

# weight loss foods (insulin resistant)

**who** people who have higher blood glucose and insulin levels and want to lose body fat

**how** high nutrient density lower energy foods to minimise cravings and maximise satiety

## vegetables & fruit

- broccoli
- endive
- coriander
- zucchini
- chicory greens
- spinach
- escarole
- basil
- alfalfa
- watercress
- beet greens
- asparagus
- lettuce
- Chinese cabbage
- summer squash
- okra
- parsley
- cauliflower
- chard
- portabella mushrooms
- mustard greens
- arugula
- turnip greens
- chives
- banana pepper
- paprika
- cucumber
- pickles
- collards
- celery
- brown mushrooms
- avocado
- white mushroom
- shitake mushroom
- red peppers
- dandelion greens
- sauerkraut
- dill

- eggplant
- cloves
- radishes
- sage
- jalapeno peppers
- curry powder
- edamame
- chayote
- olives
- Brussel sprouts
- spirulina
- soybeans (sprouted)
- cabbage
- blackberries
- artichokes

## seafood

- fish roe
- salmon
- trout
- caviar
- oyster
- cisco
- sturgeon
- mackerel
- anchovy
- crab
- sardines
- flounder
- herring
- halibut
- tuna
- rockfish
- lobster
- crayfish
- shrimp
- pollock
- perch

## animal products

- lamb liver
- lamb kidney
- turkey liver
- beef brains
- veal liver
- beef liver
- chicken liver
- beef kidney
- lamb brains
- chicken liver pate
- lamb heart
- ham
- ground turkey
- turkey heart
- rib eye steak
- roast pork
- roast beef
- beef tongue
- lamb sweetbread
- lamb chop
- lean beef
- beef heart
- park sausage
- pork liver
- turkey meat
- turkey drumstick
- chicken

## dairy & egg

- whole egg
- egg yolk
- sour cream
- cream
- cream cheese
- Swiss cheese
- cheddar cheese
- Greek yogurt