



HEALTHY CARBOHYDRATE, PROTEIN AND FAT CHART

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THE HEALTHY CARBOHYDRATE, PROTEIN AND FAT CHART TO GUIDE YOU

HEALTHY CARBOHYDRATES

NON-STARCHY VEGETABLES

- Green beans
- Asparagus
- Broccoli
- Leafy greens (kale, collard, mustard)
- Eggplant
- Sweet potatoes
- Leeks
- Onions
- Mushrooms
- Salad greens (baby greens, arugula, romaine, chicory, endive, escarole, radicchio, watercress)
- Spinach
- Tomatoes
- Bell peppers
- Squash (zucchini, summer, spaghetti)
- Cabbage
- Brussels sprouts
- Cauliflower

*Endomorphs, Mesomorph and Ectomorphs: Eat a two cupped handful portion at lunch and dinner. Add these to your snacks too, as these foods are key to your health!



STARCHY VEGETABLES

- White potatoes (high in starch)
- Parsnips (high in starch)
- Pumpkin (moderately high in starch)
- Butternut squash (moderately high in starch)
- Acorn squash (moderately high in starch)
- Corn (moderately high in starch)
- Green peas (moderately high in starch)

*Endomorphs: Eat half a cupped handful at your morning and mid-afternoon meals. Strictly limit or avoid these foods in the evenings.

*Mesomorphs: A cupped handful for your lunch and dinner.

*Ectomorphs: Eat generous portions throughout the day.

FRUITS LOW IN SUGAR

- Berries (blueberries, raspberries, strawberries, blackberries)
- Cherries
- Apples
- Pears
- Peaches
- Grapefruit
- Oranges
- Apricots
- Kiwi fruit

*Endomorphs: Eat a cupped handful 2-3 times a day, which is about 1/2 cup berries or cherries; or 1/2 grapefruit; or one full piece of fruit, like an apple, pear, peach or orange per serving.

*Mesomorphs and Ectomorphs: Eat a cupped handful 3-4 times daily.



FRUITS HIGHER IN SUGARS

- Pineapple
- Watermelon
- Bananas
- Mango
- Papaya
- Dried fruit
- Unsweetened fruit juices (avoid sweetened juices)
- Canned fruits in juices (avoid all fruits with added sugar)

*Endomorphs: Every other day eat a small cupped handful of the fresh fruit on this list and no more than 1 tablespoon of dried fruit. Try to avoid all juices (drink water instead) and canned fruits.

*Mesomorphs and Ectomorphs: Eat 1-2 cupped handfuls daily of any fruit. Limit all juices and canned fruits.

STARCHY GRAINS

- Brown rice
- Wild rice
- Whole oats
- Whole rye
- Barley
- Whole buckwheat
- Products made with whole wheat (strictly limit all pulverized whole wheat breads and flours)
- Bulgur
- Whole wheat flour
- Whole grain corn, corn meal
- Whole grain barley
- Whole farro
- Buckwheat flour
- Triticale
- Millet
- Quinoa (a seed, but often considered a grain)
- Sorghum

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*Endomorphs: Eat only a small cupped handful at your morning and mid-afternoon meals (no more than 1/3-1/2 cup), and **avoid** these starchy grains in the evenings; focus on the non-starchy vegetables at that time.

*Mesomorphs: Eat a cupped handful at every meal. The mesomorph woman over 40 however, should limit these starchy grains in the evening hours to align with her aging hormones and focus on the starchy and non-starchy vegetables instead.

*Ectomorphs: Consume generous portions to "5" on your Hunger Meter in your tool box.

LEGUMES

- Dried or canned beans in no added oils (e.g., kidney, black and pinto beans, black eyed peas, and split peas)
- Lentils
- Peas

*Endomorphs: A small cupped handful three or four times a week.

*Mesomorphs and ectomorphs: A cupped handful three to five times a week.

* Ectomorphs: Eat to satisfaction using your Hunger Meter chart to guide you.



OMEGA-3 FATS BEST FOOD SOURCES

- Seafood & fish, like wild salmon, flounder, Tilapia, sardines, rainbow trout, herring, shrimp, crab. *(Eat 2-3 times a week, & ensure they are not on the endangered list. Refer to www.seafoodwatch.org)*
- Vegetables, such as spinach, kale, collard greens, broccoli, Brussels sprouts and cauliflower, winter squash *(eat at least 2 cupped handfuls daily)*
- Seaweed *(eat weekly if you can)*
- Fruits, like berries, mangoes, honey dew melon, *(eat at least 1 cupped handfuls daily)*
- Herbs and spices, like cloves, oregano, marjoram, tarragon *(cook with these often)*
- Omega-3 enriched, cage and hormone free eggs *(eat 1-2 eggs every other day)*
- Fish oil, flaxseed and mustard oils *(Eat small portions every other day)*
- Seeds, such as chia & flax seeds (the best plant source of omega-3s), hempseed, pumpkin, and rapeseeds *(eat small portions daily or every other day)*
- Beans, such as black, kidney, pinto, mung beans, sprouted French beans and navy beans *(eat a small cupped handful 2-3 times a week)*

