

RED FLAG FOODS

White and Fresh Breads	<u>AVOID</u> . Toast until dry and crisp. Try melba toast or Quest protein chips. Switch to crisp crackers
Whole Cuts and Pieces of Meat (Steak, Roast, Chops)	Slice into almost “see through” slices . Use softer protein sources like eggs, legumes, lentils, fish, and tofu. Try to consume tender meats/protein sources that can easily be cut with a fork
Octopus and Squid	Do NOT overcook these items. Choose other seafood options like tuna, tilapia, or salmon
Pasta	<u>AVOID</u> . Overcook the pasta to soften and switch to small pasta shapes
Skin on Apples, Grapes, Pears, and Cucumbers	Peel fruit and discard the skin. Slice firm fruits into thin wedges. Try canned fruit in their own juice (with no added sugar)
Segments of Oranges and Grapefruit	Cut each segment into small, bite-sized pieces. Peel away any tough, fibrous material
Stalks of Broccoli and Asparagus	Be careful and remember to cook these items (as well as all fibrous fruits and vegetables) well
Hot Dogs	<u>AVOID</u>
Doughy Buns and Bakery items (Doughnuts, Muffins, Croissants, etc.)	<u>AVOID</u>
Dry cuts of Chicken and Turkey	Switch to tender, moist cuts of meat (like tenderloins or thighs). Cook with moisture and marinade. <u>AVOID</u> dry cooking (such as baking, grilling, BBQ, and pan frying)
Rice and Grains	Try a different cooking method or style (like risotto or broiled)
Skin on Potatoes	Peel the skin off and discard
Salads	Choose lettuce with high water content such as Romaine or Iceberg
Corn	Try fresh cream corn, blend it after cooking to break up the niblets or use commercial creamed corn (in small pre-measured amounts)
Mango	Cut into small pieces or make sure that the slices do not slip past your tongue