

# weight loss foods (insulin sensitive)

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

**how** nutrient dense low energy density foods to minimise cravings and maximise satiety

## vegetables

- broccoli
- watercress
- spinach
- zucchini
- basil
- asparagus
- coriander
- brown mushrooms
- endive
- Chinese cabbage
- lettuce
- portabella mushrooms
- chicory greens
- okra
- white mushroom
- chard
- cauliflower
- beet greens
- parsley
- summer squash
- seaweed (wakame)
- escarole
- spirulina
- shitake mushroom
- dill
- chives
- arugula
- mung beans
- turnip greens
- dandelion greens
- celery
- alfalfa
- mustard greens
- cucumber
- pickles
- seaweed (kelp)
- banana pepper
- yeast extract spread

## seafood

- cabbage
  - radicchio
  - bamboo shoots
  - collards
  - red peppers
  - radishes
  - snap beans
  - peas
  - Brussel sprouts
  - kale
  - pumpkin
  - sauerkraut
  - soybeans (sprouted)
  - edamame
  - paprika
  - cloves
  - onions
- salmon
  - fish roe
  - crab
  - oyster
  - trout
  - halibut
  - lobster
  - shrimp
  - rockfish
  - flounder
  - pollock
  - sturgeon
  - crayfish
  - anchovy
  - caviar
  - haddock
  - tuna
  - perch
  - whiting
  - white fish

- octopus
- cod
- cisco
- sardines

## animal products

- lamb kidney
- lamb liver
- beef liver
- veal liver
- turkey liver
- beef kidney
- chicken liver
- ham
- lean beef
- veal
- pork liver
- chicken
- lamb heart
- turkey
- pork chop
- beef heart
- turkey heart
- pork shoulder

## cereals and grains

- baker's yeast
- All Bran
- wheat bran

## dairy and egg

- whole egg
- cream cheese (low fat)
- kefir
- cottage cheese (low fat)
- Greek yogurt