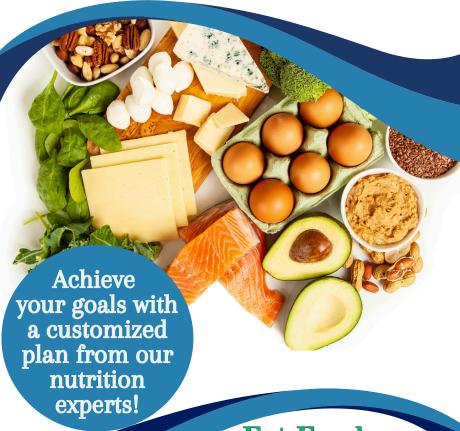
# Symbios GUIDEBOOK NUTRITION



Eat Freely
Limit Quantity
Foods to Avoid

# EAT FREELY\*

## **Animal Protein Foods**

- Meat (beef, lamb, pork)
- · Organ meats
- Seafood
- Poultry
- Eggs
- Cured meats
- Broths

#### Added Fat\*

- Butter
- · Lard
- Ghee
- · Rendered animal fat
- · Olive oil (cold pressed)
- · Avocado oil
- · Macadamia oil
- Coconut oil

# Dairy & Dairy Replacements

- Cheeses: Full and medium fat, hard & soft
  - Cream
- Coconut cream

# **Condiments**

- Salt & pepper
- Pure herbs & spices (without fillers or additives

# Non-starchy Vegetables & Fruits

- · Fatty fruits: avocados & olives
- Salad vegetables: cucumbers, lettuce, tomatoes, celery
- Green leafy vegetables: lettuce, spinach, arugula, watercress
- Cruciferous vegetables: broccoli, cauliflower, cabbage, Brussels sprouts, watercress, kale, turnips, radishes
- Nightshades: tomatoes, peppers, aubergines (eggplant)
- Marrows & squashes: (baby marrow, summer squash, gem squash, pumpkin
- · Mushrooms

# **Beverages**

- Water, plain or carbonated
- Tea
- · Coffee
- Flavored water (lemon, lime, cucumber, or mint)
- Iced tea (homemade & unsweetened)

\*These are general guidelines. Please consult with our nutrition professionals for adjustments that personally address your specific needs, medical concerns, & goals.

# LIMIT QUANTITY

# **Animal Protein Foods**

Limit to occasional consumption

 Processed meats (including poultry), such as luncheon meats, commercial bacon, bologna, sausages, or meats with additives.

# Dairy & Dairy Replacements Limit to 1/2 - 1 cup daily

- · Full-cream milk
- · Full-cream yogurt
- · Coconut milk
- · Almond milk

# **Nuts and Seeds**

Limit to 1-2 handfuls daily

- Macadamia nuts are recommended
- All nuts and seeds are acceptable except cashews because they are high in carbs

#### Condiments

Limit to occasional consumption

· Herbs & spices with fillers or additives

#### Grains

Limit to 1/2 cup, up to 7 times a week\*

· Quinoa

## **Added Sugar**

Limit to two pieces per day

• Dark chocolate with over 85% cocoa mass

# Non-starchy Vegetables Limit to occasional consumption

- · Onions
- · Sweet potato
- Butternut
- · Corn
- · Carrots

#### Legumes

Limit to 1/2 cup, up to 7 times a week\*

- · Beans
- · Peas
- Lentils
- · Peanuts

# Beverages

 Sweetened with erythritol, stevia, allulose, or monk fruit

#### Fruits

Limit to one tennis ball-sized fruit or 1/2 cup, one to seven times per week\*

- · All fresh fruit except bananas & grapes
- · Berries are recommended

# Sweetners Limit to 1-2 tsp., per day

- Stevia
- Monk fruit
- Erythritol
- Allulose

\*A general portion is 1/2 cup or 1 handful, depending on your goals and tolerance. Eat less if you are carbohydrate intolerant, metabolically unhealthy, or overweight.

# FOODS TO AVOID

# **Added Sugar**

- Confectionary sweets
- Sugary snacks (i.e., candy or chocolate)
- Desserts (i.e., cakes, cookies
- Cereal and bread
- Sweetened yogurts
- Processed canned goods (such as baked beans)

# Dairy & Dairy Replacements

- · Fat-free or low-fat dairy products
- · Rice milk
- · Sov milk
- Coffee creamers
- Processed cheese spreads
- Puddings
- Condensed milk

# **Nuts & Seeds**

Cashews

# Fruits

- · Bananas & grapes
- · Dried and canned fruit
- · Processed fruit juice

## Legumes

Soy products

## Condiments

 Sugar-sweetened sauces or spices (e.g., ketchup, tomato, or BBQ sauce)

# Starches & Starchy Vegetables

- Grains & food derived from grain (such as bread or pasta), wheat, rye, barley, oats, rice, millet, amaranth, buckwheat, farro, sorghum, etc.
- · Potato
- Dextrose and maltose

## Added Fat

 Industrially processed seed or vegetable oil, such as sunflower, canola, or corn oil, & products made from them (e.g., salad dressing, mayonnaise, margarine, & spreads

# Beverages

- · Sugar-sweetened drinks, soda
- Artificially sweetened beverages (i.e., soda zero or light)
- · Fruit juice
- Concentrates
- · Alcohol

# **Sweetners**

- Sugars, including syrups, honey, & nectars
- Artificial sweeteners such as aspartame, saccharin, & acesulfame K
- · Polyols (except limited use of erythritol)

## Processed & Fast Foods

· Pizza, burgers, fries, etc.