

Green Light Foods

Calorie Dense Foods



Fruits

Mamey Sapote, Plantains, Persimmons, Breadfruit, Custard Apple, Passionfruit, Jackfruit, Sugar Apple, Bananas, Pomegranate, Sapodilla, Jujube, Crabapples, Cherimoya, Figs, Elderberries, Kumquats, Grapes, Guavas, Lychees, Soursop, Cherries, Currants, Oranges, Kiwi, Longans, Mangos, Pears, Blueberries, Quinces, Apples, Currants, Tangerines, Raspberries, Pineapple, Apricots, Loquats, Clementines, Cranberries, Plums, Gooseberries, Nectarines, Horned Melon, Blackberries, Mulberries, Papayas, Grapefruit, Asian Pears, Prickly Pears, Peaches, Pomelo, Honeydew Melons, Cantaloupe, Strawberries, Starfruit, Watermelons, Casaba Melons



Starchy Vegetables

Taro, Yams, Corn, White Potatoes, Sweet Potato, Cassava (Yuca), Red Potatoes, Parsnips, Acorn Squash, Hubbard Squash, Carrots, Butternut Squash, Spaghetti Squash, Pumpkin



Intact Whole Grains

Wheat, Spelt, Barley (hulled only, no pearl), Brown rice, Millet, Rye, Sorghum, Quinoa, Amaranth, Wild Rice, Teff, Buckwheat, Bulgur

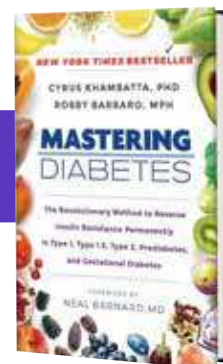


Beans, Peas & Lentils

Chickpeas, Pink Beans, Pinto Beans, White Beans, Navy Beans, Cranberry Beans, Black Beans, French Beans, Adzuki Beans, Kidney Beans, Fava Beans, Pigeon Peas, Great Northern Beans, Split Peas, Moth Beans, Lentils, Lima Beans, Broad Beans, Mung Beans, Green Peas, Yardlong Beans, Yellow Beans, Green Beans

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Calorie Dilute Foods



Non-Starchy Vegetables

Mountain Yam, Artichokes, Beets, Onions, Shallots, Broccoli, Eggplant, Brussel Sprouts, Tomatillos, Rutabagas, Kohlrabi, Chayote, Cabbage, Bok Choy, Cauliflower, Radicchio, Okra, Turnips, Rhubarb, Asparagus, Tomatoes, Summer Squash, Celery, Radishes, Cucumber, Zucchini, Nopales



Herbs & Spices

All herbs and spices, fresh or dry, excluding spice mixtures containing salt



Leafy Greens

Dandelion, Seaweed, Parsley, Collards, Lambsquarters, Leeks, Chives, Kale, Mustard Greens, Arugula, Spinach, Beet Greens, Turnip Greens, Fennel, Green Onions, Swiss Chard, Watercress, Chard, Pokeberry, Purslane, Endive, Romaine Lettuce, Red Leaf Lettuce, Green Leaf Lettuce, Iceberg Lettuce, Butterhead Lettuce



Mushrooms & Sprouts

All culinary mushrooms, fresh or dry and all sprouts