

# Good Food vs. Bad Food

Food category	Carbs	Proteins	Fats
<b>A+ food - Best</b>	Spinach, kale, asparagus, collard greens, red pepper, tomatoes, lentils, sweet potatoes, barley, oats, oatmeal , oat bran, beans, black eye peas, Brussels sprouts	FISH—(Salmon, Rainbow trout, herrings, , mahi-mahi, Egg/egg whites, whey protein	Flaxseed oil, fish oils
<b>A food - Good</b>	Vegetables: green beans, zucchini, squash, onion, green, yellow beans, peppers, Celery, cucumbers, tomatoes, Low GI fruits ( berries, grapefruit, kiwi, apples)	Chicken breast, turkey breast, fish, shellfish, non fat or cottage cheese, tenderloins, round steak, shrimp,	98% lean ground meat, laughing cow light cheese, plain 0% Greek yogurt
<b>B food - Ok</b>	100% whole grain bread (1st ingredient on list on back=100% whole grain), whole grain pasta (in VERY moderation), whole grain English muffin, hummus, chick peas , quinoa, brown rice,	99% turkey deli, 0-1% cottage cheese, turkey bacon, lower sodium/ nitrate bacon,	olive oil, nuts, avocado, natural almond or peanut butter
<b>C food - Not Good</b>	Pasta, bread, wheat bread, instant oatmeal, cream of wheat, rice, cereal, fruit juice, low fat yogurt, bagel	Ham, low fat sausage, less than 90-93% ground meat, chicken thighs, dark turkey meat, 4% cottage cheese, sour cream, cheese	
<b>D food - Bad</b>	Sweetened cereal, enriched white flour, crackers, baked goods, pretzels, muffins, pop tarts, granola bars	Less than 95% lean meat, sausages, links, hot dogs, brats, hamburgers	Sour cream, mayo, oils, margarine, butter