

# The Volumetrics Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the Volumetrics Diet.



## APPROVED FOODS TO EAT ON THE VOLUMETRICS DIET

### CATEGORY 1 (Extremely low-calorie density)

#### FRUITS

- Apples
- Bananas
- Coconuts
- Oranges
- Pears
- Strawberries
- Raspberries
- Tropical fruits

#### VEGETABLES (non-starchy)

- Asparagus

- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chile Peppers
- Collard Greens
- Cucumber
- Eggplant
- Green Beans
- Kale
- Leeks
- Mushrooms
- Okra
- Olives (actually a fruit)
- Spinach
- Sprouts
- Shallot
- Snow Peas
- Squash
- Tomato
- Zucchini

### **SOUPS (broth-based)**

- Chicken noodle
- Lentil
- Minestrone
- Vegetable soups

### **NON-FAT DAIRY**

- Almond milk

- Cheese (low-fat)
- Coconut milk
- Low-fat cottage cheese
- Low-fat dairy
- Non-fat yogurt
- Skim milk
- Soy milk

## **BEVERAGES**

- Black coffee
- Unsweetened tea
- Water

## **CATEGORY 2 (Low energy density foods)**

### **WHOLE GRAINS**

- Couscous
- Oatmeal
- Quinoa
- Rice
- Tortillas (whole-grain)
- Whole-grain breads
- Whole-grain pastas

### **BEANS**

- Chickpeas
- Black beans
- Lentils
- Kidney beans
- Yellow split pea
- White beans

## LEAN PROTEINS

- Lean beef or pork
- Skinless chicken
- Turkey
- Whitefish

## CATEGORY 3 (Medium calorie density, eat in moderation)

### MEATS

- Chicken
- Turkey
- Beef
- Pork
- Seafood
- Veal

### REFINED CARBS

- Bread (white)
- Crackers
- White pastas
- White rice

### DAIRY (full fat)

- Cheeses
- Creamers
- Greek yogurt
- Ice cream
- Whole milk
- Yogurt
- CATEGORY 4 ((High-calorie density, eaten sparingly)

### NUTS AND SEEDS

- Almonds
- Capers
- Cashews
- Hazelnut
- Peanuts
- Pistachios
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Walnuts

### **OILS**

- Butter
- Lard
- Margarine
- Olive oil
- Vegetable oil

### **PROCESSED FOODS**

- Cakes
- Candy
- Cookies
- Chips
- Pretzels
- Fast foods
- Sugary cocktails and drinks

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