

FOOD & MOOD FOOD GROUPS TABLE

RECOMMENDED FOOD SOURCES/INGREDIENTS

FOOD & MOOD
COACHING



FIBROUS VEGETABLES

(ALL LOW GL)

Artichokes
Asparagus
Aubergine
Bamboo shoots
Sprouts
Beet greens
Bok choy
Broccoli
Brussels sprouts
Cabbages
Carrots
Capsicums
Cauliflower
Collard
Celery
Cucumber
Fennel
Green Beans
Kale
Lettuce (all)
Marrow
Mushrooms
Mustard greens
Radishes
Rocket
Sea vegetables
e.g., spirulina, wakame
Snow peas
Spinach
Silver beet/chard
Watercress
Zucchini

(Greens highlighted)

POWERFUL PROTEINS

(ALL LOW GL)

ANIMAL SOURCES

Eggs
Poultry
Fish
Grass fed red meat
Milk
Whey protein
Cottage cheese
Feta cheese
Goat cheese
Buffalo
Mozzarella
Ricotta
Greek yogurt

PLANT SOURCES

Quinoa
Spirulina (powder or capsules)
Rolled/steel-cut oats
Edamame beans
Lentils
Chickpeas
Soy beans/tofu
Kidney beans
Pinto beans
Black beans
Green peas
Nuts (any)
Organic pea or rice
protein powder

CARBO HYDRATES

LOW GL (<10)

Rye, German rye breads*
Spelt*
Whole wheat bread*
Sour dough*
Wheat tortilla*
Gluten free bread
Chickpea/lentil pasta
Beetroot
Popcorn
Pumpkin/squash
Swede
Parsnip
Carrot
Millet
Couscous*

MEDIUM GL (11-19)

Barley*
Rolled/steel-cut oats*
Brown rice
Wild rice
Quinoa
Amaranth
Sweet corn
Buckwheat
Buckwheat pasta
Rice noodles
Pastry*
Potato
Sweet potato

HIGH GL (>20)

Durum wheat pasta*
White rice noodles
Buckwheat noodles
Taro, yams

*Contains gluten

ESSENTIAL FATS

ALL LOW GL

Organic extra virgin olive oil
Unrefined, cold pressed nut oils
Organic coconut oil
Organic butter
Nuts and nut butters
Avocados
Seeds (sunflower, hemp, pumpkin, chia, flax)

Oily fish

Salmon
Tuna sardines
Anchovies

Ideal cooking oils - high heat

Ghee (clarified butter)
Coconut oil
Organic butter
Sesame oil
Organic dripping

Medium heat

Olive oil

In dressings

EV cold pressed olive oil
avocado oil

FRUITS

LOW GL (<10)

Green/red apples
Apricot
Avocado
Bananas, underripe
Berries
Cantaloupe/melon
Cherries
Grapes
Grapefruit
Kiwi
Mandarins
Mango
Melon
Oranges
Olives
Peaches
Pears
Pineapple
Pomegranate
Tangerines
Tomatoes
Tinned tomatoes
Watermelon

MEDIUM GL (11-19)

Ripe banana
Figs
Nectarines
Canned peaches

HIGH GL (>20)

Dates
Sultanas
Raisins

OTHER SUPERFOODS

*MODERATE GL

Fresh and dried herbs
Natural spices
Apple cider vinegar
Traditional breads i.e., German rye
Almond meal
Almond milk
Desiccated coconut
Coconut water
Manuka honey*
Herbal teas
Pink Himalayan salt
Maca powder
Lucuma powder
Cocoa nibs
Chia seeds
Ground flaxseeds
Goji berries
Acai berries
Tahini
Sauerkraut/kimchi
Ginger/turmeric
Cinnamon
Lemon
Garlic
Cayenne pepper