

Pescatarian Diet Food List

Name	Date
Age	Gender
Weight	Height
<p>General guidelines</p> <ul style="list-style-type: none"> • Incorporate a variety of fruits, vegetables, whole grains, and proteins into your meals. • Center your diet around plant foods like fruits, vegetables, legumes, and whole grains for nutrients and fiber. • Opt for sources like avocados, nuts, seeds, and olive oil. • Select sustainably sourced fish and seafood to support both your health and the environment. • If you consume dairy, choose low-fat options or their alternatives such as almond milk, soy yogurt, or cashew cheese. • Try grilling, baking, steaming, or sautéing your foods to retain nutrients and flavors. • Drink plenty of water throughout the day to maintain overall health and well-being. • 	
<p>Pescatarian diet food list</p>	
<p>Protein sources</p> <ul style="list-style-type: none"> • Fish: Salmon, tuna, mackerel, sardines, trout, haddock, cod, etc. • Shellfish: Shrimp, crab, lobster, mussels, clams, oysters, etc. • Eggs: Including free-range or organic eggs. • Legumes: Lentils, chickpeas, black beans, kidney beans, etc. • Dairy: Greek yogurt, cheese, milk (if allowed), cottage cheese, etc. • Tofu and tempeh: Soy-based protein options. • Nuts and seeds: Almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds, etc. 	<p>Fruits and vegetables</p> <ul style="list-style-type: none"> • Berries: Strawberries, blueberries, raspberries, blackberries, etc. • Leafy greens: Spinach, kale, Swiss chard, arugula, etc. • Cruciferous vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage, etc. • Other vegetables: Bell peppers, tomatoes, carrots, sweet potatoes, zucchini, etc. • Fruits: Apples, oranges, bananas, grapes, mangoes, pineapples, etc.
<p>Whole grains</p> <ul style="list-style-type: none"> • Quinoa, brown rice, wild rice, bulgur, barley, farro, whole wheat bread, whole grain pasta, etc. 	<p>Healthy fats</p> <ul style="list-style-type: none"> • Avocado • Olive oil, coconut oil • Nuts and seeds • Fatty fish: Salmon, mackerel, trout

Recommendations**Additional notes**