

Whole Food Diet List

Name	Date
Age	Gender
Weight	Height
General guidelines <ul style="list-style-type: none">• Prioritize fresh, unprocessed foods.• Read ingredient labels and avoid additives.• Diversify your food choices for balanced nutrition.• Practice portion control.• Cook at home to control ingredients.• Minimize added sugars.• Choose whole grains over refined ones.• Include healthy fats and lean proteins.• Stay hydrated with water and herbal teas.• Limit processed meats.• Plan meals and snacks.• Listen to your body's hunger cues.• Enjoy treats in moderation.	
Whole food list	
Fruits	Vegetables
<ul style="list-style-type: none">• Apples• Bananas• Oranges• Berries (strawberries, blueberries, raspberries)• Kiwi• Watermelon• Mango• Pineapple• Grapes• Cherries	<ul style="list-style-type: none">• Leafy greens (spinach, kale, arugula)• Broccoli• Cauliflower• Carrots• Bell peppers (various colors)• Tomatoes• Cucumbers• Zucchini• Sweet potatoes• Avocado

Whole grains	Legumes
<ul style="list-style-type: none"> • Oats • Quinoa • Brown rice • Whole wheat bread • Barley • Farro • Bulgur • Buckwheat • Millet 	<ul style="list-style-type: none"> • Lentils • Chickpeas • Black beans • Kidney beans • Pinto beans • Peas • Green beans
Nuts and seeds	Lean proteins
<ul style="list-style-type: none"> • Almonds • Walnuts • Cashews • Chia seeds • Flaxseeds • Sunflower seeds • Pumpkin seeds • Hemp seeds 	<ul style="list-style-type: none"> • Chicken breast • Turkey • Salmon • Tofu • Tempeh • Eggs • Lean beef (in moderation) • Pork (in moderation)
Dairy and alternatives	Herbs and spices
<ul style="list-style-type: none"> • Greek yogurt • Cottage cheese • Unsweetened almond milk • Coconut milk • Soy milk 	<ul style="list-style-type: none"> • Basil • Cilantro • Rosemary • Thyme • Turmeric • Cinnamon • Paprika • Garlic • Ginger
Health fats	Sweeteners (in moderation)
<ul style="list-style-type: none"> • Olive oil • Avocado oil • Coconut oil • Nuts and seeds • Fatty fish (salmon, mackerel) 	<ul style="list-style-type: none"> • Honey • Maple syrup • Stevia

Recommendations**Additional notes**