

Master Food Rating Guide

Rating foods for optimum health



Guidance Notes:

Green foods are good

Yellow foods are not so good

Red foods are best avoided

The foods are rated on what is best to eat and not to eat to reduce weight, blood pressure, cholesterol and blood sugars, for example, a banana or an apple is perfectly healthy, but raspberries or blackberries have less carbohydrates and are a better choice.

Starches	Vegetables	Oils & Fats	Meat & Fish	Dairy	Fruit	Nuts & Seeds	Sauces/Seasoning	Beverages	Alcohol	Snacks	Sweeteners	Cooking
Lentils	Spinach	Olive oil	Beef (organic/ grass fed where possible)	Real butter	Raspberry	Pecan Brazil	Mayonnaise	Still water	Vodka & diet mixer	Beef Jerky	Xylitol	Raw or uncooked
Peas	Avocado	Coconut oil		Cream Sour	Blackberry	Macadamia	Guacamole	Sparkling water		Cold cut meat	Stevia	
Beans	Lettuce	Avocado oil	Game meat	Cream	Strawberry	Hazelnut	Balsamic Vinaigrette	Lemon water	Gin & slimline tonic	Cold cuts (rolled with cream cheese)	Erythritol	Lightly heated
Corn	Asparagus	Butter Ghee	Pork	Cheese	Cantaloupe	Walnut Pine	Pink Himalayan rock salt	Tea (no milk or with coconut)	Whiskey		Brown sugar	
Breads	Cabbage	Heavy cream	Lamb	Eggs	Coconut	Almond	Pepper	Coffee (no milk, cream instead)	Brandy	Canned fish	White sugar	Steamed al dente
Bagels	Courgette	Cream cheese	Bacon (uncured)	Greek Yogurt (unflavoured)	Lemon Plum	Pistachio	Sea salt		Tequila	Avocado	Honey	
Wraps	Eggplant	Natural nut butters (peanut/almond/hazelnut)	Duck	Low fat yogurts	Peach	Cashew	Tabasco		Martini	Olives Nuts	Molasses	Baked
Crackers	Cucumber		Veal		Watermelon	Peanut	Frank sauce	Herbal/Green Teas	Champagne	Veg Sticks (celery/peppers/cucumber/carrot)	Sucralose	Simmered
Pastries	Tomato		Chicken	Low fat milk	Clementine		Blue cheese dressing	Unsweetened plant milk	Red wine (dry)	& dip (guacamole/hummus/cream cheese)	Agave	Boiled
Cakes	Cauliflower	Margarine	Turkey	Processed cheeses (babybel/calvita)	Cherries		Hollandaise	Coconut water	White Wine		Fruit juice concentrate	Poached
Biscuits	Broccoli	Rapeseed oil	Animal organs		Blueberry		Red/white wine vinegar	Diet drinks	Blood Mary	Berries & full fat cream	High fructose corn syrup	Lightly grilled
Pasta	Green Pepper	Soya oil	Salmon	High sugar yogurts >5g of sugar per 100g	Pineapple		Soy Sauce	Vegetable	Budweiser		Acelsulfame potassium	Stir-fried
Rice	Red Pepper	Sunflower oil	Mackerel	Low fat margarine/spreadables	Kiwi		Pesto	Juice	Bud Light	>80% dark chocolate		Slow cooked
Quinoa	Yellow pepper	Low cal sprays	Sardines		Mango		Mustard	Milk	Coors Light			Barbequed
Noodles	Brussel Sprouts		Herring		Pear		Table salt	Caffe Latte	Heineken		Saccharin	Burnt
Chips	Bok choy		Sliced chicken (processed)		Apple		Salsa	Energy Drink	Stella Artois		Aspartame	Blackened
Cereals	Celery		Sliced ham (processed)		Grapes		Tomato paste	Vitamin Water	Corona Extra	White chocolate		Charred
	Mushroom		Parma ham		Banana		Ketchup	Iced Tea	Guinness	Crisps		Deep Fried
	Olives		Chorizo				Brown sauce	Milkshake	Cocktails	Sweets		
	Peas		Salami				BBQ sauce	Smoothies	Margarita	Cakes		
	Beetroot		Breaded/Coated meat or fish				Maple syrup	Soft Drinks	Alcopops	Ice cream		
	Carrot						Jam	Fruit Juice	Baileys	Biscuits		
	Butternut-squash						Marmalade		Cider			
	Parsnip											
	Turnip Potato											
	Sweet Potato											
	Potato											

Other grains including gluten free grains