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OMEGA-6 FATS

Best Food Sources

- Walnuts & Brazil nuts (*Eat 6-10 nuts every other day*)
- Natural, pulverized wholegrain cereals like whole oats, brown or wild rice (*a cupped handful every other day*)
- Whole Soybeans (*a palm size serving once a week*)
- Cage & hormone free omega eggs (*1-2 every other day*)

Eat in moderation

- Poultry without the skin (*a palm size serving 3-4 times a week a week*)
- Full fat dairy, like processed cheese, whole milk from grass fed livestock (*choose low fat versions when you can*)
- Red meat from grass fed livestock (*a palm size serving once a week*)

Omega-6 fats continued

Avoid or consume in strict moderation

- Corn oil
- Sunflower oil
- Soybean oil
- Wheat germ oil
- Safflower oil
- Margarine
- Shortening
- Lard
- Snacks, like corn chips, most potato chips, popcorn etc.
- Fast food, like fried chicken, French fries, chicken nuggets, most hash browns etc.
- Cookies, candies, cakes, pastries, donuts, muffins
- Pork products, like ham, bacon, sausages, pork salami, spare ribs
- Red meat and dairy from corn fed livestock
- Skin on chicken, both the white and dark meat



MONOUNSATURATED FATS

Best Food Sources

- Avocados (*eat 1/4 – 1/2 avocado 3-4 times a week*)
- Raw or baked peanuts, and other nuts like macadamias, cashews, hazelnuts, pecans and almonds (*Eat 6-10 nuts daily or every other day*)
- Olives (*eat 5-6 a couple of times a week*)
- Olive oil (*use small portions cooking daily or every other day*)

Use in moderation

- Canola oil (*use when cooking at high heat over olive oil*)
- Peanut oil (*1-2 teaspoons weekly as an option over olive & canola oils*)
- Sesame oil (*1-2 teaspoons weekly as an option over olive & canola oils*)

SATURATED FATS

Best Sources

- Coconut flesh or flakes (*eat 1 tablespoon daily or every other day*)
- Coconut oil (*alternate with olive & canola oil, using small portions, like 1-2 teaspoons 2-3 times a week*)

Avoid

- Lean, grass-fed beef, bison, buffalo with all visible fat cut off (*Eat 3-4 oz./serving weekly if you enjoy red meat.*)
- Trans fats or trans fatty acids

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AVOID TRANS FAT!

Trans fats or trans fatty acids are unsaturated fats that have been altered and modified by hydrogenation (treatment with hydrogen) so that they act like saturated fats. They are used to make food taste better and last longer on grocery-store shelves. They can be found in most processed and fast foods, among them cookies, Chex mix, French fries, and doughnuts. They are very bad for your health and should never be eaten. Read labels and scan lists of ingredients list for "partially hydrogenated" oils that are simply trans fats by another name. Choose products that have zero grams of trans fat, what ever it is called.

LEAN PROTEINS

- Chicken and turkey breasts without the skin 3-4 times a week (the size of your open palm)
- Low-mercury seafood, 2-3 times a week (the size of your open palm). Avoid fish on the endangered list. See www.seafoodwatch.org
- Eggs, daily or every second day. (per serving: 1 egg plus 2 egg whites for the average woman; 2 eggs plus 2 egg whites for the average man)
- Quinoa, daily or every second day. (cupped handful)
- Nonfat dairy or a dairy substitute, like coconut or almond milk (1/3-1/2 cup)
- Raw or baked nuts and seeds, 1 serving daily or every second day (1-2 tablespoons max)
- Soy, 1-2 servings max per week. (One cupped handful)
- Grass-fed, hormone-free, red meat with all visible fat removed (the size of your open palm), consume at most once a week
- Whole grains combined with legumes, like beans, peas, lentils following the portion suggestions under starchy grains for your body type
- Nonfat or low fat, plain cottage cheese
- Nonfat or low fat, plain, unsweetened Greek Yogurt

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*Endomorphs: 40% of your daily meals should be comprised of a variety of these protein sources, following the portion recommendations above. And remember, as you will learn in my programs, Plant foods offer quality protein with little to no saturated fats, and as such, are an excellent source of protein for weight maintenance and health.

*Mesomorphs: 30% of your daily meals should be comprised of a variety of these protein sources, following the portions recommendations in this chart.

*Ectomorphs: 25% of your daily meals should be comprised of a variety of these protein sources. Choosing healthy foods are of more importance to you than strict portion sizes.