

Flexitarian Diet Food List

Patient Name:

Referring Physician's Name:

Reason for diet (if applicable):

Best to Eat	Best to Limit
<ul style="list-style-type: none">• Fruits• Vegetables• Plant proteins (beans, peas, lentils, edamame, chickpeas)• Whole grains (brown rice, oats, barley, quinoa, sorghum, buckwheat, sweet potatoes)• Plant-based milk• Eggs• Dairy milk (in moderation)• Dairy (cheese, yogurt)• Nuts and seeds• Healthy oils and anti-oxidant-rich spices	<ul style="list-style-type: none">• Meat and poultry• Fish• Anything with refined carbohydrates• Anything with added sugar

Notes:

Sources:

Ld, L. S. M. R. (2022, January 12). *The Flexitarian Diet: A detailed Beginner's guide*. Healthline. <https://www.healthline.com/nutrition/flexitarian-diet-guide>

Millersh. (2022, December 8). What is the flexitarian diet? *Cleveland Clinic*. <https://health.clevelandclinic.org/what-is-the-flexitarian-diet/>

Rdn, B. T. (2023, August 16). *Flexitarian Diet 101: health benefits, food list, sample menu, more*. <http://EverydayHealth.com> . <https://www.everydayhealth.com/diet-nutrition/diet/flexitarian-diet-health-benefits-food-list-sample-menu-more/>