

# THE RICE DIET - WHOLE FOOD LIST

www.RiceDietSupport.com

## STEP 1

Note: The only grain allowed in the original 1939 Rice Diet was twice-washed, boiled white rice.

### RICE EQUIVALENTS

Portion Size: 3/4 to 1 cup cooked

#### INTACT-BOILED-GRAINS

- Cooked White Rice
- Cooked Brown Rice
- Cooked Quinoa
- Cooked Wild Rice
- Cooked Buckwheat Groats
- Cooked Sorghum
- Cooked Oats
- Cooked Millet
- Cooked Amaranth
- Cooked Teff

### FRUITS

Portion Size: 1 cup or the size of a closed fist

	cal/lb
<input type="checkbox"/> Lemons	132
<input type="checkbox"/> Limes	136
<input type="checkbox"/> Watermelon	136
<input type="checkbox"/> Strawberries	145
<input type="checkbox"/> Cantaloupe	154
<input type="checkbox"/> Peaches	177
<input type="checkbox"/> Prickly Pear	186
<input type="checkbox"/> Grapefruit	191
<input type="checkbox"/> Blackberries	195
<input type="checkbox"/> Papaya	195
<input type="checkbox"/> Nectarines	200
<input type="checkbox"/> Fresh Plums	209
<input type="checkbox"/> Apricots	218
<input type="checkbox"/> Oranges	222
<input type="checkbox"/> Pineapple	227
<input type="checkbox"/> Raspberries	236
<input type="checkbox"/> Apples	236
<input type="checkbox"/> Dragon Fruit	236
<input type="checkbox"/> Mandarin	240

Lowest Portions for Rapid Weight-Loss: 2x Rice + 5x Fruits/Vegetables

### Shopping Tip

When shopping, select **single-ingredient foods** in their original form unchanged, except for the fact they may be peeled, chopped, frozen, or cooked in water. Compliant items that are canned in water or juice are permitted.

✘ salt, oil, sugar

- \*may contain gluten*
- \*Cooked Wheat Berries
  - \*Cooked Kamut
  - \*Cooked Farro
  - \*Cooked Barley
  - \*Cooked Spelt
  - \*Cooked Einkorn
  - \*Cooked Rye
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

✘avocado  
✘dates

	cal/lb
<input type="checkbox"/> Blueberries	259
<input type="checkbox"/> Pears	259
<input type="checkbox"/> Mango	272
<input type="checkbox"/> Kiwi	277
<input type="checkbox"/> Cherries	286
<input type="checkbox"/> Guava	308
<input type="checkbox"/> Grapes	313
<input type="checkbox"/> Kumquats	322
<input type="checkbox"/> Fresh Figs	336
<input type="checkbox"/> Bananas	404
<input type="checkbox"/> Passion Fruit	440
<input type="checkbox"/> Plantains	458
<input type="checkbox"/> Persimmons	576
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	

## STEP 2 VEGETABLES

Portion Size: 1 cup or the size of a closed fist

	cal/lb
<input type="checkbox"/> Cucumber	45
<input type="checkbox"/> Bok Choy	59
<input type="checkbox"/> Celery	64
<input type="checkbox"/> Lettuce	68
<input type="checkbox"/> Zucchini	77
<input type="checkbox"/> Bell Pepper	77
<input type="checkbox"/> Endive	77
<input type="checkbox"/> Radish	80
<input type="checkbox"/> Tomatoes	82
<input type="checkbox"/> Swiss Chard	86
<input type="checkbox"/> Asparagus	91
<input type="checkbox"/> Leeks	94
<input type="checkbox"/> Mushrooms	100
<input type="checkbox"/> Beet Greens	100
<input type="checkbox"/> Cilantro	104
<input type="checkbox"/> Baby Spinach	106
<input type="checkbox"/> Arugula	113
<input type="checkbox"/> Cabbage	113
<input type="checkbox"/> Cauliflower	113
<input type="checkbox"/> Eggplant	113
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	

<input type="checkbox"/> Collards	145
<input type="checkbox"/> Turnip Greens	145
<input type="checkbox"/> Okra	150
<input type="checkbox"/> Broccoli	154
<input type="checkbox"/> Kale	159
<input type="checkbox"/> Parsley	163
<input type="checkbox"/> Brussels Sprouts	163
<input type="checkbox"/> Rutabaga	168
<input type="checkbox"/> Onion	181
<input type="checkbox"/> Carrots	186
<input type="checkbox"/> Butternut Squash	204
<input type="checkbox"/> Artichoke	213
<input type="checkbox"/> Beetroot	274
<input type="checkbox"/> Gold Potatoes	313
<input type="checkbox"/> Green Peas	367
<input type="checkbox"/> Corn	390
<input type="checkbox"/> Sweet Potatoes	390
<input type="checkbox"/> Yams	535
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	

### OPTIONAL SALT FREE SEASONING

Add flavor with vinegar, citrus, and salt-free seasoning.

*No Added Sodium*

- Vinegar
- Garlic Powder
- Onion Powder
- Paprika
- Turmeric
- Ginger
- Basil
- Oregano
- Chili Flakes
- Cayenne Pepper
- Mustard Powder
- Cumin
- Chipotle Powder
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Cinnamon
- Ground Cloves
- Nutmeg
- Cardamom
- Marjoram
- Thyme
- Rosemary
- Bay Leaf
- Dill
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

"The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet." Proverbs 27:7 KJV