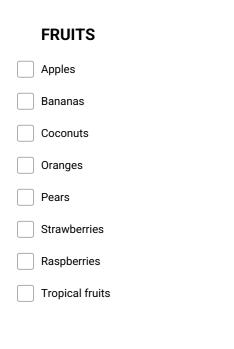
The Volumetrics Diet: Foods You Can and Can't Eat While on the Diet

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)



VEGETABLES (non-starchy)

Asparagus

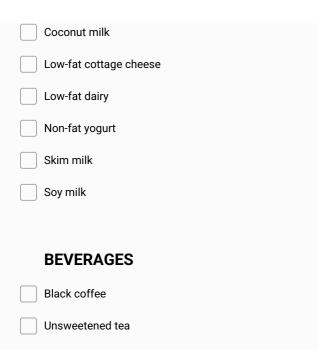
Bell Peppers

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

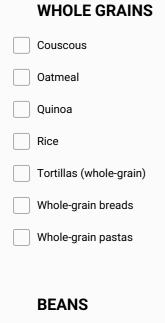
Almond milk

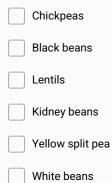
Cheese (low-fat)



Water

CATEGORY 2 (Low energy density foods)

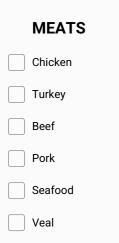


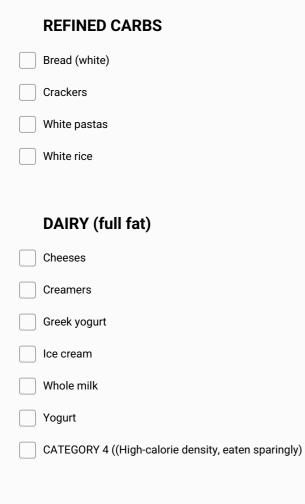


LEAN PROTEINS

Lean beef or pork
Skinless chicken
Turkey
Whitefish

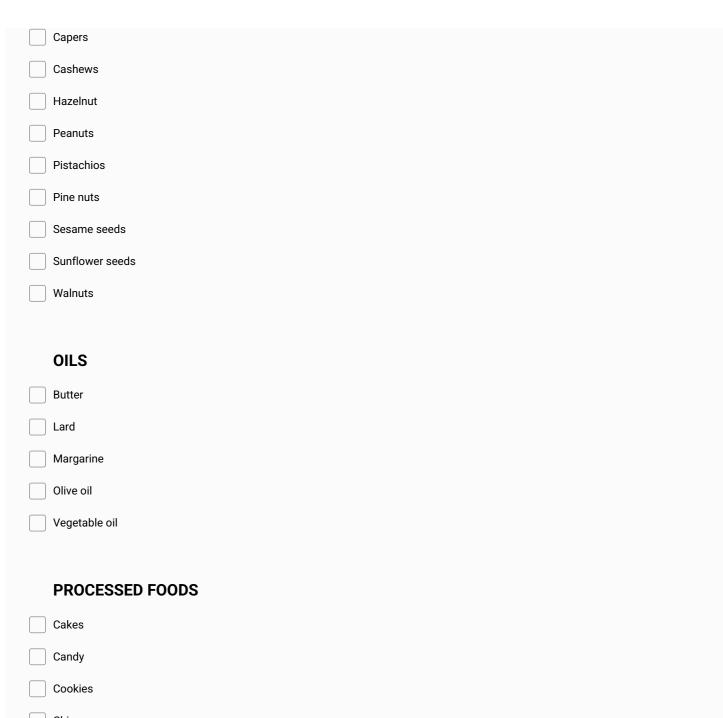
CATEGORY 3 (Medium calorie density, eat in moderation)





NUTS AND SEEDS

Almonds



- Chips
- Pretzels
- Fast foods
- Sugary cocktails and drinks

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