



Integrative Clinic  
www.raincityintegrative.com

## LEPTIN FOOD LISTS

**"A" LIST - Plan most of your meals and snacks from this list**

### "A"List-Fats

#### Nuts/Nut Butters

(raw, unroasted, unsalted)

Almonds  
Cashews  
Brazil Nuts

Hazelnuts  
Macadamia

Pine nuts  
Pistachios  
Walnuts

**NO PEANUTS!** (they're legumes)

#### Fruit

Avocado (guacamole)

Olives (green and black)

Almond oil  
Avocado oil  
Olive Oil

#### Fish (highest in omega-3 acids)

Halibut  
Herring  
Mackerel  
Orange roughy  
Sardines  
Pecans  
Tuna

### "A"List-Proteins

Eggs (from algae or flax-fed chickens)

Omega-3 enriched eggs

#### Fish and Seafood

Bass  
Catfish  
Cod  
Crab  
Flounder  
Grouper  
Haddock  
Halibut  
Herring  
Lobster  
Mackerel  
Mahimahi  
Orange roughy  
Oysters (canned or fresh)  
Perch  
Pike  
Pollack  
Rainbow trout  
Salmon (canned or fresh)

Sardines (canned in water, sardine oil, mustard or olive oil)

Scallops  
Shrimp (canned or fresh)  
Snapper  
Sole  
Tilapia  
Tuna (canned or fresh)  
Turbot

#### Poultry (preferably free-range or organic)

Chicken breast, no skin  
Ground chicken  
Ground turkey  
Chicken sausage  
Turkey sausage

#### Game

Cornish game hen  
Buffalo  
Ostrich  
Pheasant  
Rabbit  
Venison

Veggie Burgers (< 7 carbs ea)

Chik Sticks Vegetable and Grain Protein Burgers  
Morning Star Farms veggie sausage pattie  
Natural Touch vegetable burgers

#### Dairy

Goat cheese  
~~No-fat~~ cottage cheese  
~~No-fat~~ cream cheese  
~~No-fat~~ ricotta cheese  
Feta cheese  
Jarlsberg Lite Swiss cheese  
Parmesan cheese (1 TBS/svg)

#### Tofu

Plain  
Herb  
Flavored (Italian, Oriental, Thai)  
  
Protein Powder  
Egg protein powder  
Vegetable protein  
Whey protein

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## "A" List-Carbohydrates

### Vegetables

Asparagus  
Artichoke Hearts  
Arugula  
Bamboo shoots  
Bell peppers (red, green, yellow, orange, hot)  
Bok choy  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Celery  
Chard  
Chives  
Cilantro  
Cucumbers  
Endive  
Eggplant  
Fennel  
Greens (collard, turnip, mustard, chard)  
Hot peppers  
Kale  
Kohlrabi  
Lettuce (except iceberg)  
Leeks  
Mushrooms (portobello, shitake, oyster, button)  
Okra  
Onions  
Parsley  
Radicchio  
Radishes  
Rutabaga  
*Celery root*

### Scallions

Seaweed (dulse, nori, hikiki, kombu)

Snow peas

Spinach

Sprouts (all varieties)

String beans

Turnip

Water chestnuts

Watercress

Zucchini

### High Fiber Starches

La Tortilla Factory tortilla

"Manna from Heaven" bread  
(also counts as a protein)

Low carb, high fiber crackers  
(2-3/day)

### Legumes (eat in limited qty)

Black soybeans

Hummus-as a condiment, not a meal (made from chickpeas)

### Coffee Substitutes

Roma

Teecino

Cafix

Pero

### Tea

Black tea

Green tea

Herbal tea

### Condiments, Spices, Seasonings

Basil

Bragg's Liquid Aminos (non-fermented soy sauce substitute)

Cardamom

Black pepper

Cayenne pepper

Capers

Cajun blended seasonings

Cinnamon

Crushed red pepper flakes

Cumin

Curry powder

Dill weed

Fennel

Garlic (fresh or powdered)

Ginger

Indian blended seasonings

Lemon

Lime

Mexican blended seasonings

Miso salt (if not salt-restricted)

Mustard

Nutmeg

Onion (fresh or powdered)

Oregano

Paprika

Rosemary

Tamari

Tarragon

Thyme

Vanilla

Vinegar (balsamic, red wine, umeboshi [plum], and rice)

Worcestershire sauce