

Vegetables

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Garlic
- Green Beans
- Leafy Greens
- Leeks
- Mushrooms
- Olives
- Onions
- Peas
- Squash
- Tomatoes (Fresh, Canned, Sauce)
- _____
- _____
- _____
- _____
- _____

Fruits

Fresh fruits are important for weight control and good health. Frozen and canned fruit without added sugars are also good choices.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates
- _____
- _____
- _____
- _____
- _____

Beans

Beans are a great way to add fiber and protein to a meal. Eat them in place of red meat at least once a week. If using canned, rinse and drain them before use to remove some of the sodium.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Lentils
- Pinto Beans
- White Beans (Cannellini)
- _____
- _____

Nuts and Seeds

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

- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- Walnuts
- _____
- _____
- _____

Healthy Oils/Fats

Store oils in a cool, dark place to preserve their nutrients.

- Extra-Virgin Olive Oil
- Avocado Oil
- Canola Oil
- Grape Seed Oil
- _____
- _____

Grains

Choose mostly whole-grain products, specifically those with the word "whole" as the first ingredient, e.g. "whole wheat."

- Barley
- Bread (e.g. Loaf, Pita)
- Bulgur
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- _____
- _____

Seafood

White fish is a great lean protein. Oily fish like salmon contain healthy omega-3s.

- Clams
- Cod
- Crab
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- _____
- _____

Herbs and Spices

Herbs and spices add great flavor without extra fat or salt.

- | | |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Chiles | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mint | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> _____ |