



Module 8



**WHOLE FOODS  
A TO Z**

## WHOLE FOODS A TO Z

Here is your guide to whole foods from almonds to zucchini. It contains some of our favorite whole foods and provides background on why they are so nutritious. For each food, you'll find a list of prominent health benefits, a short nutritional profile, a typical serving size, and which diets it can fit into.

All whole foods help contribute to your health, but this guide can give you an idea of which foods to include in your diet when you're looking for a particular benefit or nutrition source. The right foods in your diet help support vibrant health and give the body the nutrients it needs to support its healing and cell repair processes.

Including a variety of whole foods in your diet, like the ones listed in this guide, is the best way to make sure you're benefiting from the range of nutrients each food has to offer. Different nutrients help support different processes and systems within the body, helping everything from healthy digestion, robust immunity, a strong musculoskeletal system, clear neurological function, and efficient circulatory performance.

It can be easy to keep returning to the same few staple whole foods, but use this guide to inspire new nutritious foods to add into your rotation. Looking for a food known to help reduce inflammation? How about a food known to improve focus or support healthy skin? Whole foods are powerful enough to help with each of these factors and more.

This glossary is for educational purposes and is intended to help you make informed decisions about your health. It is not intended to replace recommendations or advice from physicians or other healthcare providers.

The foods in this glossary may contain additional nutrients in lesser amounts that still contribute to your health. Rather than focusing on one food or its proposed benefit, include a wide array of whole foods in your diet and trust that they are supporting your health in a variety of ways.

**Read on to learn more about the powerful benefits of whole foods.**

## **GLOSSARY KEY**

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### **Diet Specifications**

**V** Vegan      **VG** Vegetarian      **DF** Dairy-Free      **GF** Gluten-Free

### **Nutrient Levels**

Good Source = provides 10%–19% of daily value of a particular nutrient

Excellent Source = provides 20% or more of daily value of a particular nutrient



## ALMONDS

### Nutritional Information

Serving Size: 1 handful

Calories	174
Protein	6 grams
Fat	15 grams
Carbohydrates	6 grams
Fiber	4 grams

### Health Benefits

Promotes heart health, lowers LDL cholesterol, supports strong bones and teeth, aids weight loss

### Excellent Source

Magnesium, Riboflavin, Vitamin E

### Good Source

Fiber, Phosphorus, Protein

### Diet Specifications



## APPLE CIDER VINEGAR

### Nutritional Information

Serving Size: 1 tablespoon

Calories	3
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

Supports diabetes management and blood sugar regulation, may aid weight loss, boosts immunity

Not a significant source of vitamins or minerals when consumed in small amounts, but unfiltered apple cider vinegar offers polyphenols, which may help reduce risk of chronic disease

### Diet Specifications





## APPLE

### Nutritional Information

Serving Size: 1 medium apple

Calories	95
Protein	0.5 grams
Fat	0 grams
Carbohydrates	25 grams
Fiber	5 grams

### Health Benefits

Aids digestion, lowers LDL cholesterol, supports blood sugar regulation

### Good Source

Fiber, Vitamin C

### Diet Specifications



## ARUGULA

### Nutritional Information

Serving Size: 1 cup

Calories	5
Protein	0.5 grams
Fat	0 grams
Carbohydrates	1 gram
Fiber	0.5 grams

### Health Benefits

Reduces inflammation, improves bone health, lowers risk of diabetes

### Excellent Source

Folate, Vitamin A, Vitamin C

### Good Source

Calcium, Magnesium

### Diet Specifications





## ASPARAGUS

### Nutritional Information

Serving Size: 1 cup

Calories	27
Protein	3 grams
Fat	0 grams
Carbohydrates	5 grams
Fiber	3 grams

### Health Benefits

Reduces inflammation, promotes heart health

### Excellent Source

Vitamin K

### Good Source

Folate, Iron, Vitamin A

### Diet Specifications

V

VG

DF

GF



## AVOCADO

### Nutritional Information

Serving Size: 1/3 avocado

Calories	75
Protein	1 gram
Fat	7 grams
Carbohydrates	4 grams
Fiber	3 grams

### Health Benefits

Promotes heart health, lowers cholesterol, aids digestion and skin health, includes variety of nutrients and healthy fats

