

# TERRAFit Healthy Food List

## Vegetables (Fresh\* or frozen)

- Artichoke
- Arugula
- Asparagus
- Basil
- Beets and beet greens
- Bell peppers (green, red, orange, yellow)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Ginger root
- Green beans
- Green peas
- Herbs, all culinary herbs
- Jicama
- Kale
- Leeks
- Mushrooms, crimini
- Mushrooms, shiitake
- Mustard greens
- Olives
- Onions
- Parsley
- Peppers, Hot
- Potatoes
- Radish
- Rhubarb
- Romaine lettuce
- Shallots
- Spinach
- Sea vegetables (kelp, nori, dulse, wakame, spirulina, etc.)
- Squash, summer (all varieties)
- Squash, winter (all varieties)
- Sweet potatoes
- Swiss chard
- Turnip greens
- Watercress
- Yams
- All other vegetables not listed

\* *BEST OPTION*

## Fruits (Fresh\* or frozen, or only bottled in water, no sugar)

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Coconut (unsweetened)
- Cranberries
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemon/Limes
- Mango
- Olallieberries
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Prickly Pear (cactus fruit)
- Raspberries
- Star fruit
- Strawberries
- Tomatoes
- Watermelon
- Other whole fruits not listed
- (unsweetened dried varieties in small amounts)

\* *BEST OPTION*

## Seafood, Wild caught (If canned, packed in water, not oil)

- Cod
- Halibut
- Salmon
- Sardines
- Scallops
- Shrimp
- Tuna
- Other small fresh water fish

## Nuts & Seeds (Low sodium variety)

- Almonds
- Brazil nuts
- Cashews
- Chia seeds\*
- Flaxseeds\*
- Hazelnuts
- Hemp seeds\*
- Macadamia nuts
- Peanuts
- Pecans
- Pistachios
- Pumpkin seeds\*
- Sesame seeds
- Sunflower seeds
- Walnuts
- Other whole nuts and seeds not listed
- Nut and seed oils okay in small amounts (1 tbsp)

\* *SUPER FOOD*

## Beans & Legumes (whole or dried or low sodium canned)

- Adzuki beans
- Black beans
- Cacao beans (includes powdered cacao)\*
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans
- Soy sauce
- Soybeans (Whole edamame)
- Tempeh
- Tofu (Sprouted)
- Other whole beans and legumes not listed

\* *SUPER FOOD*

## Poultry & Meats (Preferably RBST Free, grass-fed/cage free)

- Beef
- Bison
- Chicken
- Deer
- Elk
- Lamb
- Turkey

## Eggs & Dairy (Preferably RBST Free, grass-fed/cage free)

- Cheese, Mozzarella\* (small serving of other varieties)
- Cottage cheese
- Cow's milk
- Eggs, egg whites, boiled, etc.
- Goat Milk
- Kefir (make sure it has less than 20 grams carbs per serving)
- Yogurt (plain Greek\*, less than 20 grams carbs per serving)

\* *BEST OPTION*

## Grains (Preferably Non GMO)

- Barley
- Brown rice
- Buckwheat
- Corn on the cob
- Millet
- Oats (whole, rolled, steel cut)
- Quinoa
- Rye
- Whole grain hi fiber cereal, pasta, bread, crackers, tortillas, etc. (no more than a fist size per serving)
- Whole wheat
- Other natural whole grains not listed

## Miscellaneous foods (on the Healthy list)

- Alternative milks: almond, oat, rice, hemp, coconut (no sugar added)
- Apple cider vinegar\*
- Herbs, culinary herbs (thyme, sage, basil, parsley, rosemary, etc.)
- Kombucha\* and other fermented drinks (low sugar)
- Juice, raw vegetable/greens\* and fruit (drink within 20 minutes of juicing)
- Maca root powder\* (1-3 tsp. gives vitality, energy and hormone balancing)
- Oils: olive, coconut, avocado are all good. (use in small amounts 1-2 tbs. per serving)
- Local Raw Honey (1-2 tbs.)
- Popcorn, air popped with low oil and salt
- Protein/meal replacement bars (no more than 25 carbs unless there is 10+ grams of fiber)
- Protein/meal replacement powders (no more than 25 carbs unless there is 10+ grams of fiber per serving)
- Salsa, low sugar/sodium (preferably fresh)

## Unhealthy Food List

- Alcohol (ALL KINDS)
- Artificial colors, sweeteners and flavors (sucralose, aspartame, acesulfame-k, etc.)
- Bagels, crumpets, English muffins, etc.
- Candy (all kinds)
- Cream (includes whip cream)
- Dressings, hi-fat, ranch, Caesar, blue cheese, etc.
- Hi fat/sodium meats (bacon, sausage, peperoni, lunch meat etc.)
- High Fructose Corn Syrup
- Ice cream and frozen yogurt (all kinds)
- Margarine and shortening
- Mayonnaise and miracle whip
- Monosodium Glutamate (MSG)
- Oils: canola, vegetable (soy oil), hydrogenated oils, palm oil, etc.
- Pastries (doughnuts, croissants, pie crust, etc.)
- Preservatives, all kinds (BHT, sulfates/sulfites, potassium sorbate/benzoate, TBHQ, etc.)
- Processed carbohydrates (crackers, chips (all kinds), cookies, etc.)
- Processed meats (hot dogs, Vienna sausage, spam, etc.)
- Processed store bought juice (all kinds)
- Sauces, hi-fat and sodium variety
- Soda, all kinds (this includes diet and natural varieties)
- Sugar (includes evaporated cane juice and alike)
- White rice
- White bread and bread foods, rolls, breadsticks, pizza crust, etc.
- White flour from grains and starches (this includes gluten free varieties). This does not include "meal" like almond or other nut meal because it still has protein, fats and fiber.

## All other foods not listed are considered neutral. Here are just a few to consider:

- Hormone free butter (small amounts because it has a high Caloric density)
- Low fat/sugar dressings (vinegar and olive oil based, no ranch, etc.)
- Mustard and low sugar ketchup
- Natural Sweeteners: Agave Nectar, grade b maple syrup, raw coconut sugar and other unprocessed sweeteners, etc. (used in small amounts 1 tbs. Max, because all sweeteners will digest quite quickly, increasing blood sugar levels)