

## Stop Food Cravings Challenge | Approved Foods List

### **Proteins\***

- Chicken
- Turkey
- Fish
- Seafood
- Eggs

Red meats & beans are ok but limit servings to one or two a week.

### **Dairy**

- Milk
- Solid cheese\*
- Cottage cheese
- Cream cheese
- Yogurt
- Sour Cream

Limit to no more than one serving a day

### **Vegetables (Non-Starch)\***

- Lots of leafy greens (lettuces, kale, spinach, etc)
- Avoid canned
- Can use “steam-able” veggies in the frozen foods section

### **Starch Vegetables**

- Potatoes
- Peas
- Corn
- Onions
- Carrots
- Winter Squash (Corn or Butternut)

Limit the amount of starch vegetables to no more than one serving a day.

### **Healthy Fats\***

- Extra Virgin Olive Oils
- Coconut Oil
- Regular Mayonnaise (not Miracle Whip)
- Butter (not margarine)
- Olives
- Avocados
- Newman’s Own Olive Oil & Vinegar Salad Dressing

### **Fruits**

- Lots of berries
- Limit intake of high-carb fruits
  - Bananas
  - Plantain
  - Pineapple
  - Pumpkin
  - Mango

Limit fruit consumption to no more than one or two servings a day.

### **Nuts & Seeds\***

- Raw only
- Avoid roasted and/or flavored

Check out the baking section of your grocery store.