

NOOM FOOD LIST

NOOM GREEN FOODS LIST

Fresh / Frozen Fruit and Vegetables	Whole Grains	Non-Fat Protein
Apple Banana Bell Peppers Blueberries Broccoli Brussels Sprouts Cantaloupe Carrots Cherries Corn Cucumbers Green Beans Kale Kiwi Lettuce Mango Nectarines Onion Passion Fruit Peaches Pears Peas Pineapple Potatoes Salad Greens Spinach Strawberries Sweet potatoes Tomato Watermelon Zucchini	Brown Rice Oatmeal Polenta Whole Grain Bread Whole Grain Cereal Whole Grain Pasta Whole Grain Tortilla	Egg whites Non-dairy milk (almond or cashew) Non-fat cheese Non-fat cheese Non-fat milk Non-fat yogurt Tofu Miscellaneous Coffee Miso Tea

NOOM YELLOW FOODS LIST

Low-Fat Protein	Carbohydrates	Fats
Chicken Deli meats (turkey, roast beef, sliced ham, etc) Egg Yolks Eggs Fish Lean Meat (beef, pork, lamb) Low-fat cheese Low-fat cheese Low-fat milk Low-fat yogurt Meat lasagna Meatloaf Protein powder Salmon Turkey Yogurt	Beans (baked, black) Chickpeas Couscous Dried Cranberries English muffins Legumes Low-sugar jam Peas Pita bread Quinoa Unsweetened fruit juice White Pasta White Rice	Avocados Olives Guacamole Hummus

NOOM RED FOODS LIST

Fatty Protein	Carbohydrates	Oils and Fats
Bacon Full-fat / whole milk Full-fat cheese Full-fat yogurt Gyro meat Ham Hamburger patty Hamburgers Hot dogs Meat pie Meat, fried Meat, red (beef, pork, lamb) Red meat (beef, pork, lamb) Salami Sausage Taco meat	Cake Chia Seeds Chocolate Cookies Dried Fruit (including dates, prunes, raisins) Dried Seaweed Energy/snack bars Flour French fries Honey Orange Juice Pancakes Pizza Popcorn Potato chips Pretzels Sugar White bread Wine	Butter Mayonnaise (low fat and full fat) Olive oil Other oils Salad Dressing (creamy) Seeds Nuts Peanut butter