

Enjoy/ Avoid Listing of Foods for GR2

Beverages

Enjoy

Water
Aloe Vera Plus
Bouillon
Coffee (no sugar, fat free milk)
Diet soda, sugar free beverages
Hot cocoa (sugar and fat free)
Tea (all types, no sugar)

Avoid

Alcohol
Beverages with sugar
Fruit juices

Dairy, Other

Enjoy

Cheese (fat free or low fat)
Cottage cheese (low fat)
Eggs, egg whites (boiled, poached, scrambles/fried w/non-stick cooking spray)
Egg substitute
Milk (1% low fat, fat free)
Mozzarella cheese (fat free)
Ricotta cheese (fat free)
Tempeh
Tofu
Yogurt (low fat, plain; variations: add sugar free gelatin crystals, 2 T fresh fruit)
Yogurt (low fat, fat free, sugar-free)

Avoid

Cheese (hard or soft, except as on Enjoy)
Cottage cheese (full fat)
Cream/half & half
Cream cheese (all types)
Frozen yogurt
Ice cream
Milk (whole, 2% fat)
Mozzarella (full fat)
Sorbet (all types)
Sour cream (full fat)
Yogurt (full fat)

Bread & Cereals

Enjoy

100% sprouted wheat
100% whole wheat
European style rye
Multi-grain
Oat bran bread
Pita, whole wheat

Pumpernickel
Rye
Tortillas, whole wheat
Whole grain
All unsweetened bran cereals
Muesli (low fat, no sugar added)
Oat bran
Oats, oatmeal
Rice Bran
Avoid
Bagels (all types)
Biscuits
Breat (except as enjoy)
Bread crumbs
Bread sticks
Breakfast cereals (all types hot or cold except as enjoy)
Cakes
Chips
Cornbread
Crackers
Croissants
Donuts
English Muffins
Granola
Melba toast
Muffins
Pancakes
Pastries
Pita bread
Popcorn
Popcorn cakes
Rice cakes
Rolls
Tortillas
Waffles

Fruit

Enjoy (Limit 1 serving per meal)

Apple
Apricots
Berries
Cantalope
Cherries
Grapefruit
Grapes
Honeydew
Kiwi
Melon
Nectarine
Orange
Pomello
Papaya
Peach
Pear
Pineapple

Plum
Prickly pear
Starfruit
Tangelo
Tangerine
Watermelon

Avoid

Banana
Candied fruit
Coconut
Dates
Dried fruit
Fruit juices
Fruit preserves
Fruit Sauces
Mangoes
Marmalade
Persimmons
Plantains
Raisins

Protein

Enjoy

Beef, ground (less than 10% fat)
Beef, lean cuts
Calamari
Chicken, skinless
Clams
Crab
Fish, all fresh, canned in water, frozen
Ham, lean
Lamb, lean
Lobster
Mussels
Octopus
Oysters
Pork chops
Pork, trimmed
Rabbit
Scallops
Shrimp
Tofu
Tuna, canned in water
Turkey, skinless
Venison
Avoid
Bacon
Beef, fatty cuts
Beef, ground over 10% fat)
Canadian bacon
Chicken, fried or with skin
Chicken (buffalo wings)
Duck
Fish sticks
Fried chicken

Hot dogs (pork, beef, turkey, chicken)
Jerky (beef, turkey)
Liver
Liverwurst
Pepperoni
Salami
Sausage
Seafood (canned in oil)
Turkey bacon
Turkey sausage

Starchy Foods (Limit 1 per meal)

Enjoy

Barley
Beans (black, kidney, red, garbanzo)
Buckwheat
Bulgur
Chickpeas
Couscous
Dahl
Lentils
Oats, oatmeal (all types, no sugar)
Pasta (whole wheat)
Peas (split, black eyes)
Rice (basmati, bulgur, parboiled brown, wild)
Tabouli

Avoid

Beans (baked, refried)
Granola (all types)
Noodles (ramen style)
Nuts (except as specified on mini-meal list)
Pasta (white, green, red)
Potatoes (all types)
Pretzels
Rice, white, fried, Spanish, etc.
Soups (all types except as listed in mini-meals)
Taco shells

Vegetables

Enjoy (Limit 2 per meal. Baked, boiled, broiled, raw, fried with non-stick cooking spray, steamed, or in a light broth soup only. Avoid breaded, fried, deep fried, or sauteed foods.)
Artichokes & hearts packed in water
Asparagus
Bamboo shoots
Bean sprouts
Beans (green, wax)
Bok choy
Broccoli
Cabbage
Carrots (raw)
Cauliflower
Celery
Chillies

Cucumbers
Eggplant
Greens
Jicama
Leeks
Lettuce
Mushrooms
Okra
Olives
Onion
Palm hearts
Peas
Peppers
Pickles (dill)
Purslane
Radishes
Rutabagas
Snow peas
Soybeans
Squash (except pumpkin)
Tomato, sauce, paste
Water chestnuts
Zucchini
Soups made with broth and the above foods

Avoid

Avocado
Beets
Carrots (cooked)
Corn
Olives packed in oil
Parsnips
Pickles (sweet)
Potatoes (all types)
Pumpkin
Sweet potatoes
Sweet relish
Yams

Condiments

Enjoy

Butter, Butter substitute (limit 1 pat/day)
Garlic
Ginger
Herbs
Horseradish
Hummus
Ketchup (limit 1 T/day)
Lemon & lime juice
Margarine (limit 1 pat/day)
Mayonnaise (light, fat free; limit 1 T/day)
Mustard (lo-cal)
Oil (olive, peanut, canola)
Onion
Parmesan, Romano cheese (limit 1 T/day)

Pickles (dill)
Salad dressing (lo-cal, fat free or vinaigrette; limit 4T/day)
Salsa (limit 4T/day)
Sauerkraut
Shallots
Sour cream (low fat, fat free)
Soy sauce
Spaghetti sauce (bottled, canned, homemade, powdered mix, sugar free)
Spices (all)
Tahini sauce

Avoid

Bacon bits
Croutons
Lard
Mayonnaise full fat
Olives in oil
Peanut butter
Pickles except dill
Salad dressings (creamy, full fat, honey mustard)
Sandwich spreads
Sardines
Seeds (esp. roasted, salted)
Shortening (vegetable)
Sour cream (full fat)
Sweet pickle relish

Sweets & Treats

Enjoy

Diet Soda
Non-nutritive sweeteners
Stevia
Sugar free gelatin (1 serving/day)
Sugar free popsicles (1 serving/day)
Sugar free pudding (1 serving/day)

Avoid

Candy bars
Chocolates
Honey
Jam/Jelly
Marmalade
Molasses
Frozen treats with sugar
Sodas with sugar
Sugar
Syrup
Tofu frozen dessert