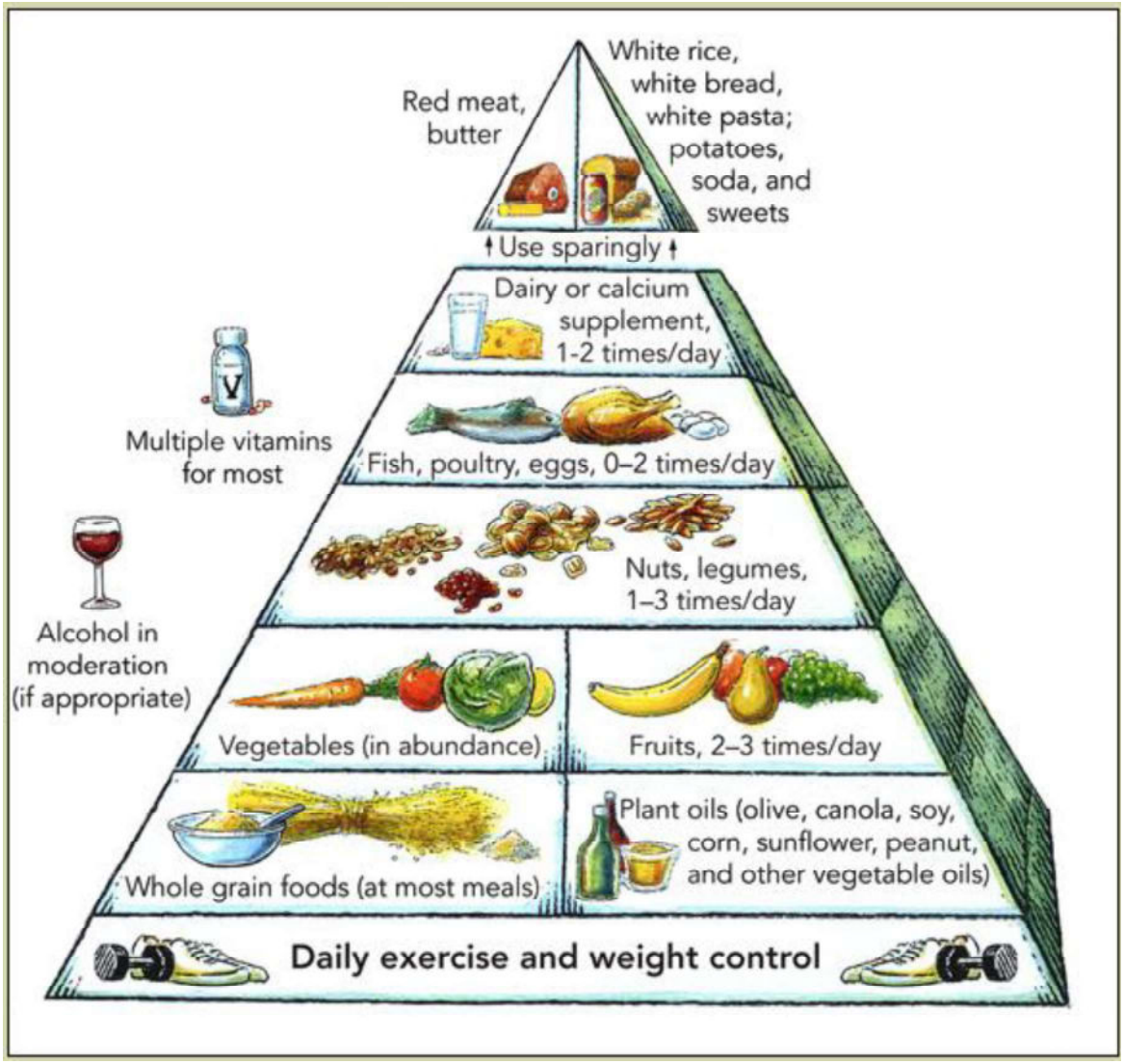
Red meat, butter
White rice, white bread, white pasta; potatoes, soda, and sweets
Use sparingly
Dairy or calcium supplement, 1-2 times/day
Multiple vitamins for most
Fish, poultry, eggs, 0–2 times/day
Nuts, legumes, 1–3 times/day
Alcohol in moderation (if appropriate)
Vegetables (in abundance)
Fruits, 2–3 times/day
Whole grain foods (at most meals)
Plant oils (olive, canola, soy, corn, sunflower, peanut, and other vegetable oils)
Daily exercise and weight control