How to Use:

This Food Chart will help you learn exactly “what to eat” on the DEM System to achieve your sexy, slim, healthy body! If you want to accelerate your weight loss, focus on eating more foods in the green area of the Food Chart.
**MEATS**

**EAT**
- Bass, Catfish, Cod, Flounder, Haddock, Halibut, Herring, Sardines, Sole, Tilapia, Trout, Tuna, Wild Salmon
- Skinless Chicken and Turkey breast, Cornish hen, Turkey bacon
- Pastured Pork, Duck, Goose; Farmed salmon
- Tofu, Tempeh & Faux Meats
- Calamari, Clams, Crabmeat, Lobster, Oysters, Scallops, Shrimp
- Grass-fed Beef & Lamb; Bison, Filet mignon, Flank steak, Extra lean top sirloin, Top Round Steaks/Roasts, Top loin, Pork Loin

**AVOID**
- Ground beef, Short ribs, Ham
- Chicken thighs, Dark meat turkey
- High fat meats-like Prime rib, Porterhouse
- Bacon, Beef jerky, Hot dogs, Pepperoni Salami, Sausage
Brussels sprouts, Collards, Dark lettuces, Kale, Red Peppers, Spinach, Tomatoes

Carrots, Celery, Cucumber, Green Beans, Mushrooms, Peas, Radish, Romaine Lettuce, Zucchini

Canned veggies, White Potatoes, Red Potatoes

Asparagus, Avocados, Broccoli, Cabbage, Cauliflower, Olives, Parsley

Garlic, Onions, Squashes, Sweet Potatoes, Yams

Eggplant, peppers

Beets, Corn, Plantains
<table>
<thead>
<tr>
<th>Low-Sugar Fruits:</th>
<th>Average-Sugar Fruits:</th>
<th>High-Sugar Fruits:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberry, Blueberry, Cranberry, Raspberry, Strawberry, Passion Fruit</td>
<td>Apple, Apricot, Cantaloupe, Cherry, Kiwi, Nectarine, Orange, Papaya, Peach, Pear, Plums, Pineapple</td>
<td>Bananas, Dates, Dried fruits, Figs, Grapes, Honeydew, Mangos, Pomegranate, Raisins, Tangerine, Watermelon</td>
</tr>
</tbody>
</table>

**EAT**
Grapefruit, Lemon, Lime

**AVOID**
Canned fruit, Fruit Snacks
GRAINS
(BREADS, PASTA, RICE)

**EAT**
- Barley, Bulgar, Buckwheat, Oats (steel cut oats, Quinoa)
- Coconut Flour, Almond Flour
- Brown or Wild Rice
- 100% Whole Grain Pasta, Bread or Cereals (e.g., Spelt, Wheat, Rye, etc)

**AVOID**
- Grits, Cream of Wheat
- Donuts, Bagels
- White Rice, White Pasta, White Bread, White Flour (bleached)
BEANS/LEGUMES

**EAT**
- Black Eye Peas, Black Beans, Garbanzo Beans / Chick Peas, Kidney Beans, Lima Beans, Navy Beans / Pinto Beans
- Butter Beans, Fava Beans, Green Beans, Peas, Lentils, White Beans

**AVOID**
- Soybeans
- Canned Beans
- Refried Beans
DAIRY

Eggs, Egg Whites (best)

Non-Fat Milk, Cheese, Cottage Cheese, Cream Cheese, Yogurt, Sour Cream; Non-Dairy Butter (Vegan Butter)

Low-Fat /Skim Milk, Cheese, Cottage Cheese, Cream Cheese, Yogurt, Sour Cream

Regular (Full-Fat) Cow’s Milk, Cheese, Cottage Cheese, Cream Cheese, Sour Cream

Almond Milk, Coconut Milk, Goat’s Milk, Hemp Milk, Oat Milk, Rice Milk, Soy Milk

Yogurt With Fruit on the bottom

Powdered Milk, Powered Eggs, Condensed Milk
# Nuts & Seeds

## Raw and Unsalted:
- Almonds
- Brazil nuts
- Cashews
- Cedar nuts
- Hazelnuts
- Macadamia nuts
- Peanuts
- Pecans
- Pistachios
- Walnuts

**EAT**

## Roasted and Unsalted:
- Almonds
- Brazil nuts
- Cashews
- Cedar nuts
- Hazelnuts
- Macadamia nuts
- Peanuts
- Pecans
- Pistachios
- Walnuts

