

Science Meets the Grocery Store: The Grocery List

By Clyde Wilson, PhD, www.DrClydeWilson.com

Circle the foods you want & take this sheet to the store.

NOTE: **Bold**, regular font, *asterisk and *italics* are explained at the bottom of next page.

Protein (70-90 Cal / meal)	Produce (100-200 Cal)	Unsaturated fats (100-150 Cal)	Starches (0-200 Cal)
<p>Salmon: Canned or wild Sardines, oysters Unsweetened soy milk Tofu, soybean</p> <p>White meat turkey, chicken Egg white or egg substitute Light tofu Non-fat unsweetened dairy: yogurt, milk, cottage cheese Wild or grass-fed meats Very low Hg: clam, shrimp, perch, whiting, tilapia</p> <p>*Dark meat turkey, chicken *1-2% dairy: unsweetened yogurt, milk, cottage cheese *Lean meat ('round' in name) no visible fat *3 oz twice/week max: haddock, crawfish, anchovie, herring, catfish</p> <p><i>whole dairy (see above)</i> <i>Meat (beef, lamb, pork)</i> <i>average cut w/ no visible fat</i> <i>Whole eggs</i> <i>1x/week max: scallop, crab,</i> <i>squid, freshwater trout, cod</i></p> <p>Max 1x/month 3 oz: <i>halibut, bass, sea trout,</i> <i>lobster, fresh or ½ can tuna</i></p> <p>8x/year: mackerel, grouper 6x/year: orange roughy, bigeye tuna, marlin 3x/yr: sword, tile fish, shark</p> <p>In 1 meal you would need: 250 Cal of beans, lentils 500 Cal of amaranth, quinoa</p>	<p><u>Top-tier vegetables</u> Parsley, kale, red onion, radish, okra, eggplant, red leaf, greens (turnip, chicory, radish, beet or mustard green), endive, chard, broccoli, spinach</p> <p><u>Top tea, herbs & spices</u> Green tea, other raw teas, cocoa bean, clove, cinnamon stick, oregano, caper, carob, dill, mint</p> <p><u>Next tier vegetables</u> Red leaf, green leaf, Romaine, tomato, pea, Brussels sprout, carrot, cauliflower, cabbage, zucchini, green bean</p> <p><u>Fruit is optional</u> <u>Top-tier fruit: Dark color</u> Black raspberry, wild blueberry, black current, blackberry, raw cranberry, cherry, black plum, kumquat, strawberry, red grape</p> <p>*<u>Next tier fruit</u> Raspberries, citrus (lemon, lime, orange), pear, apple, peach, apricot, papaya, guava, melon (cantaloupe)</p> <p><u>Third tier fruit & veggies</u> Lighter-colored plums, light grapes and lettuce, banana, pineapple</p>	<p><u>Omega-3 fat sources</u> Any bolded protein sources (see left) Flax seeds, meal, oil Walnuts Canola or soy oil Earth/Smart Balance</p> <p><u>Polyunsaturated fats</u> Olives <u>Oil:</u> Safflower, sesame, sunflower, olive, corn <u>Seeds:</u> Sunflower, sesame, pumpkin</p> <p><u>Monounsaturated</u> Avocado Almonds, pecans Peanuts, cashews Pistachio, macadamia</p> <p><u>Plant saturated fats</u> Brazil nuts, coconut Cocoa, cocoa butter <u>Oil:</u> Palm, cottonseed</p> <p><i>Note: Wild & grass fed meat is much higher in healthy fat than grain or corn fed.</i></p> <p><i>Note: Heat-treated and deodorized oils (e.g. some soy and canola oils) can be less healthy than partially hydrogenated oils.</i></p> <p><i>Note: Most farmed salmon contains carcinogens.</i></p>	<p><u>Legumes</u> lentils peas: black-eyed, chick, split beans: kidney, black, navy, pinto</p> <p><u>Tubers w/low GI</u> yam, sweet pot.</p> <p><u>CWG = visibly</u> <u>Coarse Whole</u> <u>Grains:</u> barley rye, wheat, spelt, slow-cook oat, amaranth, quinoa Example: bread, cracker, cereal w/no sugar added</p> <p>*Starches w/fast digestion: WG not visibly coarse, 1-min or instant plain oats, brown rice, <u>whole</u> corn kernel</p> <p><i>Fastest digesting:</i> <i>ground corn</i> <i>(flakes, meal etc),</i> <i>potato w/skin</i></p> <p><i>Fast digesting</i> <i>and ~0 nutrients:</i> <i>white carbs</i> <i>(pasta, bread,</i> <i>rice, bagel,</i> <i>pretzel, cracker),</i> <i>mashed potato,</i> <i>sugar / sweets</i></p>

