

PERSONAL BEST FOODS

Mark "2" next to the foods you like today and "1" next to the foods that you would try in the future. Leave the rest blank for now.



Vegetables



___ Acorn/Winter Squash

___ Greens - Collard

___ Artichoke

___ Greens - Escarole

___ Asparagus



___ Greens - Kale (cooked)

___ Avocado

___ Greens - Spinach (cooked)

___ Beet (red, yellow, orange)

___ Greens - Swiss Chard

___ Bell Peppers (red, green, yellow, orange)

___ Mushrooms _____

___ Broccoli

___ Olives



___ Broccolini/Broccoli Rabe

___ Parsnip

___ Brussels Sprouts

___ Peas

___ Butternut Squash

___ Potato (white, red, blue)

___ Cabbage

___ Radish

___ Carrot



___ Rutabaga

___ Cauliflower

___ Spaghetti Squash

___ Celery

___ Sugar Snap/Snow Peas

___ Corn/Baby Corn

___ Sun-dried Tomato

___ Cucumber

___ Sweet Potato/Yam

___ Edamame (soybeans)

___ Tomato



___ Eggplant

___ Turnip

___ Fennel

___ Water Chestnuts

___ Green Beans

___ Yellow Squash

___ Greens - Bok Choy



___ Zucchini (green squash)

Fruit

— Apple



— Figs

— Peach



— Apricot

— Grapefruit

— Pear

— Banana

— Grapes

— Pineapple

— Blackberry

— Honeydew

— Plum

— Blueberry

— Kiwi

— Pomegranate

— Cantaloupe

— Lemon

— Pumpkin

— Cherry

— Lime



— Raspberry

— Clementine/Tangerine

— Mango

— Strawberry

— Cranberry

— Nectarine

— Watermelon

— Dates

— Orange



Nuts & Seeds

— Almonds

— Flax Seeds

— Pumpkin Seeds

— Cashews

— Peanuts



— Sesame Seeds

— Chia Seeds

— Pecans

— Sunflower Seeds

— Coconut

— Pistachios

— Walnuts

Beans & Peas

— Adzuki Beans

— Kidney Beans



— Baked Beans

— Lentils

— Black Beans

— Lima Beans

— Black-eyed Peas



— Navy Beans

— Cannellini Beans

— Pinto Beans

— Garbanzo Beans (Chickpeas)

— Split Peas

Grains



- Amaranth
- Barley
- Buckwheat
- Bulgur Wheat
- Millet
- Oatmeal
- Pasta (GF/Wheat)
- Quinoa
- Teff
- Rice (Brown, White, Wild)

Salad Greens

- Arugula
- Butter/Leaf Lettuce
- Escarole
- Iceberg Lettuce
- Kale (Salad)
- Microgreens
- Mixed Greens
- Romaine Lettuce
- Spinach (Salad)
- Watercress



Protein

- Beef: _____
- Chicken: _____
- Pork: _____
- Turkey: _____
- Fish: _____
- Tofu
- Tempeh
- Egg



Flavor

- Garlic
- Ginger root
- Hot Peppers
- Leek
- Onion (Sweet, Vidalia, Purple)
- Scallion
- Shallot
- Turmeric

