

Ornish Diet Food List

Reversal Program: Strictly vegetarian and very low-fat, focusing on fruits, vegetables, whole grains, and legumes.

1. Fruits:

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Oranges
- Pears
- Peaches
- Plums
- Kiwis
- Pineapples
- Grapes

2. Vegetables:

- Spinach
- Kale
- Broccoli
- Carrots
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Cauliflower
- Asparagus

3. Whole Grains:

- Brown rice
- Oatmeal
- Quinoa
- Whole wheat pasta
- Barley
- Bulgur
- Whole grain bread
- Amaranth
- Millet
- Farro

4. Legumes:

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Pinto beans
- Navy beans
- Edamame
- Peas
- Adzuki beans
- Mung beans

Prevention Program: Includes the above, plus limited lean animal protein and healthy fats.

1. Fish:

- Salmon
- Mackerel
- Sardines
- Halibut
- Tilapia
- Cod
- Trout
- Sole
- Herring
- Tuna

2. Lean Poultry (Skinless):

5. Nuts and Seeds (in moderation):

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Hemp seeds
- Pecans
- Cashews

6. Healthy Fats (in moderation):

- Chicken breast
- Turkey breast

3. **Egg Whites**

4. **Nonfat Dairy Products:**

- Nonfat milk
- Nonfat yogurt
- Nonfat cottage cheese

- Avocado
- Olive oil
- Canola oil
- Flaxseed oil