

EAT TO CARVE YOUR PHYSIQUE

Climb Dr. Perry's LADDER

Dr. Perry's Ladder is a guideline, but it is up to you to decide. If you only ate from Tiers 1 & 2, you would have a near perfect diet!

TIER 1: THE ABSOLUTE BEST FOODS!

Artichokes	Cereal, whole grain	Mangoes	Prunes
Beans	Citrus, fruits & juices	Milk, nonfat	Rice, brown
Beets	Cranberry Juice	Mushrooms	Salsa
Blueberries	Egg Whites	shitake & mitake	Spinach
Bran	Fish, cold water	Nectarines	Sweet Potatoes
Broccoli	(salmon, mackerel)	Oatmeal	Tea(green or black)
Brussel Sprouts	Garlic, fresh	Olive Oil	Tofu, light
Cabbage	Grape Juice	Onions	Tomato, sauces and products
Cantaloupe	Kale	Papayas	Vegetable juice
Carrots	Kiwifruit	Peas	Water
Cauliflower		Peppers	

TIER 2: EXCELLENT FOOD. YOU NEED IT!

Almonds	Coffee, black	Oysters	Strawberries
Apples	Corn	Pancakes, buckwheat	String Beans
Asparagus	Low Fat Cottage Cheese	Pasta with marinara	Sunflower Seeds
Bananas	Cucumbers	sauce, fish or vegetables	Tomatoes
Bread(rye,marble pumpernickel)	Eggplant	Peaches	Turkey Breast
Broccoli Sprouts	Fish, freshwater	Pears	Tuna Fish
Celery	Graham crackers	Plums	canned
Cereal Dry	Lettuce, romaine	Raisins	Veggie Burgers
Cherries	(leafy green or red)	Raspberrys	Walnuts
Chicken (skinless)	Lima Beans	Ricotta Cheese	Watermelon
Mushrooms	Melon, honeydew	Shellfish	Wine, red
	Milk 1%	Soy Milk	Yogurt, low fat
			Zucchini

TIER 3: NEUTRAL BENEFITS & HAZARDS

Animal Crackers	Chicken Taco, baked	Margarine, fat free	Potatoes, white
Applesauce	Chocolate	Mushrooms	Pretzels
Avocados	Eggs, whole	Portobello	Refried Beans
Bagels	English Muffins	Nuts (walnuts, pine)	low fat
Baked Beans	French fries, baked	Olives	Rice Cakes
Beef, eye round	Fruit, dried	Pancakes	Rice, white
Beef, London Broil	Fruit Juice (orange)	Pasta, plain	Sauerkraut
Beef, top rounded	Granola, low fat	Peanut Oil	Soup, canned broth
Canola Oil	Jam and Marmalade	Peanuts	Veal Cutlet
Chicken (dark meat)	Latte, iced mocha	Pork Tenderloin	Wine, white
Chicken Sandwich (broiled)	w. nonfat milk	Popcorn (no butter)	Yogurt

TIER 4: CAREFUL! (EAT IN MODERATION!)

Beef, filet mignon	Coffee Cake	Lunchmeat and Crackers	Potato or Macaroni Salad
Beef, lean ground	Crackers	Hot Dogs, low fat	Salad
Beef or Chicken barbecued	Cream Cheese (low fat)	Macaroni and Cheese	Pudding
Beef Sirloin	Duck, other game	Mayonnaise, low fat	lowfat
Beef Stroganoff	Granola or Energy Bar	Meat Loaf	Reuben Sandwich
Beer	Grilled Cheese	Mexican Food (baked not fried)	Sherbet
Butter	Sandwich	Milk 2%	Sloppy Joe; lean beef or turkey
Caesar Salad, chicken	Ham	Muffins	Soup, canned
Canadian Bacon	Hawaiian Pizza	Peanut Butter	Soy Sauce
Cheese	Honey	Pepper, stuffed	Spaghetti with meatballs
Chef's Salad	Lettuce, iceberg	Pizza, meatless	Sub Sandwich
Chili	Juice, sweetened	Popcorn, (with salt and butter)	Taco Salad, chicken
Chinese Food, with lots of vegetables	Lamb Chops	Pork Chop (fat removed)	Tuna or Chicken Salad
Chips, low fat	Lasagna, meat		Vegetable Oil

TIER 5: MAY TASTE GREAT...BUT YOU WILL PAY LATER!

Bacon	Chicken or Fish Sandwich,(fried)	Hamburger, fast food	Potato skins, fried
Beef, ground regular	Chips, potato or corn	Hotdogs	Pot Pie
Beef Taco, fried	Cinnamon Buns	Ice Cream	Refried Beans
Breakfast sandwiches (fast food)	Clams (Fried)	Latte, with whole milk	Creamy Salad
Cakes	Cookies	Lobster Newburg	Dressing
Candy	Crab	Mayonnaise	Sausage
Cereal, sugared	Cream Cheeses	Milk, whole	Shrimp, fried
Charred or Blackened food	Creamed Veggies	Nacho Chips with cheese	Sugared Soft Drinks
Chicken a la King	Creamer	Onion Rings	Spareribs
Chicken, buffalo	Doughnuts	Pastries	Tater Tots
Wings or nuggets	French Fries	Pies	Toaster Pastries
	Gravy	Potatoes, fried	