

# Diet Plan Carbohydrate Type

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PROTEINS			CARBOHYDRATES				OILS/FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE		FRUIT	NUT/SEED	OIL/FAT
<i>light meats</i>	<i>light fish</i>	<i>non/low fat</i>	<i>whole grain only</i>	HIGH STARCH	LOW STARCH	<i>all are ok</i>	<i>use sparingly</i>	<i>use sparingly</i>
Chicken breast	Catfish	Cheese	HIGH STARCH	Potato	Beet green	Apple	Walnut	Butter
Cornish game hen	Cod	Cottage cheese	Amaranth	Pumpkin	Broccoli	Apricot	Pumpkin	Cream
Turkey breast	Flounder	Kefir	Barley	Rutabaga	Brussels sprouts	Berry	peanut	Ghee
Pork, lean	Haddock	Milk	Brown rice	Sweet potato	Cabbage	Cherry	Sunflower	<b>OILS</b>
Ham	Halibut	Yogurt	Buckwheat	Yam	Chard	Citrus	Sesame	Almond oil
<i>Only occasional lean red meat or restrict entirely</i>	Perch	Eggs	Corn	MODERATE STARCH	Collard	Grape	Almond	Flax oil
	Scrod	<b>LEGUMES</b>	Couscous	Beet	Cucumber	Melon	Cashew	Olive oil
<b>*Every meal should contain a protein from these sources</b>	Sole	<i>Use sparingly</i>	Kamut	Corn	Garlic	Peach	Brazil	Peanut oil
	Trout	HIGH STARCH	Kasha	Eggplant	Kale	Pear	Filbert	Sesame oil
	Tuna, white	Dried beans	Millet	Jicama	Leafy greens	Pineapple	Pecan	Sunflower oil
	tubot	Lentils	Oat	Okra	Onion	Plum	Chestnut	Walnut oil
		LOW STARCH	Quinoa	Parsnip	Parsley	Tomato	Pistachio	<b>*High starch foods are high glycemic foods (converts to sugar quickly) and thus are your caution foods if you wish to release weight or have blood sugar problems.</b>
		Tempeh	Rice	Radish	Peppers	Tropical	Coconut	
		Tofu	Rye	Spaghetti squash	Scallion	<b>LEGUMES</b>	Hickory	
		<b>NUTS</b>	Spelt	Yellow squash	Sprouts	HIGH STARCH	Macadamia	
		<i>Sparingly</i>	Triticale	Turnip	Tomato	Dried beans	<b>*Nuts are listed from highest to lowest protein sources</b>	
			Wheat	Zucchini	Watercress	Dried peas		
					Lentils			