## Salted Nuts and Seeds

## Sugar-Coated Nuts and Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

**AVOID**
<table>
<thead>
<tr>
<th><strong>EAT</strong></th>
<th><strong>AVOID</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra-virgin Olive oil,</td>
<td>Margarine, Vegetable oils, Hydrogenated oils</td>
</tr>
<tr>
<td>Fish oil, Flaxseed oil</td>
<td>(trans fats)</td>
</tr>
<tr>
<td>Avocado oil, Coconut</td>
<td>Chicken fat, Bacon fat</td>
</tr>
<tr>
<td>oil, Sesame oil</td>
<td></td>
</tr>
<tr>
<td>Canola oil,</td>
<td></td>
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<tr>
<td>Grape seed oil, Olive</td>
<td></td>
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<tr>
<td>oil, Safflower oil,</td>
<td></td>
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<tr>
<td>Sunflower Oil</td>
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<tr>
<td>Corn oil, Palm oil</td>
<td></td>
</tr>
<tr>
<td>Peanut oil</td>
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<tr>
<td>Nut oils (Walnut oil,</td>
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<tr>
<td>Almond oil)</td>
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<tr>
<td>SWEETENERS</td>
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<td>------------</td>
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<tr>
<td><strong>EAT</strong></td>
<td></td>
</tr>
<tr>
<td>Stevia</td>
<td></td>
</tr>
<tr>
<td>Agave Nectar, Raw Honey, Coconut Palm Sugar, Sugar Alcohol, Sorbitol</td>
<td></td>
</tr>
<tr>
<td>Xylitol</td>
<td></td>
</tr>
<tr>
<td>Blackstrap Molasses, Evaporated Cane Juice, Maple Syrup, Organic Sugar, Sugar Cane Juice</td>
<td></td>
</tr>
<tr>
<td>Fructose (fruit sugar)</td>
<td></td>
</tr>
<tr>
<td>Brown Sugar, Raw Sugar</td>
<td></td>
</tr>
<tr>
<td><strong>AVOID</strong></td>
<td></td>
</tr>
<tr>
<td>White Sugar, High-Fructose Corn Syrup, Brown Rice Syrup, Dextrose, Fruit Juice Concentrate</td>
<td></td>
</tr>
<tr>
<td>Artificial Sweeteners (Aspartame, Sucralose, Saccharin)</td>
<td></td>
</tr>
</tbody>
</table>
SPICES & SEASONINGS

**EAT**

- Cayenne Pepper, Chili Peppers, Cilantro, Ginger, Parsley
- Garlic, Onion, Oregano, Rosemary, Sage, Saffron, Tamari, Thyme

**AVOID**

- Ketchup, Mayonnaise, MSG, Worcestershire Sauce
- Table Salt, Soy Sauce
- Spice Extracts, Artificial Flavorings

- Apple Cider Vinegar
- All-Spice Cloves, Cinnamon, Black Pepper, Nutmeg, Turmeric, Cardamom
- Sea Salt, Vinegar
- Spice Extracts, Artificial Flavorings
SNACKS

**✓ EAT**
- Fresh Fruits & Veggies
- Popcorn (lightly salted), Unsweetened Peanut/Cashew/Almond Butter
- Stevia-Based Desserts
- Organic Unsweetened Chocolate, Nuts And Seeds, Hard-Boiled Eggs, Plain Yogurt, Trail Mix

**AVOID ✗**
- Non-Dairy (No-Sugar Added) Ice Cream
- Sugar-Free Baked Goods
- Candy, Pies, Donuts, Cakes, Pastries
- Potato Chips, Corn Chips, Cookies, Ice Cream
BEVERAGES

**EAT**
- Distilled Or Spring Water, Alkaline Water
- Unsweetened Green Tea
- Coconut Water, Fresh-Squeezed Juices, Black Tea, Mint Tea/Other Teas
- Almond Milk, Coconut Milk, Goat's Milk, Hemp Milk, Oat Milk, Rice Milk, Soy Milk

**AVOID**
- Red Wine, Liquor (on the rocks)
- Diet Sodas
- Cow's Milk
- Sodas, Sports Drinks, Store-Bought Fruit Juices
- Mixed Drinks, Beer
COOKING METHODS

**EAT**
- Broiled, Poached, Microwaving, Pressure Cooking, Steamed
- Baked, Grilling, Roasting, Sautéing, Stir frying

**AVOID**
- Deep fried, Pan Frying
- Barbequed
- Blackened, Burnt or Charred