### Good Source

Fiber, Folate, Vitamin K

### Diet Specifications

V

VG

DF

GF



## BANANA

### Nutritional Information

Serving Size: 1 large banana

Calories	120
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	31 grams
Fiber	3.5 grams

### Health Benefits

Supports circulation, cardiovascular health, and healthy blood pressure; aids digestion; reduces inflammation

### Excellent Source

Vitamin B6, Vitamin C

### Good Source

Fiber, Potassium

### Diet Specifications

V

VG

DF

GF



## BEETS

### Nutritional Information

Serving Size: 1 cup

Calories	58
Protein	2 grams
Fat	0 grams
Carbohydrates	9.5 grams
Fiber	3 grams

### Health Benefits

Improves blood pressure and mental function, reduces inflammation, boosts stamina

### Excellent Source

Folate

### Good Source

Fiber, Manganese, Potassium, Vitamin C

### Diet Specifications

V

VG

DF

GF



## BELL PEPPER

### Nutritional Information

Serving Size: 1 medium bell pepper

Calories	37
Protein	1 gram
Fat	0 grams
Carbohydrates	7 grams
Fiber	2.5 grams

### Health Benefits

Boosts immunity, reduces inflammation, supports skin and hair health, protects eye health

### Excellent Source

Vitamin A, Vitamin C

### Good Source

Vitamin B6

### Diet Specifications

V

VG

DF

GF



## BLACKBERRIES

### Nutritional Information

Serving Size: 1 cup

Calories	62
Protein	2 grams
Fat	1 gram
Carbohydrates	14 grams
Fiber	8 grams

### Health Benefits

Reduces inflammation, improves mental function, aids digestion and weight loss, promotes heart health

### Excellent Source

Fiber, Manganese, Vitamin C, Vitamin K

### Diet Specifications

V

VG

DF

GF





## BLUEBERRIES

### Nutritional Information

Serving Size: 1 cup

Calories	84
Protein	1 gram
Fat	0.5 grams
Carbohydrates	21 grams
Fiber	4 grams

### Health Benefits

Aids digestion, boosts immunity, reduces inflammation, promotes heart health

### Excellent Source

Vitamin C, Vitamin K

### Good Source

Fiber, Manganese

### Diet Specifications

V

VG

DF

GF



## BOK CHOY

### Nutritional Information

Serving Size: 1 cup, shredded

Calories	9
Protein	1 gram
Fat	0 grams
Carbohydrates	1.5 grams
Fiber	0.5 grams

### Health Benefits

Reduces inflammation, improves mental function, aids digestion and weight loss, promotes heart health

### Excellent Source

Fiber, Vitamin A, Vitamin C, Vitamin K

### Good Source

Folate

### Diet Specifications

V

VG

DF

GF



## BRAZIL NUTS

### Nutritional Information

Serving Size: 6 nuts

Calories	198
Protein	4 grams
Fat	19 grams
Carbohydrates	3.5 grams
Fiber	2 grams

### Health Benefits

Improves focus, promotes satiety and heart health, boosts immunity, aids thyroid function, protects body from oxidative damage and stress

### Excellent Source

Magnesium, Phosphorus, Selenium

### Good Source

Thiamin

### Diet Specifications

V

VG

DF

GF



## BROCCOLI

### Nutritional Information

Serving Size: 1 cup, chopped

Calories	31
Protein	2.5 grams
Fat	0 grams
Carbohydrates	6 grams
Fiber	2 grams

### Health Benefits

Aids digestion, reduces inflammation, promotes detoxification and heart health

### Excellent Source

Vitamin C, Vitamin K

### Good Source

Folate, Vitamin A

### Diet Specifications

V

VG

DF

GF



## BRUSSELS SPROUTS

### Nutritional Information

Serving Size: 1 cup

Calories	38
Protein	3 grams
Fat	0 grams
Carbohydrates	9 grams
Fiber	4 grams

### Health Benefits

Boosts immunity, improves focus, aids digestion, supports weight loss, reduces inflammation

