

## Low Calorie - High Nutrient Foods List

(#) = calories in 4 oz serving - \* Contain Goitrogens & [Gi = #] Glycemic Index over 55.

Fresh Fruit		
apple (80) (org)	honeydew (30)	papaya (27) [Gi = 62]
blackberries (37)	kumquat (90)	peach (37) (org)
blueberries (41) (org)	lemon (22)	pear (49)
cantaloupe (94) [Gi = 65]	lime (20)	pineapple (50) [Gi=66]
cherries (26)	loganberries (89)	plum (36)
cranberries (23)	mango * (90)	prunes (119)
grapefruit (46)	nectarine (67) (org)	raspberries (31)
grapes* (29) (org)	orange (69)	strawberries (23) (org)
		tangerine (37)

Fresh Vegetables		
artichoke (60)	chicory leaves (21)	parsley leaves, 1 oz. (11)
asparagus (22)	chives, 1 oz. (9)	peas (67) *
beans, green (22)	collard greens (17)	pepper, green bell (13) (org)
beans, string (22)	corn (89) * [Gi = 60]	pepper, red bell (13) (org)
beans, wax (22)	corn on cob (120) * [Gi = 60]	pickles, dill (20)
beets (29) [Gi = 64]	cucumber (7)	radishes (10)
beet greens (20)	eggplant, red (13)	rhubarb (13)
broccoli (22) *	endive (8)	rutabagas (33) [Gi = 72]
brussel sprouts (30) *	garlic, 1 oz. (4)	sauerkraut (25)
cabbage, white (17) *	kale * (21) (org)	scallions (16)
cabbage, red (16) *	kohlrabi (24)	spinach (21) (org)
cabbage, Chinese (10) *	leeks (16)	spinach, fresh (6) (org)
carrots (35) [Gi = 92]	lettuce (4) (org)	squash, yellow (18)
cauliflower (13) *	mushrooms (9)	squash, zucchini (14)
celeriac (celery root) (35)	mustard greens (11)	tomato (19)
celery (10) (org)	okra (25)	turnips (14) *
chard, Swiss (18)	onions (30)	watercress (2)
		yam (79) (org)

[Gi = #] For the most part, foods with less than a Glycemic Index rating of 55 or below do not cause fat creating insulin to be secreted. Foods with higher ratings should be only consumed with foods rated lower than 55 during the weight reducing part of your plan. All foods listed are either rated lower than 55 or not rated at all.

\* Contain **Goitrogens** which slow thyroid functioning which impacts your rate of metabolism.

\*\* **“Catabolic”** means to break tissue (including fat) down whereas **“anabolic”** means to build tissue up.”

**(ORG)** Buy organic – on the dirty dozen list published by Environmental Working Group.

**(#) = approximate calories in 6 oz. serving**

Sea Food – Fish	Meat (lean)	Poultry
clams (126) cod steaks (192) crabs (174) flounder (120) frog legs (126) lobster (132) mussels (144) oysters (114) sea bass (132) shrimp (240)  Other fish as desired but watch total calorie count. They add up fast.	<b>Beef</b> (Grass fed only) - boiled chopped (260) - liver (298) - roast (337) - T-bone steak (420) - sirloin (414) <b>buffalo</b> (168) <b>ham</b> baked (249) <b>Lamb</b> (230) <b>veal</b> - cutlet, lean, (356) - loin chop (252) - rib chop (252) - roasted (288)	chicken white meat (174) (free range only) Cornish hen breast (234) guinea hen breast (113) pheasant breast (228) quail (252) turkey – roasted (204)

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Meat Protein Substitutes		
beans, baked (150) beans, kidney (112) beans, lima (104)*	Lentils (150) soy beans (127) *	eggs (75) cottage cheese, non-fat (80)

Salad Dressing	Milk Products
apple cider vinegar with your choice of spices – experiment and create your own low carbohydrate varieties used sparingly.	0% fat or skim milk (80) milk, whole (150) cottage cheese, non-fat (80)