

**TABLE I.** Summary of dietary recommendations

---

Recommended
Wild-caught, cold-water, oily fish (salmon, sardines, mackerel, herring, anchovies, tuna)
Fat-free dairy products
Egg whites
Dark leafy green vegetables (Brussels sprouts, kale, spinach, broccoli, salad greens)
Other vegetables (cabbage, turnips, green beans, carrots, sweet potatoes, squash)
Raw fruits
Ground flaxseeds or flaxseed oil
Wild-caught fish oils
Suggested in limited quantities
Kidney beans, mung beans, black beans, pinto beans
Other beans (cowpeas, navy beans, lentils, lima beans, split peas)
Potatoes
White rice and grains (barley)
Olive oil
Butter from grass-fed cows
Discouraged
Meat
Poultry
Fat-containing dairy products (regular milk, cheese, and yogurt)
Egg yolks
Peanuts and peanut butter
Tree nuts (almond, cashew, pistachio)
Avocados
Fried food
High-fat sweets and desserts
Margarine and vegetable oils, including corn oil, grape seed oil, soybean oil, safflower oil, sunflower oil, and cottonseed oil

---