

P20 Pyramid

LEVEL 6 OCCASIONAL TREATS (AFTER YOUR P20)

- Wine, beer, cocktails
- Baked goods
- Ice cream
- Chocolate or candy
- Chips and salty snacks



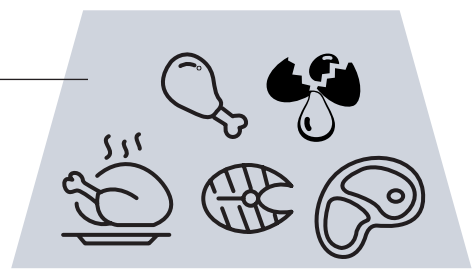
LEVEL 5 2-4 SERVINGS OF NUTS, SEEDS AND OILS

- Healthy oils (olive oil, avocado oil, sesame oil)
- Nuts (almonds, pine nuts, Brazil nuts, pistachios, walnuts)
- Seeds (chia seeds, pumpkin seeds, sunflower seeds, flax seed, hemp seeds)



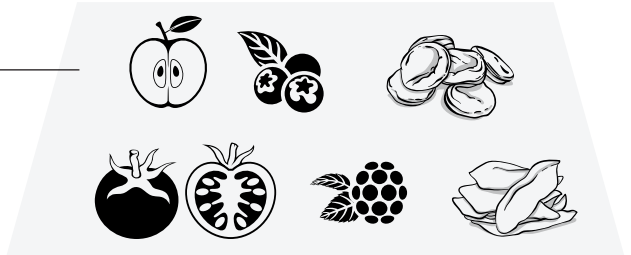
LEVEL 4 1-3 SERVINGS OF ANIMAL PROTEIN

- Free range eggs
- Free range chicken and turkey
- Grass-fed beef or bison
- Pasture raised pork



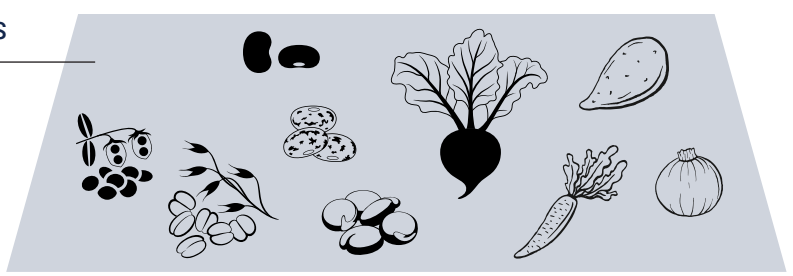
LEVEL 3 2-3 SERVINGS OF FRUIT

- Fresh fruit (apples, bananas, berries, grapes, mango, pineapple, peaches, plums, nectarines, pomegranate, tomato)
- Unsweetened dried fruit (apples, mango, goji berries, pineapple)



LEVEL 2 3-4 SERVINGS OF STARCHY VEGGIES, LEGUMES, AND/ OR GF WHOLE GRAINS

- Starchy vegetables (carrots, spaghetti squash, butternut squash, acorn squash, parsnips, green peas)
- Whole grains (oats, quinoa, wild rice, brown rice)
- Beans and legumes (black beans, chickpeas, edamame, lentils, white beans)



LEVEL 1 4-6+ SERVINGS OF LEAFY AND CRUNCHY VEGGIES

- Leafy greens (spinach, kale, Romaine, arugula)
- Fresh and dried herbs
- Crunchy vegetables (bell pepper, celery, onion, broccoli, cauliflower, zucchini, summer squash, fennel, snap peas, green beans)

