



THE PREMIUM FUEL LIST

Protein

Extra-lean ground beef
Lean ground sirloin
Chicken breast
Turkey breast
Lean ground turkey
Lean ham
Lean pork loin
Extra-lean turkey bacon
Eggs
Egg whites
Egg beaters
Trout
Scallops
Snapper
Cod
Halibut
Swordfish
Haddock
Salmon
Crab
Water-packed tuna
Low-fat cottage cheese
Veggie burgers
Tofu

Carbohydrates—complex

Sweet potato
Yam
Squash
Rice (brown or wild)
Pasta (whole wheat)

Oatmeal
Whole-wheat bread
Whole-wheat crackers
Whole-wheat tortillas
Corn
High-fiber cereals

Beans, Legumes, Seeds, and Nuts

Black beans
Garbanzo beans (chickpeas)
Kidney beans
Lentils
Lima beans
Navy beans
Pinto beans
Soybeans
Miso
Almonds
Cashews
Flax seeds
Peanuts
Pumpkin seeds
Sunflower seeds
Walnuts
Pecans

Fruits

Apples
Apricots
Bananas
Blueberries
Cantaloupe
Cranberries



Figs
Grapefruit
Grapes
Kiwis
Lemons/limes
Oranges
Papayas
Pears
Pineapples
Plums
Prunes
Raisins
Raspberries
Strawberries
Watermelon

Vegetables

Artichoke
Asparagus
Beets
Bell peppers
Broccoli
Brussels sprouts

Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumbers
Eggplant
Fennel
Garlic
Green beans
Green peas
Kale
Leeks
Lettuce
Mushrooms
Mustard greens
Olives
Onions
Parsley
Spinach
Tomato
Zucchini

ALTERNATIVE FUEL

These foods may be necessary to complete meals or snacks. Some are high in calories, however, so use in moderation.

Low-fat/ fat-free cheese
Low-fat/fat-free sour cream
Milk—1 percent or skim
Fat-free yogurt
Baked potato
Peanut butter (natural is best)
Almond butter
Low-fat cream cheese
Fruit spreads



Mustard
Avocado
Hummus
Salsa
Juice—low-sugar
Wine—no more than one glass
Ketchup
Light Mayonnaise

Here are some snack ideas. I call them the 6 Ps. I like them because they cover all the taste cravings—cold, sweet, crunchy, and salty. Limit consumption of these to one a day.

Pudding (fat-free)
Popsicles (sugar-free)
Popcorn (plain or fat-free)
Pretzels (fat-free, unsalted)
Pickles (low-sodium)
Protein bar (less than 3 grams of saturated fat)

Use Sparingly—oils, sauces, dressings, and marinades

Olive oil
Safflower oil
Canola oil
Sunflower oil
Flax seed oil
Low-sodium soy sauce
Artificial sweeteners
Low-fat/light salad dressings

THE BAD FUEL LIST

All sweets and salty snacks

Chips
Processed snacks—cereal bars, pop-tarts, waffles, etc.
White bread and white flour
Sugar and honey
Fatty meats (steak, pork, bacon, sausage, etc.)
Butter and cream
Full-fat cheese and milk