

Though extensive, this is not a complete list by any means. If you come up with any other healthy whole food options, [I'd love to hear about them!](#)

Choose THIS ...	Over THAT ...
Mashed cauliflower Mashed sweet potatoes/yams Roasted sweet potatoes/yams Cauliflower rice Spaghetti squash hash browns Cauliflower chunks instead of potatoes in potato salad	White Potatoes
Sweet potato/yam fries (baked) Baked carrot sticks Crispy turnip, daikon or zucchini fries	French Fries
Raw organic honey Pure maple syrup Cooked fruit Organic coconut sugar Dates (whole, fresh) Apple sauce (unsweetened)	Refined White Sugar
Green leaf stevia (liquid) Raw organic honey Pure maple syrup	Artificial Sweeteners
Kale chips Hummus and veggie sticks Crispy veggie sticks (carrot, cucumber, celery) Flax crackers Parmesan cheese crisps Almonds & walnuts Pickles Almond or coconut flour crackers Roasted seasoned seaweed	Potato Chips
Air-popped non-GMO popcorn Apple chips (dehydrated apple slices) Kale chips	Microwave Popcorn
Sparkling water (plain) Sparkling water with fresh lemon, lime, or grapefruit juice Non-alcoholic beer, cider Fruit juice	Alcohol

<p>Full-fat coconut milk Grass-fed cow's milk (full-fat) Goat's milk Almond milk Macadamia nut milk Kefir</p>	<p>Non-fat or low-fat Milk</p>
<p>Kale leaves Lettuce leaves Thick slices of cucumber Napa or Chinese cabbage</p>	<p>Bread and Burger Buns</p>
<p>Lettuce Kale leaves Cabbage Cauliflower wraps Coconut flour wraps</p>	<p>Wraps, Tacos, Tortillas</p>
<p>Spiralled zucchini noodles Spaghetti squash Kelp noodles Japanese Shirataki noodles</p>	<p>Spaghetti, Pasta</p>
<p>Eggplant slices Thick-cut zucchini slices</p>	<p>Lasagna Noodles</p>
<p>Almond flour Coconut flour Gluten-free flour</p>	<p>White Flour</p>
<p>Berries (blackberries, strawberries, raspberries) Cantaloupe Lemons Limes Red grapefruit Rhubarb Apricots</p>	<p>High-carb, Sweet Fruit</p>
<p>Water Lemon water Water infused with any fruit or vegetable (cucumber & mint, watermelon, grapefruit...) Seltzer water/sparkling water (zero-calorie & sugar-free) Herbal tea Unsweetened tea Coffee Club soda</p>	<p>Soda</p>

<p>Quinoa Millet Gluten-free oats Amaranth Buckwheat Sorghum Rice Teff</p>	<p>Whole Grains</p>
<p>Extra virgin olive oil Avocado oil Organic coconut oil Grass-fed butter Ghee Avocados Grass-fed tallow or lard</p>	<p>Oils (Canola, Safflower, Corn, Soybean, Sunflower & Safflower), Hydrogenated Fats, Margarine</p>
<p>Zero-carb alcohols (gin, rum, whiskey, martini, tequila, vodka)</p>	<p>High-Carb Alcohol</p>