

## Proteins and Fats = 25% of Plate

### Eat These

#### Protein

- Beans
- Edamame
- Eggs
- Fish
- Lentils
- Low fat dairy; milk, yogurt, greek yogurt, cheese
- Peanut butter
- Skinless chicken and turkey
- Split peas
- Substitute meats (Morningstar, Quorn)
- Unsalted nuts (15-20 at a time)

#### Fats

- Avocado
- Light salad dressing
- Low fat condiments
- Monounsaturated fats (avocado oil, canola oil, olive oil, Pam, peanut oil, sesame oil, vegetable oil)
- Omega-3-fatty acids
- Polyunsaturated fats (soy bean oil, corn oil, sunflower oil, fatty fish like salmon and trout)
- Unsalted nuts (15-20)
- Vegetable based butter

### Limit/Don't Eat These

#### Protein

- Bacon
- Beef
- Flavored yogurts
- Pork
- Sausage
- Whole milk or full fat cheese, yogurt and ice cream

#### Fats

- Saturated fats
  - Animal fats
  - Coconut oil
  - High fat dairy like butter
  - Palm seed oilV
  - Vegetable shortening/lard
- Trans fats
  - Packaged/baked goods
- Fast food restaurants

