, grilled or poached deep-water fish Lean poultry: white chicken or turkey meat without skin Low-fat dairy products White bread Refined grain breakfast cereals White rice White pasta Fruit juice Alcoholic beverages Fat-free sugar-based bakery products Regular soft drinks and sugar-sweetened carbonated fruit drinks and beverages White sugar, brown sugar, syrup, candies, etc. 	<ul style="list-style-type: none"> Red meat, such as beef, veal, pork, lamb, dark poultry meat, duck Fried foods Butter Margarine All oils Tropical fats Hydrogenated oils and fats Mayonnaise Lard Shortening Regular salad dressings Cheese Egg yolks Cream and oil-based sauces Whole fat dairy products French fries

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Preventive Medicine Research Institute

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