

DEM SYSTEM™

FAT

VS.

SKINNY

FOODS CHART

DEM SYSTEM™

FAT

VS.

SKINNY

FOODS CHART

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.

✓ EAT

AVOID ✕

MEATS

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
and Goose; Farmed
salmon

Ground beef, Short
ribs, Ham

High fat meats-
like Prime rib,
Porterhouse

✓ EAT

AVOID ✗

Calamari,
Clams, Crabmeat,
Lobster, Oysters,
Scallops, Shrimp

Tofu, Tempeh & Faux
Meats

Grass-fed Beef &
Lamb;
Bison, Filet mignon,
Flank steak, Extra
lean top sirloin, Top
Round Steaks/Roasts,
Top loin, Pork Loin

Chicken thighs, Dark
meat turkey

Bacon, Beef jerky, Hot
dogs, Pepperoni
Salami, Sausage

VEGGIES

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

✓ EAT

AVOID ✕

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

Garlic, Onions,
Squashes,
Sweet Potatoes, Yams

Eggplant, peppers

Beets, Corn, Plantains

FRUITS

Average-Sugar Fruits:

Apple, Apricot,
Cantaloupe, Cherry,
Kiwi, Nectarine,
Orange, Papaya,
Peach, Pear, Plums,
Pineapple

Low-Sugar Fruits:

Blackberry, Blueberry,
Cranberry, Raspberry,
Strawberry, Passion
Fruit

✓ **EAT**

Grapefruit, Lemon,
Lime

High-Sugar Fruits:

Bananas, Dates, Dried
fruits, Figs, Grapes,
Honeydew, Mangos,
Pomegranate,
Raisins, Tangerine,
Watermelon

AVOID ✕

Canned fruit, Fruit
Snacks

GRAINS

(BREADS, PASTA, RICE)

Barley, Bulgar,
Buckwheat,
Oats (steel cut oats,
Quinoa

Coconut Flour,
Almond Flour

Donuts, Bagels

✓ EAT

AVOID ✕

Brown or Wild Rice

100% Whole Grain
Pasta, Bread or
Cereals (e.g., Spelt,
Wheat, Rye, etc)

Grits, Cream of Wheat

White Rice, White
Pasta, White
Bread, White Flour
(bleached)

BEANS/LEGUMES

Black Eye Peas, Black Beans, Garbanzo Beans / Chick Peas, Kidney Beans, Lima Beans, Navy Beans / Pinto Beans

Soybeans

Refried Beans

✓ EAT

AVOID ✕

Butter Beans, Fava Beans, Green Beans, Peas, Lentils, White Beans

Canned 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

✓ EAT

AVOID ✗

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

*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

✓ **EAT**

AVOID ✕

Raw and Unsalted:
Chia seeds,
Flaxseeds, Hemp
seeds, Pumpkin
seeds, Sesame seeds,
Sunflower seeds

*Roasted and
Unsalted:*
Chia seeds,
Flaxseeds, Hemp
seeds, Pumpkin
seeds, Sesame seeds,
Sunflower seeds

OILS

Extra-virgin Olive oil,
Fish oil, Flaxseed oil

Canola oil,
Grape seed oil, Olive
oil, Safflower oil,
Sunflower Oil

Corn oil, Palm oil
Peanut oil

Margarine, Vegetable
oils, Hydrogenated
oils (trans fats)

✓ **EAT**

AVOID ✕

Avocado oil, Coconut
oil, Sesame oil

Nut oils (Walnut oil,
Almond oil)

Chicken fat, Bacon fat

SWEETENERS

Stevia	Agave Nectar, Raw Honey, Coconut Palm Sugar, Sugar Alcohol, Sorbitol	Blackstrap Molasses, Evaporated Cane Juice, Maple Syrup, Organic Sugar, Sugar Cane Juice		White Sugar, High-Fructose Corn Syrup, Brown Rice Syrup, Dextrose, Fruit Juice Concentrate
✓ EAT				AVOID ✗
	Xylitol	Fructose (fruit sugar)	Brown Sugar, Raw Sugar	Artificial Sweeteners (Aspartame, Sucralose, Saccharin)

SPICES & SEASONINGS

Apple Cider Vinegar

All-Spice Cloves,
Cinnamon, Black
Pepper, Nutmeg,
Turmeric, Cardamom

Sea Salt, Vinegar

Ketchup,
Mayonnaise, MSG,
Worcestershire Sauce

✓ **EAT**

AVOID ✕

Cayenne Pepper,
Chili Peppers,
Cilantro,
Ginger, Parsley

Garlic, Onion,
Oregano, Rosemary,
Sage, Saffron, Tamari,
Thyme

Table Salt, Soy Sauce

Spice Extracts,
Artificial Flavorings

SNACKS

Popcorn (lightly salted), Unsweetened Peanut/Cashew/Almond Butter

Stevia-Based Desserts

Non-Dairy (No-Sugar Added) Ice Cream

Sugar-Free Baked Goods

Candy, Pies, Donuts, Cakes, Pastries

✓ EAT

AVOID ✕

Fresh Fruits & Veggies

Organic Unsweetened Chocolate, Nuts And Seeds, Hard-Boiled Eggs, Plain Yogurt, Trail Mix

Potato Chips, Corn Chips, Cookies, Ice Cream

BEVERAGES

Distilled Or Spring Water, Alkaline Water	Coconut Water, Fresh-Squeezed Juices, Black Tea, Mint Tea/ Other Teas	Red Wine, Liquor (on the rocks)	Diet Sodas	Sodas, Sports Drinks, Store-Bought Fruit Juices
✓ EAT				AVOID ✗
Unsweetened Green Tea	Almond Milk, Coconut Milk, Goat's Milk, Hemp Milk, Oat Milk, Rice Milk, Soy Milk		Cow's Milk	Mixed Drinks, Beer

COOKING METHODS

Broiled, Poached,
Microwaving,
Pressure Cooking
Steamed

✓ **EAT**

Baked, Grilling,
Roasting,
Sautéing, Stir frying

Deep fried,
Pan Frying

AVOID ✕

Barbequed

Blackened, Burnt or
Charred