

90/10 Nutrition Ladder

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

Proteins

Beef, ground and cuts (greater than 20% fat)
Beef, Lean cuts (between 10% and 20% fat)
Canadian Bacon
Fowl (skinless, dark meat)
Fowl (with skin)
Fowl, Ground (between 10% and 20% fat)
Fowl, Ground (greater than 20% fat)
Ham
Hot Dogs (Turkey)
Jerky (Turkey)
Lamb, lean
Pork (fatty cuts, pork chops, etc)
Veal

Carbohydrates

Agave Nectar
Applesauce (big brand)
Artificial Sweeteners (sucralose, aspartame, saccharine, etc)
Bagels (Refined Flour)
Beer
Bread (Refined Flour)
Broths
Chili (not homemade, no sugar or lard added)
Chips (low-fat, baked)
Coffee (sweetened and/or creamed, includes lattes, etc)
Corn Tortillas and Tortilla Chips
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)
Jell-o
Juice (from concentrate)
Lettuce (Iceberg)
Maple Syrup (natural, no sugar added)
Milk (1% or 2%) (P)(F)
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
Sugar alcohols (anything ending in -tol)
Tortillas (whole wheat, not 100%)
Wine
Yogurt (frozen)

Fats

Almond Milk (sweetened and/or flavored)
Butter (salted)
Canola Oil
Mayonnaise