

90/10 NUTRITION LADDER

The Yellow Light Tier: Eat 10% or less of your food from this Tier

Proteins	Carbohydrates	Fats
Beef, ground and cuts (greater than 20% fat)	Agave Nectar	Almond Milk (sweetened and/or flavored)
Beef, Lean cuts (between 10% and 20% fat)	Alcohol (hard liquor)	Butter (salted)
Canadian Bacon	Applesauce (big brand)	Canola Oil
Fowl (skinless, dark meat)	Bagels (Refined Flour)	Mayonnaise
Fowl (with skin)	Beer	
Fowl, Ground (between 10% and 20% fat)	Bread (Refined Flour)	
Fowl, Ground (greater than 20% fat)	Broths	
Ham	Chili (not homemade, no sugar or lard added)	
Lamb, lean	Chips (low-fat, baked)	
Pork (fatty cuts, pork chops, etc)	Corn Tortillas and Tortilla Chips	
Veal	Crackers (not whole grain)	
	Crackers (whole grain only)	
	Graham Crackers	
	Granola (not raw, no sugar added)	
	Honey	
	Ice Cream (sugar or fat free)	
	Jam or Marmalade (no sugar added)	
	Juice (from concentrate)	
	Maple Syrup (natural, no sugar added)	
	Milk (1% or 2%)	
	Milk (whole, not raw)	
	Molasses	
	Muesli (big brand)	
	Muffins	
	Nut Butters (big brand, not natural)	
	Oatmeal (Flavored and sweetened)	
	Pancakes	
	Pancakes (buckwheat or whole wheat, not 100%)	
	Pasta	
	Pickles	
	Popcorn (plain)	
	Popcorn (with salt and butter)	
	Potatoes (baked or boiled)	
	Pretzels (not 100% whole wheat)	
	Refried Beans (low-fat)	
	Rice (white)	
	Rice Cakes	
	Rice Milk	
	Sauces (steak, BBQ, ketchup, etc)	
	Sauerkraut	
	Sherbet	
	Soup, Canned (creamy)	
	Soy Sauce	
	Tortillas (whole wheat, not 100%)	
	Wine	
	Yogurt (frozen)	

