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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