

Name: _____

Date: _____

Check off number of servings per week

What do you eat now? Circle those that you consume.	0	≤1	2-3	4-6	≥ 7
White flour products- bread, bagels, noodles, pastry, etc.					
Refined sugar products- soda, boxed cereals, cookies, candies, etc.					
Artificial sweeteners- aspartame,(Equal), diet sodas, sugar free gum, saccharine, (Sweet-n-Low), sucralose (Splenda), etc.					
Caffeine- coffee, black tea, chai, soft drinks, chocolate					
Food with additives, colorings, flavorings, preservatives, MSG					
Alcoholic beverages- beer, wine, mixed drinks					
Hydrogenated and partially hydrogenated fats- margarine, fried foods, chips, baked goods, crackers, commercial dressings, etc.					
Highly salted foods- commercial soups, lunch meats, chips, puffs, popcorn, dips, cheese, adding salt to foods					
Pork products- ham, bacon, sausage, lunch meats, etc.					
Dairy products from non organic sources- milk, cheese, butter					
Eggs from non organic or not free-range sources					
Soy protein isolates- soy burgers, soy dogs, soy protein powders, TVP, tofu, soy “meat substitutes”, soy milk, etc.					
Tap water- 8 oz. servings					
Over the counter medications- list by name below					

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Salad greens- 1 cup leaf lettuce or mixed baby greens					
Cooked greens- 1/2 cup kale, collards, chard, spinach, dandelion, etc.					
Raw crunchy vegetables- 1/2 cup carrots, celery, broccoli, radishes, sweet pepper, etc.					
Cooked crunchy vegetables- 1/2 cup broccoli, carrots, green beans, asparagus, etc.					
Cooked starchy vegetables- 1/2 cup or 1 medium potato, yam, squash, corn, peas, etc.					
Whole grains- 1 cup brown rice, millet, barley, quinoa, buckwheat, amaranth, kamut, etc.					
Whole grain breads or crackers- 1 slice bread (≥ 50% whole grain flour) rye cracker, brown rice crackers, etc.					
Ocean fish- 3 ounces salmon, sardines, cod, tuna, etc.					
Sprouted legumes- 1/4 cup alfalfa, mung, lentils, peas, etc.					
Cooked legumes- 1/4 cup beans, lentils, chickpeas, etc.					
Fresh or sprouted seeds and nuts- 2 Tbsp. flax, sunflower, pumpkin, sesame, almonds, walnuts, cashews, etc.					
Fresh fruit- 1 medium apple, orange, pear, banana, etc. or 1/2 cup berries or grapes, etc.					
Dried or cooked fruit- prunes, apricots, raisins, etc. 1T dried or 1/2 cup cooked					
Pure liquids- 2-3 quarts purified or bottled water, herbal tea					