

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