

## The First Class Nutrition Program

FIRST CLASS		
Nutrient dense food high in dietary fiber, calcium, magnesium, minerals, vitamins and other phytonutrients.	1. Leafy greens	Bok choy, kang kung, malongay, broccoli, taro leaf, cabbage, spinach, kale, swiss chard, romaine lettuce
Also nutrient dense versus calorie dense providing many vitamins and minerals for optimal health.	2. Green vegetables	Green beans, peas, ampalaya (bitter melon), upo / squash, cucumber, zucchini, wing beans,
Colored pigments of plant foods provide flavonoids and antioxidants.	3. Colored vegetables	Carrots, tomatoes, purple cabbage, bell peppers, egg plant, yellow squash
One of the best sources of fiber, 8 grams per ½ cup, proteins and carbohydrates.	4. Beans / Legumes	Garbonzo, lentils, pinto, mongo, kidney, black eye peas,
Rich source of carbohydrates, fiber and protein.	5. Starchy vegetables	Sweet potatoes, yams, taro, russet potatoes, tapioca root, corn
Good source of energy with fiber, natural antioxidants and vitamins. Limit to 1-2 servings if you have diabetes.	6. Fresh fruits	Apple, orange, tangerine, grapefruit, pear, persimmon, grapes, blueberries, raspberries, banana, melon, others
Whole grains provide fiber, minerals and vitamins that are missing in refined carbohydrates like white rice or bread.	7. Whole unrefined grains	Brown rice, whole wheat breads, whole grain breads, oatmeal, barley, 7 grain cereals, oat bran
Nuts and seeds provide the natural fats that our body uses for healthy cells in your body. Good source of omega 3 fats.	8. Raw nuts / seeds	Almonds, walnuts, pecans, pumpkin, sesame, flaxseed, old fashioned peanut butter, almond butter
Similar to fresh fruit, but dehydrated. May limit use if diabetic.	9. Dried fruit	Raisins, cranberries, prunes, berries, apricots, peaches
SECOND CLASS		
Providing adequate proteins may require the use of "imitation meats" that are made up of soy or wheat proteins.	10. Textured vegetable proteins, plant milk alternatives	Frichick, Big Franks, Vegeburger, Stripplles, Boca burger, tofu cheese, soy-milk, almond-milk or rice-milk
Best oils for fresh use or for cooking. Ideally, oils should come in the whole food.	11. Virgin oils	Olive oil, coconut oil, other cold pressed vegetable oils
Omega-3 fatty acid rich fish if caught in the wild. Mercury content may a concern.	12. Cold water fish	Salmon, tuna, mackerel, herring, cod, mahi mahi, sardines
Contains acidophilus, lactobacillus or other good gut bacteria.	13. Fat free yogurt	Plain, fruit flavored or yogurt drink (Yukult)
May contain added hormones, antibiotics and source of cholesterol and fats.	14. Chicken & turkey	Regular cuts and white meats best.
High in cholesterol, saturated fats, hormones and pro-inflammatory.	15. Eggs	Chicken eggs preferably open range fed
THIRD CLASS		
High in saturated fats, hormones, cholesterol, additives and pro-inflammatory.	16. Red meat	Fresh cuts of beef, lamb, ground beef
High in cholesterol, saturated fats and some toxins from polluted waters.	17. Shallow water fish	Tilapia, milk fish, parrot fish, other reef fish
Empty calories – little fiber, minerals and vitamins. High glycemic index.	18. Refined grains	White rice, white bread, pasta, noodles, refined flours
High in cholesterol, saturated fats, calories and casein – a carcinogen.	19. Cheese / dairy	Low fat, and skim milk. Cheddar, mozzarella, swiss, and cottage cheese.
Oils are high caloric, trans fats and void of nutrients. Sugars are high caloric and rob the body of minerals.	20. Refined oils / sweets	Corn, safflower and soy oils. Margarine. Candy, sodas, sugared drinks, pastries, table sugar

### GUIDELINES:

1. Foods are listed in order of best to worst in nutrient-density/antioxidant/anti-inflammatory scale.
2. Eat 90% or more of first class foods. Eat as much as is satisfying.
3. Second and third class foods are limited to 10 – 20% of diet when there is a need to eat these foods.