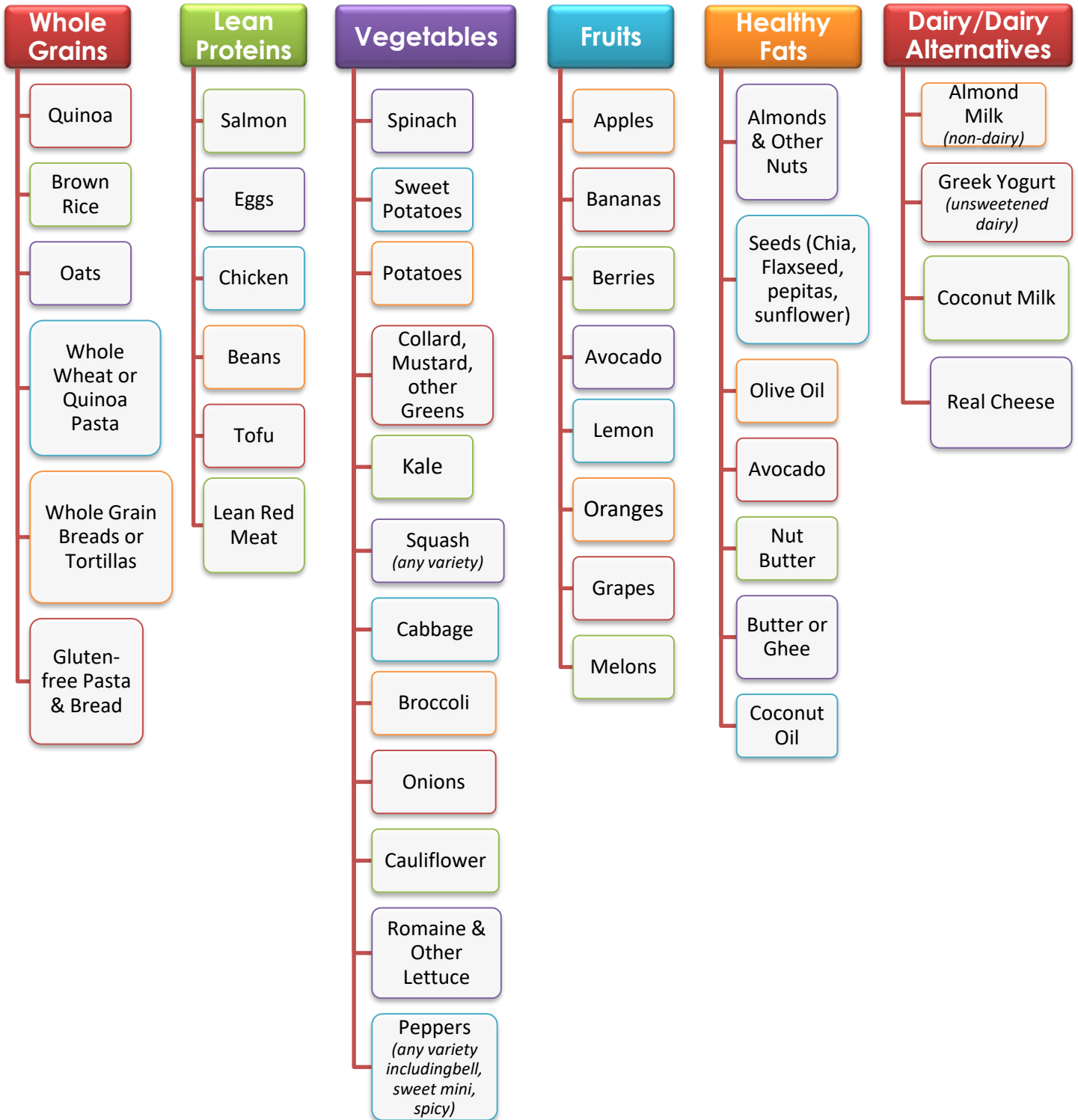


Top Healthy Foods



What's REALLY Healthy Food List

The healthiest way to eat is to mix small servings of lean proteins and fibrous vegetables (with healthy fats when possible) every time you eat! Be sure to eat small portions, often (about every 2.5 to 3 hours) and drink a full 8 ounces of water with every meal. This handy chart will help you decide what to eat from each category.

Whole Grains

Whole wheat pasta, bread, tortillas, pita, mini-bagels
(make sure label says whole wheat flour or whole grain flour – NOT enriched)

Seed crackers

Couscous

Quinoa

Barley

Brown rice

Flaxseed

Oatmeal

Popcorn



Healthy Fats

Nuts & Seeds:

almonds, walnuts, sunflower seeds, flaxseed, pumpkin seeds

Olive & Plant Oils:

1 tsp = a serving of oil

Fish Oil: *Eaten is best, supplements are second best*

Avocado: *sliced or in homemade guacamole*

Some Dairy: *cheese sticks, hard cheeses, cottage cheese, cream cheese*

Lean Proteins



Chicken Breasts

Turkey: *lean ground, shaved, deli*

Red Meats: *sirloin cuts, 90/10 ground beef*

Eggs

Some Cheese

Tofu

Beans & Legumes: *pinto, chickpea, black, kidney, cannellini, lentils*

Quinoa

Fish & Seafood – *shrimp, crab, oysters, salmon, tuna, tilapia, halibut*

Avocado

Some Yogurt: *unsweetened or lightly sweetened – look for sugar grams to be under 10 per serving*

Fibrous Fruits & Veggies

Greens: *Spinach, kale, green lettuces, collard greens, Broccoli, cauliflower, cabbage*

Squash: *spaghetti squash, zucchini, yellow summer squash, butternut*

Root Veggies: *carrots, potatoes (sweet, Yukon gold, fingerling), radishes, beets*

Onions: *green scallions, sweet yellow, red*

Berries: *strawberries, raspberries, blueberries*

Apples, Bananas, Pineapple, Mango

Citrus Fruits: *Oranges, lemons, limes and other citrus*

