

# Foods to Eat More of

## Vegetables

1. Broccoli
2. Green Beans
3. Spinach
4. Onions
5. Mixed Greens
6. Carrots
7. Cucumbers
8. Garlic
9. Celery (Snacking)



## Legumes (Pod Family)

10. Beans
11. Green Beans
12. Peas (Snow and snap also)



## Fruits

13. Berries
14. Bananas
15. Citrus Fruits
16. Apples
17. Cherries
18. Avocados
19. Tomatoes
20. Peppers



## Meat, Fish, and Poultry

20. Chicken Breasts, Boneless Skinless
21. Turkey Breast
22. Thighs (On occasion)
23. Drumsticks (On occasion)
24. Salmon (Rep. sources)
25. Trout (Rep. sources)



## Eggs & Dairy

26. Plain Yogurt or Reduced Sugar
27. Cheese (Watch how much, pair it)
28. Cottage Cheese
29. Milk (8oz, an actual serving)



## Seeds and Nuts

30. Peanuts
31. Cashews
32. Walnuts
33. Almonds
34. Pistachios (In shell)
35. Sunflower Seeds
36. Pumpkin Seeds



## Whole Grain

37. Rice (Even white is okay)
38. 100% Whole Wheat Breads
39. Quinoa
40. Oats



## Staples & Some Snacks

41. Water
42. Unsweetened Tea
43. Seasonings (Be generous)
44. Extra-Virgin Olive Oil
45. Nut Butters
46. Protein Shake
47. Protein Bars
48. Popcorn
49. Dark Chocolate
50. Rice Cakes



The foods listed above are suggestions that I believe individuals should include in their diets while trying to reduce intake of other less nutritious foods and following a healthier lifestyle. There are MANY other healthy choices not mentioned, but this is to give you a broad idea of where to start. When cooking fish, meat, pork, poultry, and other proteins, be sure to cook it to the appropriate temperature. If you are lactose intolerant, careful on how much dairy product you consume. Be sure to always do your research before purchasing and eating fish to make sure you are getting it from reputable sources. As with all other foods, be sure to moderate your intake and not consume too much. A little bit goes a long way so pace yourself when making changes.