



### **Red**

- Fried animal foods
- Dairy (inc. low fat): cow's milk, yoghurt, cheese
- Eggs
- Meat: including fish and chicken

All added fats and oils

- E.g. butter, margarine, coconut, olive oil

Vegan cheeses, coconut cream

Fizzy and diet drinks

### **Orange**

High fat foods:

- Fake meats
- Tempeh / tofu
- Avocado, olives
- Nuts and seeds

- Alcohol, coffee, fruit juice

- Carbonated water
- Plant-based milks without added oil
- Refined flours
- Dried fruits

### **Green – everyday**

- Starches, complex carbohydrates
- All fruits
- Vegetables
- Legumes: beans, peas
- Spices and herbs
- Vitamin B12
- Omega 3 from flaxseed, or chia seed