

40 Health Foods

The top 100 healthy foods shopping list above contains macronutrient counts for all foods shown. This is just a sample.

Vegetables:

Broccoli 
Carrots 
Bell peppers 
Spinach 
Kale 
Tomatoes 
Cucumbers 
Zucchini 
Sweet potatoes 
Beets 
Cauliflower 
Snap peas 






Fruits:

Apples 
Bananas 
Oranges 
Strawberries 
Blueberries 
Raspberries 
Blackberries 
Mangoes 
Pineapple 
Kiwi 
Peaches 
Pears 
Grapes 

Grains:

Whole grain bread 
Brown rice 
Quinoa 
Oats 
Barley 
Farro 





Fish:

Salmon 
Tuna 
Sardines 
Trout 
Cod 

Meat:

Chicken 
Turkey 
Lean beef 



Dairy:

Greek yogurt 
Cottage cheese 
Low-fat milk 
Cheese 

Nuts and Seeds:

Almonds 
Cashews 
Walnuts 
Pistachios 
Pumpkin seeds 
Chia seeds 
Flax seeds 
Sunflower seeds 

Eggs:

Whole eggs 
Egg whites 

Legumes:

Chickpeas 
Lentils 
Black beans 
Kidney beans 

If you would like a more personalized one (including foods you love and their macronutrient contents!) email me fitcoachdoug@gmail.com or purchase the Top 100 healthy foods list above! 😊