

FOOD TO EAT

- Low-fat dairy products
- Poultry
- nontropical vegetable cooking oils
- Egg
- nontropical nuts
- dried beans and legumes
- fruits
- non-starchy vegetables
- whole-grain or whole-wheat products
- starchy vegetables
- unrefined starchy vegetables

Ectomorph

FOOD TO AVOID

- white bread, white rice, traditional pasta, and bagel
- candies, chocolates, and other sweets
- baked goods and cakes
- soft drinks, energy drinks, and sports drinks
- refined cereals
- heavily processed or fried food
- rich dairy products
- red meats
- foods rich in sodium
- alcohol
- cooking oils with a lot of saturated fat