

# Symbios<sup>®</sup> NUTRITION GUIDEBOOK



OUR  
NUTRITION  
EXPERTS WILL  
CUSTOMIZE THIS  
GUIDE'S FOOD  
SELECTIONS &  
PORTIONS TO HELP  
YOU ACHIEVE  
YOUR GOALS  
SWIFTLY &  
SAFELY!

**FAVORABLE FOODS**  
**FOODS TO EAT IN MODERATION**  
**FOODS TO AVOID**

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# FAVORABLE FOODS

## Animal Protein Foods

- Bone broths
- Eggs
- Meat (beef, lamb, pork)
- Organ meats
- Poultry
- Seafood
- Uncured meats

## Added Fat

- Avocado oil
- Butter (grass-fed preferred)
- Coconut oil
- Ghee
- Lard
- Macadamia oil
- Olive oil (virgin or extra-virgin)
- Tallow

## Dairy & Dairy Replacements

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

## Condiments

- Pure herbs & spices without fillers or additives
- Pepper
- Salt (sea salt, Himalayan salt)

## Non-starchy Vegetables & Fruits

- Cruciferous vegetables: broccoli, cauliflower, cabbage, Brussels sprouts, watercress, kale, turnips, radishes
- Fatty fruits: avocados & olives
- Green leafy vegetables: lettuce, spinach, arugula, watercress
- Squashes: zucchini, summer squash, gem squash, pumpkin
- Mushrooms
- Nightshades: tomatoes, peppers, aubergines (eggplant)
- Onions (all varieties except sweet)
- Salad vegetables: cucumbers, lettuce, tomatoes, celery

## Beverages

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

This list is intended as a general guideline only.  
Please consult with Symbios Nutrition for preferred portions and adjustments that personally address your specific needs, medical concerns, and goals.

# FOODS TO EAT IN MODERATION

## Animal Protein Foods

Less than one serving per week

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

## Dairy & Dairy Replacements

Less than a 1/2 - 1 cup daily

- Almond milk (unsweetened)
- Coconut milk (unsweetened)
- Full-fat milk (whole milk)
- Full-fat yogurt

## Nuts and Seeds

Less than 1/4 cup to 1/2 cup daily

- All nuts are acceptable except cashews
- Macadamia nuts are recommended
- Nut butters

## Fruits

Limit to one tennis ball-sized fruit or 1/2 cup daily

- All fresh fruits are acceptable except bananas & grapes
- Berries are recommended

## Grains

No more than 1/2 cup, up to 3 times a week

- Quinoa

## Cocoa

- Dark chocolate with over 85% cocoa mass

## Non-starchy Vegetables

Limit to one serving per week

- Butternut squash
- Carrots
- Corn
- Sweet onions (Vidalia)
- Sweet potato
- Spaghetti squash

## Legumes

Limit to 1/2 cup, twice a week

- Beans
- Peas
- Lentils
- Peanuts

## Beverages

- Alcohol: Liquor (i.e., gin, vodka, or whiskey)(1 unit = 1 ounce or 30 ml), dry wine (1 unit = 3 ounces or 80 ml), men can have 2 units per day, and women can have 1 unit per day.
- Drinks sweetened with stevia, allulose, or monk fruit

## Sweeteners

Limit to 1-2 tsp., per day

- Allulose
- Erythritol
- Monk fruit
- Stevia

**These foods should be consumed in limited quantities. Our nutrition experts can advise you on portions tailored to your goals, metabolic health, and wellness concerns.**

# FOODS TO AVOID

## Added Sugar

- Breads (including sweetbreads)
- Confectionary sweets
- Desserts (i.e., cakes, pies, cookies)
- Processed canned goods (i.e., baked beans)
- Packaged foods like cereal & crackers
- Sugary snacks (i.e., candy, granola bars, or chocolate)
- Sweetened yogurts and ice cream

## Dairy & Dairy Replacements

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

- Dextrose and maltose
- Foods derived from grains (i.e., bread, pasta, oatmeal, and tortillas)
- Grains: wheat, rye, barley, oats, rice, millet, amaranth, buckwheat, farro, and sorghum.
- Potatoes

## 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

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

## Sweeteners

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

## Processed & Fast Foods

- Pizza, burgers, fries, etc.