Science Meets the Kitchen: The Meal Planner

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Protein (70-90 Cal / meal)	Produce (100-200 Cal Veggie, fruit optional)	Unsaturated fats (100-150 Cal / meal)	Starches (0-200 Cal / meal)
<p>3 oz sardines 3 oz salmon (can or wild) 2/3 cup soybean 10 oz tofu 20 oz unsweet soy milk 9 oz oysters</p> <p>2-3 egg white or equivalent 3 oz wild or grass-fed meats 3 oz turkey or chicken white 3 oz perch, whiting, tilapia 4 oz shrimp, 6 oz clam 12 oz light tofu</p> <p><u>Non-fat unsweetened dairy</u> 3/4 cup cottage cheese 1.2 cups yogurt 2 cups (16 oz) milk</p> <p>*1% dairy: Amounts above *3 oz poultry dark meat *3 oz lean meat *3 oz crawfish, haddock, pollock, anchovies, herring, flatfish, mullet</p> <p>2-3 eggs 2% dairy: Amounts above 3 oz meat (beef, lamb, pork) average cut w/ no visible fat 3 oz catfish, freshwater trout 4 oz scallop, squid 4 oz crab (blue, king, slow)</p> <p><u>Starches highest in protein:</u> 1.5 cup lentil (350 Cal) 2 cup beans (450 Cal) 2/3 cup amaranth (500 Cal) 1 cup quinoa (600 Cal) 4 cups amaranth flakes</p>	<p>Chopped Cal PER CUP Onion 60 (30-60 each) Carrot 52 (20-30) Kale 34 Tomato 32 (16-33 ea) Broccoli, okra 30 Parsley, eggplant 20 Radish 20 (2 Cal each) Greens (turnip etc) 15 Spinach, endiv, chard 7 Red/green leaf 5 / CUP Green pea 117 Brussels sprout 38 (8 ea) Green bean 34 (1.7 ea) Cauliflower 25 (3/flower) Cabbage 22 Zucchini 20 (20-50 each) <u>Fruit (go dark) PER CUP</u> Watermelon 46 (1355 ea) Strawberry 50 (5 each) Cantlp 54 (150-277 each) Papaya 55 (59-148 each) Blackberry 60 Peach 60 (51-87 each) Raspberry 64 (1 each) Apple 65 (55-110 each) Currants 70 Orange 70 each Pineapple 74 Apricot 75 (17 each) Plum 76 (30 each) Blueberry 84 (0.8 each) Grapefruit 85 cup & each Cherry 90 (4 each) Pear 93 (86-133 each) Grape 104 (3.4 each) Guava 112 (37 each) Banana 200 (60-114 ea) Kumquat 13 each</p>	<p>Omega-3 1-DAY need Any bolded protein 12 walnut halves 3 Tbsp (>300 Cal): soy oil, canola oil, or Earth/Smart Balance Flax: 1 Tbsp seeds, 1.5 Tbsp ground meal, 2/3 tsp oil (~30 Cal) Omega-3 fats should NOT be the entirety of fats in your day.</p> <p><u>Polyunsaturated fats</u> 12 olives (average size) <u>1 Tbsp oil:</u> Safflower, sesame, sunflower, olive, corn <u>3 Tbsp (0.2 cup) seeds:</u> Sunflower, sesame, pumpkin</p> <p><u>*Monounsaturated</u> *Avocado 1/2-2/3 fruit or 1/3 cup pureed *7 macadamia *13 pecans *20 cashews *23 almonds *28 peanuts *43 pistachio</p> <p><u>Plant saturated fats</u> 4-5 Brazil nuts, Coconut 2x2" piece or 1/2 cup shredded, 3 Tbsp cocoa butter <u>1 Tbsp oil:</u> Palm, cottonseed</p>	<p>FOR 100 Cal CARB:</p> <p><u>Legumes 2/3 cup</u> lentils peas: black-eyed, chick, split beans: kidney, black, navy, pinto</p> <p><u>Optional grains and tubers:</u> Only needed if you are active.</p> <p>Yam 2/3 cup Oats 1 cup cook, 1/2 cup uncook</p> <p><u>CWG = visibly Coarse Whole Grains:</u> 1 slice bread 1/4 large bagel 1/4 cup raw or 1 cup flake quinoa or amaranth</p> <p>2x2" potato 1/2 cup corn whole kernel or 1 cobb <u>Brown rice / pasta</u> 1/6 cup raw, 1/2 cup cooked</p> <p>Refined carbs & ground corn: 2/3 of the amounts shown above</p>

Bold: High in omega-3 fats (proteins & fats) or highest in fiber & phytonutrients (starches & produce). Regular font: Low-fat protein, healthy fats and carbs. *Asterisk: Proteins with saturated fats and starches that digest faster than the ideal. *Italics: Foods to be wary of.*