

Chapter 7: Eating the Savanna Model way**STAGE 1****FOOD GROUP 1: GRAINS** (*Bread, Cereals, Rice, and Pasta*)

Bread—have one day per week bread-free (none is best).
 Pizza—have three days per week free of pizza (none is best).
 Breakfast cereals—have three days a week free of breakfast cereals (none is best).
 Pasta—have three days a week free of pasta (none is best).

FOOD GROUP 2: VEGETABLES, STARCHY

Restrict French fries to no more than 3 servings per week (none is best).
 "Red" foods—have one day per week free of "Red" products.
 Limit "Red" products to 1 serving per day (none is best).
 "Amber-Red" foods—have one day per week free of "Amber-Red" products.
 Limit "Amber-Red" products to 2 servings per day (none is best).

FOOD GROUP 3: VEGETABLES, NON-STARCHY

Eat at least 1/2 lb. mixed salad per day, "Green-Green" and "Green."
 Eat at least 1/2 lb. vegetables (cooked) per day, "Green-Green" and "Green."

FOOD GROUP 4: FRUIT

Eat at least 1 piece (serving) of fruit per day.
 Focus on "Green" and "Green-Amber" fruits.
 Avoid "Amber-Red" fruits (none is best).
 Restrict total of "Amber" fruits per session to 1 serving.
 Restrict total of Food Group 4 per session to 3 servings.

FOOD GROUP 5: DAIRY (*Milk, Yogurt, and Cheese*)

Replace whole milk by skimmed—no more than 1 cup per day (none is best).
 Limit ice cream to 3 servings per week (none is best).
 "Amber-Red" foods—limit cheese to 1 serving per day (none is best).

FOOD GROUP 6: MEAT, POULTRY, EGGS, AND FISH

"Green-Green" foods—consume at least 3 servings a week.
 "Green" foods—can consume 2 servings a day.
 "Amber" foods—limit to 3 servings a week (none is best).
 "Amber-Red" foods—limit to 3 servings per week (none is best).
 "Red" foods—restrict to no more than 3 servings per week (none is best).
 Hens' eggs—use only omega-3-rich, free range varieties.
 Restrict total of Food Group 6 servings per session to 1.
 Restrict total of Food Group 6 servings per day to 2.

FOOD GROUP 7: LEGUMES—DRY BEANS, PEAS (*includes peanuts and soy products*)

"Red" foods—no more than 3 servings per week (none is best).
 "Red-Amber" foods—no more than 7 servings per week (none is best).

Food Group 8: Nuts

"Green" foods—consume at least 3 servings per week

"Green-Green" foods—consume at least 3 servings per week.

Restrict total of Food Group 8 servings per session to 1.

Restrict total of Food Group 8 servings per day to 2.

FOOD GROUP 9: FATS AND OILS (*includes cream, ice cream, butter, and spreads*)

"Green-Green" oils—use 1 tbsp. at least 3 times a week.

"Amber-Red" fats and oils—limit to 5 tbsp. per week (none is best).

"Red" Fats and Oils—avoid altogether.

Replace butter and margarine with "Green" spreads.

Replace cream with almond cream.

Restrict total of Food Group 9 consumed to 5 tbsp. (80 ml) per day.

FOOD GROUP 10: SUGARS AND SWEETENERS

Replace "Red" table sugar with "Green-Amber" sugars (none is best).

Limit intake of "Red" sugars and sweeteners to 2 oz. (60 g) per day.

Avoid overdosing on fructose, agave syrup, and sugar replacements.

Limit intake of "Green-Amber" confectionary to 1.5 oz. (50 mg, 1/2 bar) per day.

Limit intake of "Green" confectionary to 1 oz. (30 mg, 1/3 bar) per session.

FOOD GROUP 11: SALT AND SODIUM

Replace "Red" seasonings with "Amber" seasonings (none is best).

FOOD GROUP 12: BEVERAGES

Replace regular colas and soft drinks with "diet" versions (none is best).

Eliminate sweetened fruit juices.

Focus on "Green" and "Green-Amber" beverages.

Restrict "Amber" beverages to 5 servings (12 oz. mug/can) per day (none is best).

