

## NUTRITION GUIDELINES

We will be following a plant-based, substance-free, whole food program as closely as possible. Use this chart to help you determine what is allowed and what is not. Put it somewhere in the kitchen you can see it easily. You lose 1 point for any single, reasonable serving of a prohibited item. If you have 2 portions, you lose 2 points. You cannot eat an entire pizza or cake and count that as a 1 point loss. Do not use a point deduction for a free-for-all of items that are not allowed.

We are also striving for balance here. That is the goal with any type of wellness. You are strongly encouraged to eat a variety of foods. (i.e. We recommend you do not eat broccoli for every meal for a week to attain your points) And just as with the exercise portion, we are all at different levels of nutrition. These are basic guidelines and not extreme ones. If you already live a fairly healthy nutritional life, then take these guidelines to the next level. The NO column will have a green X if those items can be cut out to further your nutrition goals.

Myths and Tips for various foods and preparation methods, along with occasional recipes, will be posted throughout the challenge to help guide you more.

Meat, Poultry, Fish	YES	NO
Beef	X	
Pork	X	
Chicken, Turkey	X	
Fish, shellfish	X	
Bacon	X	X
Some deli meat	X	X
Deli meat with artificial additives		X
Vegetables, Legumes	YES	NO
All fresh vegetables	X	
All legumes	X	
Canned vegetables or legumes with added salt or sugar		X
Fruits	YES	NO
All fresh and most dried fruits, some canned fruit	X	
Canned or dried fruit with added sugar		X
Nuts, Seeds, Fats, Oils	YES	NO
Nuts – butters, milks, flours	X	
Coconut – flakes, milks, oil, flours	X	
Most cooking oil	X	
Butter	X	
Corn oil, Vegetable oil		X
Margarine, Lard		X
Grains, Starches	YES	NO
All grains – barley, quinoa, oats, buckwheat, etc.	X	
White flours – unenriched, unbleached	X	X
Wheat, Corn, Coconut, Almond flours	X	

Soy, fermented – tamari, miso, tempeh	X	
Soy, unfermented – tofu, edamame, beans, sauce	X	sparingly
Rice – wild, brown	X	
Pasta	X	
Naturally popped corn (stove or air)	X	
Microwave popcorn with additives		X
Breads (including pita, naan)	X	No white bread
Tortillas	X	No flour tortillas
White rice		X
Dairy	YES	NO
Yogurt, unsweetened	X	sparingly
Milk, sour cream, cottage cheese	X	sparingly
Cheese	X	sparingly
Eggs	X	
Beverages	YES	NO
Water, carbonated water	X	
Juices – fruit and vegetable, no added sugar/artificial additives	X	
Milk	X	
Coconut water/milk, unsweetened	X	
Coffee, no caffeine	X	X
Soda		X
Alcohol – Beer, wine, spirits		X
Tea, no caffeine	X	X
Alcohol for cooking only	X	X
Snacks, additives, sweeteners	YES	NO
Sweet potato chips, veggie chips	X	
Deep fried snacks/appetizers		X
MSG, hydrogenated oils, partially hydrogenated oils		X
BHT, BHA, TBHQ		X
Artificial colors and flavors		X
Candy, chocolate		X
Artificial sweeteners (NutraSweet, Splenda, Equal, etc)		X
Gum, mints		X
Corn syrup, high fructose corn syrup		X
Honey, all-natural syrups	X	X
Agave	X	