

Pescatarian Diet Food List

PESCATARIAN DIET FOOD LIST

Name: _____ Date: _____ dd / mm / yyyy

Age: _____ Gender: _____

Weight: _____ Height: _____

General guidelines: Incorporate a variety of fruits, vegetables, whole grains, and proteins into your meals. Center your diet around plant foods like fruits, vegetables, legumes, and whole grains for nutrients and fiber. Opt for sources like avocados, nuts, seeds, and olive oil. Select sustainably sourced fish and seafood to support both your health and the environment. If you consume dairy, choose low-fat options or their alternatives such as almond milk, soy yogurt, or cashew cheese. Try grilling, baking, steaming, or sautéing your foods to retain nutrients and flavors. Drink plenty of water throughout the day to maintain overall health and well-being.

Protein sources: Fish: Salmon, tuna, mackerel, sardines, trout, haddock, cod, etc. Shellfish: Shrimp, crab, lobster, mussels, clams, oysters, etc. Eggs: Including free-range or organic eggs. Legumes: Lentils, chickpeas, black beans, kidney beans, etc. Dairy: Greek yogurt, cheese, milk (if allowed), cottage cheese, etc. Tofu and tempeh: Soy-based protein options. Nuts and seeds: Almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds, etc.

Fruits and vegetables: Berries: Strawberries, blueberries, raspberries, blackberries, etc. Leafy greens: Spinach, kale, Swiss chard, arugula, etc. Cruciferous vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage, etc. Other vegetables: Bell peppers, tomatoes, carrots, sweet potatoes, zucchini, etc. Fruits: Apples, oranges, bananas, grapes, mangoes, pineapples, etc.

Whole grains: Quinoa, brown rice, wild rice, bulgur, barley, farro, whole wheat bread, whole grain pasta, etc.

Healthy fats: Avocado, Olive oil, coconut oil, Nuts and seeds, Fatty fish: Salmon, mackerel, trout

Recommendations

Additional notes