

## Plan IV

Food group	Use Liberally -- Healthy Choices				Limited Use -- Healthy Choices			
	Raw Vegetables	Cooked Vegetables	Fruit	Beans, Legumes	Starchy Vegetables	Grains	Nuts, Seeds	Fats & Oils
<b>Serving size</b>	1/2 cup (1 cup lettuce)	1/2 cup	1 med piece; 1/2 cup chopped	1/2 cup cooked	1/2 cup	1/2 cup	1/3 cup; 1 Tbsp flaxseed & sesame seed	1 Tbsp oil; 1/4 avocado; 5 olives
<b>Daily allowance</b>	Unlimited -- aim for 1 pound	Unlimited -- aim for 1 pound	4+ servings	2+ servings	2 - 6 servings		1 serving	1 serving
	Asparagus	Artichokes	Apples	Black beans	Bamboo shoots	100% Whole wheat	Almonds	Avocadoes
	Broccoli	Asparagus	Berries	Black-eyed peas	Cooked carrots	Barley	Black walnuts	Canola oil
	Cabbage	Bok choy	Cantaloupe	Cannellini beans	Corn	Brown rice	Brazil nuts **	Flaxseed oil
	Cauliflower	Broccoli	Cherries	Cowpeas	Parsnips	Bulgur	Cashews **	Olive oil
	Celery	Brussels sprouts	Figs	Garbanzos	Potatoes	Kasha	English walnuts	Olives
	Cucumber	Cabbage	Grapefruit	Green peas	Pumpkin	Millet	Filberts **	
	Lettuce	Cauliflower	Grapes	Kidney beans	Sweet potatoes	Oat bran	Flaxseed	
	Mushrooms	Celery	Kiwi	Lentils	Turnips	Oatmeal	Hazelnuts **	
	Onions	Eggplant	Lemons	Lima beans	Winter squash	Quinoa	Macadamias **	
	Raw carrots	Garlic	Limes	Navy beans	Yams	Teff	Pecans	
	Raw peas	Greens	Melons	Pinto beans		Wheat bran	Pignolias	
	Snow peas	Mushrooms	Nectarines	Red beans		Wheat germ	Pine nuts	
	Spinach	Okra	Oranges	Soy beans		Whole grain pasta	Pumpkin seeds	
	Sweet peppers	Onions	Peaches	Split peas		Wild rice	Sesame seeds	
	Tomato	Spinach	Pineapple	Tofu (1 cup)				
	Zucchini	String beans	Tangerines	White beans				
		Summer squash						
		Swiss chard						
		Tomato						
		Zucchini						

\*\* Use these sparingly as they are higher in saturated fat.

Food group	Use Sparingly					
	Dairy	Non-Dairy Alternatives	Sweeteners	Meat	Meat Alternatives	Salt/Sodium
<b>Serving size</b>	1 1/2 oz. Cheese; 1/2 cup milk, 1/2 cup yogurt; egg whites	1/2 cup	1 tsp.	3 oz. Cooked (the size of a deck of cards)	3 oz. Cooked	None: Make every effort to avoid salt.
<b>Daily allowance</b>	0-2 servings per day	0-1 serving	0-3 servings/ <b>week</b>	0-2 servings per day	0-1 serving	1500 mg/ 1/3 tsp.
	Egg Beaters	Almond milk	Honey	Chicken	Soy burgers	Bragg's aminos
	Egg whites	Rice milk	Dates	Turkey	Vegetable burgers	Canned beans
	Nonfat cheese	Soy cheese	Date sugar	Duck	Soy nuggets	Ketchup
	Nonfat yogurt	Soy milk	Molasses	Goose	Soy crumbles	Mustard
	Skim milk	Soy yogurt	Real maple syrup	Game meats	Soy hot dogs	Salad dressings
				Salmon		
				Sardines		
				Tuna		
				Pollock		
				Halibut		
				Grouper		

## LEVEL IV FOOD PLAN

Exclude From Use -- Undesirable Choices								
Food group	Fruit	Vegetables	Grains	Nuts & Seeds	Fats & Oils	Dairy Products	Nondairy Alternatives	Meats
	Canned	Breaded	"Wheat" bread (100% whole wheat is not 1st ingredient)	Other than raw (okay to lightly toast at home)	Bacon	Butter	Nondairy coffee creamers	Bacon
	Juices	Canned	All refined grains	Roasted	Butter	Buttermilk	Nondairy whipped cream	Beef
	Sweetened/Sugar added	Fried	Cream of rice	Salted	Coconut/palm oils	Cheese (except nonfat)		Ham
			Cream of wheat		Corn oil	Coffee creamers		Hot dogs
			Enriched flour		Lard	Cream cheese		Luncheon meats
			Farina		Meat drippings	Eggnog		Other prepared meats
			Grits		Most margarines	Ice cream		Pates, spreads
			White (semolina or durum) pasta		Peanut oil	Milk (except nonfat)		Pork
			White bread		Safflower oil	Sour cream		Sausages
			White rice		Salad oil	Whipped cream		Shellfish
					Shortening	Yogurt (except nonfat)		
					Sunflower oil			
				Vegetable oil				

