### Grains

Choose mostly whole grain choices. These contain the word “whole” as the first ingredient. Ex: “whole wheat.”

- Pasta (Whole Wheat)
- Bread (Whole Grain)
- Rice (Brown, Basmati)
- Polenta
- Steel Cut Oats
- Rolled Oats
- Quinoa
- Couscous
- Bulgur
- Pita (Whole Wheat)
- Barley
- Barley

### Seafood

Salmon and other oily fish contain healthy Omega-3s. Choose wild caught.

- Salmon
- Shrimp
- Cod
- Scallops
- Clams
- Halibut
- Tuna
- Crab

### Healthy Oils/Fats

Store oils in a cool, dark place to make them last longer.

- Olive (Extra-Virgin)
- Avocado oil
- Flax seed oil
- Grape seed oil

### Herbs and Spices

Fresh herbs and spices add flavor without adding fat or salt.

- Garlic
- Basil
- Cilantro
- Parsley
- Mint
- Cumin
- Coriander
- Oregano

### Beans

Beans add fiber and protein to meals. Eat them in place of red meat at least once a week.

- Chickpeas (Garbanzo)
- Hummus
- White (Cannellini)
- Black
- Pinto
- Lentil

### Dairy/Eggs/Poultry

- Low-fat milk
- Greek Yogurt
- Cheese
- Eggs
- Chicken
- Turkey

### Nuts and Seeds

Both are a source of protein, fiber, and healthy fats. Stick to a handful a day because they are high in calories.

- Walnuts
- Almonds
- Peanuts
- Pine nuts
- Cashews
- Sunflower seeds
- Flax seeds

### Fruits

Fresh fruits are a refreshing addition to meals & snacks. Frozen fruit and canned varieties without added sugars are also good choices.

- Apples
- Bananas
- Grapes
- Oranges
- Cherries
- Blueberries
- Kiwis
- Strawberries
- Pomegranate
- Plums
- Peaches
- Avocados

### Vegetables

Fresh fruits are a great source of vitamins and fiber. Frozen fruit and canned varieties without added sugars are also good choices.

- Tomatoes (fresh, canned, and sauce)
- Broccoli
- Spinach
- Carrots
- Red / Green Peppers
- Mushrooms
- Green beans
- Eggplant
- Zucchini
- Squash
- Olives
- Onions
- Peas