Restrict "Amber-Red" beverages to 2 servings (12 oz. mug/can) per day (none is best).

Restrict "Red" beverages to 1 serving (12 oz. mug/can) per day (none is best).

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Stage 2
FOOD GROUP 1: GRAINS (<i>Bread, Cereals, Rice, and Pasta</i>)
<p>"Red" foods—have four days per week free of "Red" products. Limit "Red" products to 1 serving per day (none is best). "Amber-Red" foods—have three days per week free of "Amber-Red" products. Limit "Amber-Red" products to 1 serving per day (none is best).</p>
FOOD GROUP 2: VEGETABLES, STARCHY
<p>French fries—eliminate. "Red" foods—have four days per week free of "Red" products. Limit "Red" products to 1 serving per day (none is best). "Amber-Red" foods—have three days per week free of "Amber-Red" products. Limit "Amber-Red" products to 1 serving per day (none is best).</p>
FOOD GROUP 3: VEGETABLES, NON-STARCHY
<p>Eat at least 1/2 lb. mixed salad per day, "Green-Green" and "Green." "Green-Green" foods—eat at least 3 servings per week. Eat at least 1.5 lb. of salads and vegetables per day, "Green-Green" and "Green."</p>
FOOD GROUP 4: FRUIT
<p>Eat at least 3 pieces (servings) of fruit per day. Focus on "Green" and "Green-Amber" fruits. Avoid "Amber-Red" fruits. Restrict total of "Amber" fruits per session to 1 serving. Restrict total of Food Group 4 per session to 3 servings.</p>
FOOD GROUP 5: DAIRY (<i>Milk, Yogurt, and Cheese</i>)
<p>Replace skim milk with unsweetened almond milk. "Red" products—eliminate "Amber-Red" cheese—limit to no more than 3 oz. three times a week (none is best).</p>
FOOD GROUP 6: MEAT, POULTRY, EGGS, AND FISH
<p>"Green-Green" foods—preferably consume 2 servings a day. "Green" foods—can consume 2 servings a day. "Amber" foods—limit to 1 serving a week (none is best). "Amber-Red" foods—limit to 1 serving per month (none is best). "Red" foods—eliminate. Hens' eggs—use only omega-3-rich, free range varieties. Restrict total of Food Group 6 servings per session to 1. Restrict total of Food Group 6 servings per day to 2.</p>
FOOD GROUP 7: LEGUMES—DRY BEANS, PEAS (<i>includes peanuts and soy products</i>)
<p>"Red" foods—eliminate.</p>

"Red-Amber" foods—no more than 1 serving per week (none is best).

FOOD GROUP 8: NUTS

"Green" foods—consume at least 3 servings per week.

"Green-Green" foods—consume at least 5 servings per week.

Restrict total of Food Group 8 servings per session to 1.

Restrict total of Food Group 8 servings per day to 2.

FOOD GROUP 9: FATS AND OILS (*includes cream, ice cream, butter, and spreads*)

"Green-Green" oils—use 1 tbsp. at least seven times a week.

"Amber-Red" and "Red" fats and oils—avoid altogether.

Replace butter and margarine with "Green" spreads.

Replace cream with almond cream.

Restrict total of Food Group 9 consumed to 5 tbsp. (80 ml) per day.

FOOD GROUP 10: SUGARS AND SWEETENERS

Replace "Red" table sugar with "Green-Amber."

"Red" sugars and sweeteners—avoid altogether.

"Amber" foods—limit to 2 oz. (60 g) per day.

Avoid overdosing on "Green-Amber" sweeteners.

Limit intake of "Green-Amber" confectionary to 1 oz. (30 mg, 1/3 bar) per day.

Limit intake of "Green" confectionary to 1 oz. (30 mg, 1/3 bar) per session.

FOOD GROUP 11: SALT AND SODIUM

"Red" seasonings—avoid altogether.

Replace "Red" seasonings with "Amber" seasonings (none is best).

"Amber-Red" seasonings—avoid altogether.

Reduce "Amber" seasonings to bare minimum.

Eliminate salt added in cooking; replace with herbs and flavorings like lemon juice.

