

Say Hello to the RED Foods!



FRUITS:

- Dates
- Raisins
- Dried cranberries

GRAINS:

- White bread
- Biscuits
- Pita bread
- Hamburger buns
- Hot dog buns
- French bread
- Flour tortillas
- Croissants
- Roti
- Bagels
- Granola
- Garlic bread
- Dinner rolls
- Naan
- Saltines
- Sourdough bread
- Waffles
- Muffins
- Corn Flakes cereal
- Falafels
- Banana bread
- Rusk
- Digestive biscuits

DESSERTS:

- Sugar
- Chocolate milk
- Dark chocolate
- Ice cream
- Cookies
- Cake
- Brownies
- Donuts
- Apple pie
- Candy
- Cheesecake
- Cupcakes
- Whipped cream
- Cinnamon roll
- Dahi

VEGGIES:

- None!

EGGS, MEATS, SEAFOOD, MEAT SUBSTITUTES:

- Bacon
- 80% beef, "red meat"
- Sausage
- Fried chicken
- Hot dogs
- Meatballs
- Salami
- Turkey bacon
- Chicken wings
- Chicken nuggets
- Turkey bacon

CONDIMENTS, SAUCES, AND SWEETENERS:

- Olive oil
- Ranch dressing
- Sour cream
- Mayonnaise
- Ketchup
- Jam
- Barbecue sauce
- Oil & vinegar dressing
- Pesto
- Coconut oil
- Coconut milk
- Seasoned croutons
- Coconut chutney
- Tahini
- Honey
- Maple Syrup

DAIRY:

- Butter
- Margarine
- Full fat cheese (cheddar, american, mozzarella, swiss, gouda, parmesan)
- Goat cheese (feta)
- Whole milk
- Half and half
- Cream cheese
- String cheese
- Cottage cheese (4% full fat)
- Curd
- Full fat yogurt

SNACKS:

- Nut butter (almond butter, peanut butter)
- Nuts (almonds, pecans, peanuts, walnuts, mixed nuts)
- Tortilla chips
- Potato chips
- Crackers
- Popcorn
- Sunflower seeds
- Rice cakes
- Pretzels
- Protein bars
- Trail mix
- Flax seeds

BEVERAGES:

- Red Wine
- White wine
- Champagne
- Regular soda (Coke, Pepsi, Mountain Dew, etc.)
- Coffee creamer
- Hot chocolate
- Vodka
- Vodka Tonic
- Margarita
- Apple cider
- Frappuccino

Red category foods are the most calorically-dense and/or have the least healthy nutrients. They should make up about 25% or fewer of your calories and can be thought of as foods to enjoy a little less frequently, or in smaller portions.