

The **GAME ON!** F.Y.T. Foods (Flatten Your Tummy Foods)

Carbs!

Amaranth
 Barley
 Beans:
 Adzuki
 Black
 Black-eyed
 Broad
 Butter
 Fava
 Garbanzo (Chick Peas)
 Kidney
 Lentils
 Lima
 Mung
 Navy
 Pinto
 Soy
 White
 Bran (Whole Grain)
 Bread (Whole Grain)
 Buckwheat (Whole Grain)
 Bulgur (Whole Grain)
 Corn
 Crackers (Whole Grain)
 Leek
 Milk
 Milk - Soy
 Millet (Whole Grain)
 Oatmeal (Whole Grain)
 Palm Hearts
 Parsnips
 Pasta (Whole Grain)
 Peas
 Potato (Baked)
 Potato (Sweet)
 Pumpkin
 Quinoa (Whole Grain)
 Rice (Brown)
 Rice (Wild)
 Rye (Whole Grain)
 Taro
 Tortilla (Whole Grain)
 Yams
 Yoghurt (Fat-Free)

CARBOHYDRATES:
 Eat a fist sized portion from the carbs or fruits list with every meal.

Proteins!

Dairy
 (Low Fat or Fat Free)
 Cheese:
 American
 Cheddar
 Cottage
 Cream Cheese
 Feta
 Mozzarella
 Quark
 Ricotta
 Swiss
 Egg Whites
 Greek Yogurt
Fish
 Anchovie
 Catfish
 Cod
 Flounder
 Hake
 Halibut
 Mackerel
 Mahi Mahi
 Perch
 Salmon
 Sardine
 Snapper
 Sole
 Swordfish
 Tilapia
 Trout
 Tuna
Meat (Lean Only)
 Beef, Ground
 Buffalo
 Chicken Breast
 Duck
 Kangaroo
 Lamb
 Pork Tenderloin
 Steak - Eye of Round

PROTEIN:
 Eat a palm sized portion with every meal.

Fats!

Avocado
 Egg Yolk (one)
 Olives
 Nut Butters:
 Almond Butter
 Cashew Butter
 Peanut Butter
 Sesame Butter
 Sunflower Butter
 Nuts (Dried/Raw):
 Acorns
 Almonds
 Beechnuts
 Brazilnuts
 Butternuts
 Cashews
 Hazelnuts
 Hickorynuts
 Macadamias
 Peanuts
 Pecans
 Pine Nuts
 Pistachio Nuts
 Walnuts
 Seeds (Dried):
 Flax
 Pumpkin/Squash
 Safflower
 Sesame
 Sunflower
 Oils:
 Fish Oils
 Flaxseed Oil
 Nut Oils
 Oil Spray (Pam)
 Olive Oils
 Udo's Oil
 Vegetable Oils

FATS:
 Eat a thumb-sized portion with every meal.

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Veggies!

Alfalfa*
 Artichoke
 Asparagus*
 Bamboo Shoot
 Beans (Green)*
 Beetroot
 Broccoli*
 Brussel Sprouts*
 Cabbage*
 Carrot
 Cauliflower
 Celery*
 Chard (Swiss)*
 Chinese Cabbage
 Collards*
 Cress
 Cucumber*
 Eggplant
 Endive*
 Fennel*
 Gourd
 Kale*
 Lettuce*
 Mushroom
 Okra*
 Onion
 Peas (Snow)
 Peppers
 Pumpkin
 Radish
 Seaweed (Kelp)*
 Spinach*
 Squash (Summer)
 Squash (Winter)
 Tomatillo
 Turnip
 Watercress*
 Zucchini*

Fruits!

Apple
 Apricot
 Banana
 Blackberry
 Blueberry
 Boysenberry
 Cherimoya
 Cherry
 Clementine
 Cranberry
 Currant
 Date
 Durian
 Fig
 Gooseberry
 Grape
 Grapefruit
 Guava
 Huckleberry
 Jack Fruit
 Kiwi fruit
 Kumquat
 Lemon
 Lime
 Loquat
 Lychee
 Mandarin
 Mango
 Melon
 Mulberry
 Nectarine
 Orange
 Papaya
 Passion Fruit
 Peach
 Pear
 Persimmon
 Pineapple
 Plantain
 Plum
 Pomegranate
 Quince
 Rambutan

Sweeteners!

Agave Nectar
 Honey
 Pure Maple Syrup

VEGETABLES:
 Add at least two fist-sized portions to at least two meals each day. You may eat unlimited greens (asterisked) with all of your meals.

FRUITS:
 Eat a fist size portion from the carbs or fruits list with every meal.

SWEETENERS:
 Use sweeteners very sparingly!