

# Healthy Food List Items

## VEGETABLES

- Kale
- Spinach
- Brussels sprouts
- Broccoli
- Asparagus
- Peppers (organic)
- Carrots
- Cauliflower
- Salsa (fresh)
- Avocado



## VEGETABLES (starchy)

- Sweet Potato/Yams
- Corn
- Squash (any)
- Peas

## FRUITS

- Raspberries
- Blueberries
- Strawberries (organic)
- Watermelon
- Oranges
- Apple (organic)
- Banana



## LEAN PROTEIN

- Chicken Breast
- Turkey Breast
- Lean ground chicken or turkey ( $\geq 93\%$  lean)
- Fish, freshwater and wild-caught (catfish, tilapia, trout, cod, salmon, halibut)
- Eggs (free-range)
- Tempeh (non-GMO)
- Cottage cheese, 2%
- Veggie burger, 1 medium patty (beware of sodium. Go for non-GMO)

## WHOLE GRAINS

- Brown or wild rice
- Cereal (>3g fiber & <10g sugar per serving)
- Oatmeal, rolled, steel-cut
- Pita, whole wheat
- Popcorn, light
- Tortillas (corn or small 100% whole grain)
- Waffles, whole-grain

## PANTRY ITEMS

- Beans, Lentils
- Broth, low sodium
- Chicken, Tuna
- Mustard
- Peanut butter (100% natural without added sugar)
- Soups, low sodium and low fat
- Tea, Coffee
- Tomato paste, no sugar added
- Tomato sauce, no salt added
- Canned vegetables, no salt added



## NUTS/SEEDS

- Almonds, whole, raw
- Pistachios, whole, raw
- Pecan halves, raw
- Walnut halves, raw
- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw

## DAIRY

- Cheese (low fat, light string, Laughing Cow light)
- Cottage cheese, 1% or fat free
- Milk (1%, skim, light soy milk, unsweetened almond milk)
- Sour cream, light
- Greek yogurt, plain