Exclude From Use -- Undesirable Choices					
Food group	Refined Foods	Sugar Substitutes	Food Additives	Salt/Sodium	Beverages
	Breakfast bars, energy bars	Dextrose, fructose, lactose, maltodextrose, maltose, sucralose, sucrose	All preservatives, flavor enhancers, thickening agents, food colorings such as:	Bouillon	Alcohol
	Cakes, cookies, donuts, pastries, pies	High fructose corn syrup	Blue 1, Green 3, Yellow 6	Canned soups & other foods	Coffee (incl. decaf)
	Candy, chocolate	Hydrogenated starch hydrolysate (HSH)	Casein	Fast food, processed foods, TV dinners	Juices
	Chips	Maltitol, mannitol, sorbitol	Hydrolyzed vegetable protein (HVP)	Pickles	Soft drinks
	Crackers	Nutra Sweet (aspartame)	Monosodium glutamate (MSG)	Sodium bisulfite	Tea
	Dip	Splenda	Nitrates & nitrites	Sodium caseinate	
	Energy drinks	Stevia	Potassium bromate	Soy sauce	
	Jams, jellies & Peanut Butter	Sweet & Low (saccharin)	Sulfur dioxide	Table salt	

# Daily Health Tracking Chart (Nutrition Plan IV)

Goals		Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Barriers & Comments
<b>Physical Activity</b>										
Aerobic	Work up to 30+ min. 5-7 days/week	6								
Strength	Work up to 20+ min. 2-5 days/week	5								
Stretching	Every Day	2								
<b>Nutrition Plan IV</b>										
Fruits	work up to 4+ servings per day	1								
Vegetables	Unlimited non-starchy 4+ servings per day	1								
Beans/ Legumes	Work up to 1+ cups per day per day	1								
W. Grains/Starch Veg	1-3 cups whole grain or starchy veg. per day	1								
Nuts/Seeds	1 ounce raw mixed per day no salt per day	1								
Meat, Dairy, Refined Foods	15% or less of daily calories. 100 calorie examples: 3oz lean meat, 1 slice cheese, 1 cup 1% milk, 3 egg whites, 1.5 eggs, (rarely eat red or full fat meat/dairy) 1/3 Snickers, 1 granola bar, 1/3 bagel, 1/2 cup white pasta, 8 Doritos nacho cheese chips	3								
Snacking	Only with fruit, veggies, beans, or nuts	1								
Sodium	No table salt, <1mg per calorie for processed foods	1								
Fats & Oils	Eliminate	1								
Soda/Juice	No Soda / Limit 100% Juice to 3 servings or less	1								
Water	6-10, 8 ounce glasses per day	1								
Supplement	2 Table fresh ground flax seed (keep frozen), B-12 is needed if this is your life plan, consider vitamin D3	1								
<b>Health Habits</b> List your activity below										
1 on 1 time w/the Lord		6								
7-8 hrs sleep/day		1								
<b>Stress Reduction</b> List your activity below										
		1								
		1								
<b>Total Points Per Day</b>		36								

If you eat more than is indicated for an area subtract 1 point

For optimal health, try to earn 33 or more points each day !

## Plan IV Example

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
- 2 fruits - Wonderful Waffles* - soy, <i>skim milk</i> - handful 1oz mixed nuts	- 2 fruits - Apple Bran Muffin* or cliff bar - <i>low fat yogurt</i>	- 2 fruits - <i>3 egg omelet w/ veggies and 2 slices of low-fat cheese</i>	- 2 fruits - oatmeal / whole grain or wheat cereal - soy, <i>skim milk</i> - handful 1oz mixed raw nuts	- 2 fruits - Sweet Breakfast Rice* - handful 1 oz mixed raw nuts	- 1 fruits - whole wheat toast w/ peanut butter, bananas & warm apple sauce on top - Scrambled Tofu “eggs”*	- <i>egg beaters</i> - whole grain toast w/jam - breakfast smoothie*
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
- big salad with <i>1 large grilled chicken breast.</i> - Deluxe Three Bean Salad* - 1 fruit	- Bean Salad* - pre made garden burger (basil, spicy black bean, regular, or griller) - 1 fruit	- big salad w/ approved ingredients - Spicy Black Beans* - steamed vegetables - 1 fruit	- Marinated Chickpea Salad* - 2+ cups steamed vegetable - 1 fruit	- big salad w/ approved ingredients, topped w/ <i>3-5 oz baked chicken breast</i> - 1 fruit -or left over italian spaghetti squash	- big salad w/ approved ingredients - Salsa Burritos* - 2 fruit	- Portobello Sandwich* - steamed frozen or fresh vegetables - 2 fruits
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
- Sloppy Tofu* on whole grain bun - Broccoli with Soy-Sesame Sauce* - 1 fruit	- big salad w/ approved ingredients - Stuffed peppers* - Creamed Corn* - 1 fruit	- Chinese takeout tofu & mix vegetables w/ rice - or - Vegetable Stir Fry* w/ ½ cup brown rice - 1 fruit	- <i>6oz Baked Salmon</i> - Italian Spaghetti Squash* - Swiss Chard Sauté - 1 fruit	- Black Beans* w/ brown rice topped with 3 scrambled egg whites and salsa - 2+ cups steamed vegetable - 1 fruit	- Vegetarian Texas Tacos* - or 2 <i>medium ground beef tacos</i> with diced romaine and salsa. - 2+ cups steamed vegetable	- big salad w/ approved ingredients - Fettuccine with Broccoli and Pine Nuts* - 1 fruit

\* Refer to the cookbook for this recipe.