

EATÓ Galveston Diet Guide

| Foods You Can Eat on the Galveston Diet | | |
|---|------------------------------|--|
| Vegetables | Leafy greens | <ul style="list-style-type: none">• Spinach• Kale• Arugula• Swiss chard• Romaine lettuce• Butter lettuce• Collard greens |
| | Cruciferous vegetables | <ul style="list-style-type: none">• Broccoli• Cauliflower• Brussels sprouts• Cabbage• Bok choy |
| | Other non starchy vegetables | <ul style="list-style-type: none">• Zucchini• Eggplant• Bell peppers• Tomatoes• Cucumbers• Asparagus• Green beans• Mushrooms• Onions |

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| | | <ul style="list-style-type: none"> • Leeks |
| Fruits | | <ul style="list-style-type: none"> • Berries such as blueberries, strawberries, raspberries, and blackberries • Apples • Pears • Citrus fruits such as oranges, lemons, and grapefruit • Pomegranate • Cherries |
| Protein Sources | Animal-based proteins with healthy fats | <ul style="list-style-type: none"> • Wild caught salmon • Mackerel • Sardines • Herring • Halibut |
| | Plant-based proteins | <ul style="list-style-type: none"> • Edamame • Tempeh • Tofu • Soybeans • Fermented soy products |
| Whole Grains and Carbohydrates | | <p>Carbohydrates are not eliminated but chosen carefully.</p> <ul style="list-style-type: none"> • Whole grains with intact bran, germ, and endosperm • Low glycemic whole grains |

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| | <ul style="list-style-type: none">● Minimally processed grains |
| Healthy Fats | <ul style="list-style-type: none">● Fatty fish fats from salmon, sardines, and mackerel● Naturally occurring fats in whole foods● Fats paired with protein and vegetables rather than refined carbohydrates |
| Beverages | <ul style="list-style-type: none">● Green tea● White tea● Black tea |
| Herbs, Spices, and Flavor Enhancers | <ul style="list-style-type: none">● Ginger● Turmeric● Garlic● Cayenne pepper● Oregano● Other dried or fresh herbs |
| Foods to Avoid on the Galveston Diet | |
| <ul style="list-style-type: none">● Ultra processed foods● Packaged snack foods● Fried foods● Foods cooked at very high temperatures● Vegetable oils● Foods containing high fructose corn syrup● Foods high in added sugars | |

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- Highly refined carbohydrates
- Foods with artificial additives