

Pescatarian Diet Food List

Name: _____ Date: _____

Gender: _____ Age: _____ Height: _____ Weight: _____

General guidelines

- 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 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.

Pescetarian Diet Food List

Protein sources	Fruits and vegetables
<ul style="list-style-type: none">• Fish (fatty 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, cottage cheese, milk (if allowed), etc.• Tofu and tempeh: Soy-based protein options.• Nuts and seeds: Almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds, etc	<ul style="list-style-type: none">• Berries: Strawberries, blueberries, raspberries, blackberries, etc.• Leafy greens: Spinach, kale, swiss chard, arugula, etc.• Cruciferous vegetables: Broccoli, cauliflower, brussel sprouts, cabbage, etc.• Other vegetables: Bell peppers, tomatoes, carrots, sweet potatoes, zucchini, etc.• Fruits: Apples, oranges, bananas, grapes, mangoes, pineapples, etc.
Whole grains	Healthy fats
<ul style="list-style-type: none">• Quinoa• Brown rice• Wild rice• Bulgur• Barley• Farro• Whole wheat bread• Whole grain pasta	<ul style="list-style-type: none">• Avocado• Olive oil• Coconut oil• Nuts and seeds

Preferences and recommendations

Additional notes

Clinic, C. (2024, August 14). *What is the pescatarian diet?* Cleveland Clinic.
<https://health.clevelandclinic.org/pescatarian-diet>

Crichton-Stuart, C. (2023, December 7). *What is a pescatarian diet?* Medical News Today.
<https://www.medicalnewstoday.com/articles/323907#summary>