FOOD GROUP 12: BEVERAGES

Sweetened fruit juices—eliminate.

Freshly pressed fruit juices—reduce to 3 servings a week (none is best).

Focus on "Green" and "Green-Amber" beverages.

"Amber" beverages—no more than 3 servings (12 oz. mug/can) per week (none is best).

"Amber-Red" beverages: no more than 2 servings (12 oz. mug/can) per week (none is best).

"Red" beverages—avoid altogether.

Maximum total of "Amber," "Amber-Red," and "Red" beverages—4 servings (12 oz. mug/can) per week (none is best).

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Stage 3
FOOD GROUP 1: GRAINS (<i>Bread, Cereals, Rice, and Pasta</i>)
“Red” and “Amber-Red” products—eliminate.
FOOD GROUP 2: VEGETABLES, STARCHY
“Red” and “Amber-Red” foods—eliminate. “Amber” foods—limit to 3 servings per week, no more than 1 serving per day.
FOOD GROUP 3: VEGETABLES, NON-STARCHY
Eat at least 3/4 lb. mixed salad per day, “Green-Green” and “Green.” Eat at least 2 lb. of salads and vegetables per day, “Green-Green” and “Green.” “Green-Green” foods—eat at least 5 servings per week. “Amber-Red” foods—limit to 1 serving a week (none is best). “Amber” foods—limit to 5 servings per week, no more than 1 serving per day (none is best).
FOOD GROUP 4: FRUIT
Eat at least 6 pieces (servings) of fruit per day. Focus on “Green” and “Green-Amber” fruits. Eliminate “Amber-Red” fruits. Restrict total of “Amber” fruits per session to 1 serving. Restrict total of Food Group 4 per session to 3 servings.
FOOD GROUP 5: DAIRY (<i>Milk, Yogurt, and Cheese</i>)
“Red” and “Amber-Red” products—eliminate.
FOOD GROUP 6: MEAT, POULTRY, EGGS, AND FISH
“Green-Green” foods—preferably consume 2 servings a day. “Green” foods—can consume 2 servings a day. “Amber” foods—limit to 1 serving per month (none is best). “Amber-Red” foods—eliminate. “Red” foods—eliminate. Hens’ eggs—use only omega-3-rich, free range, organic varieties. Restrict total of Food Group 6 servings per session to 1. Restrict total of Food Group 6 servings per day to 2.
FOOD GROUP 7: LEGUMES—DRY BEANS, PEAS (<i>includes peanuts and soy products</i>)
“Red” and “Red-Amber” foods—eliminate.
FOOD GROUP 8: NUTS
“Green” foods—consume at least 3 servings per week. “Green-Green” foods—consume at least 7 servings per week.

Restrict total of Food Group 8 servings per session to 1.

Restrict total of Food Group 8 servings per day to 2.

FOOD GROUP 9: FATS AND OILS (*includes cream, ice cream, butter, and spreads*)

“Green-Green” oils—use 1 tbsp. at least 7 times a week.

“Amber-Red” and “Red” fats and oils—avoid altogether.

Replace butter and margarine with “Green” spreads.

Replace cream with almond cream.

Restrict total of Food Group 9 consumed to 5 tbsp. (80 ml) per day.

FOOD GROUP 10: SUGARS AND SWEETENERS

“Red” sugars and sweeteners—avoid altogether.

“Amber” foods—limit to 2 oz. (60 g) per week.

Avoid overdosing on “Green-Amber” sweeteners.

Limit intake of “Green-Amber” confectionary to 1 oz. (30 mg, 1/3 bar) per day.

Limit intake of “Green” confectionary to 1 oz. (30 mg, 1/3 bar) per session.

FOOD GROUP 11: SALT AND SODIUM

“Red,” “Amber-Red,” and “Amber” seasonings—avoid altogether.

When cooking, use herbs and flavorings like lemon juice.

At table, use herbs and flavorings like lemon juice.

FOOD GROUP 12: BEVERAGES

Focus on “Green” and “Green-Amber” beverages.

“Red,” “Amber-Red,” and “Amber” beverages—avoid altogether.