### Excellent Source

Fiber, Vitamin C, Vitamin K

### Good Source

Folate, Vitamin A

### Diet Specifications



## BUTTER

### Nutritional Information

Serving Size: 1 tablespoon

Calories	102
Protein	0 grams
Fat	11.5 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

May support a healthy weight when consumed in moderation

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins A, E, and K

### Diet Specifications





## CABBAGE

### Nutritional Information

Serving Size: 1 cup, chopped

Calories	22
Protein	1 gram
Fat	0 grams
Carbohydrates	5 grams
Fiber	2 grams

### Health Benefits

Lowers LDL cholesterol, reduces inflammation, aids digestion, may help reduce risk of cancer

### Excellent Source

Vitamin C, Vitamin K

### Good Source

Folate

### Diet Specifications



## CACAO

### Nutritional Information

Serving Size: 1 tablespoon

Calories	12
Protein	1 gram
Fat	1 gram
Carbohydrates	3 grams
Fiber	2 grams

### Health Benefits

Aids digestion, reduces inflammation, improves circulation and blood and cardiovascular health

### Good Source

Copper, Manganese

### Diet Specifications





## CANTALOUPE

### Nutritional Information

Serving Size: 1 cup, diced

Calories	50
Protein	1 gram
Fat	0 grams
Carbohydrates	13 grams
Fiber	1 gram

### Health Benefits

Reduces inflammation, aids digestion, improves vision, lowers risk of metabolic syndrome

### Excellent Source

Vitamin A, Vitamin C

### Good Source

Potassium

### Diet Specifications

V

VG

DF

GF



## CARROTS

### Nutritional Information

Serving Size: 1 cup, chopped

Calories	52
Protein	1 gram
Fat	0 grams
Carbohydrates	12 grams
Fiber	3.5 grams

### Health Benefits

Improves eye health, boosts immunity, aids digestion, reduces inflammation

### Excellent Source

Vitamin A

### Good Source

Fiber, Vitamin C, Vitamin K

### Diet Specifications

V

VG

DF

GF



## CASHEWS

### Nutritional Information

Serving Size: 16 nuts

Calories	166
Protein	5.5 grams
Fat	13 grams
Carbohydrates	9 grams
Fiber	1 gram

### Health Benefits

Promotes heart health, increases energy, boosts brain function, supports bone and blood health

### Excellent Source

Magnesium

### Good Source

Iron, Phosphorus, Protein, Vitamin K, Zinc

### Diet Specifications

V

VG

DF

GF



## CAULIFLOWER

### Nutritional Information

Serving Size: 1 cup

Calories	27
Protein	2 grams
Fat	0 grams
Carbohydrates	5 grams
Fiber	2 grams

### Health Benefits

Boosts immunity, aids digestion, reduces inflammation and risk of cancer

### Excellent Source

Vitamin C

### Good Source

Folate, Vitamin K

### Diet Specifications

V

VG

DF

GF



## CAYENNE

### Nutritional Information

Serving Size: 1 teaspoon

Calories	6
Protein	0 grams
Fat	0 grams
Carbohydrates	1 gram
Fiber	0.5 grams

### Health Benefits

Boosts immunity, improves circulation, helps reverse candida, promotes detoxification, aids weight loss

### Good Source

Vitamin A

### Diet Specifications



## CELERY

### Nutritional Information

Serving Size: 1 cup, chopped

Calories	16
Protein	1 gram
Fat	0 grams
Carbohydrates	3 grams
Fiber	1.5 grams

### Health Benefits

Supports hydration and bone health, boosts immunity, alkalizes body, aids digestion

### Excellent Source

Vitamin K

### Diet Specifications





## CHIA SEEDS

### Nutritional Information

Serving Size: 1 ounce

Calories	138
Protein	5 grams
Fat	9 grams
Carbohydrates	12 grams
Fiber	10 grams

### Health Benefits

Aids digestion, increases energy, supports blood sugar regulation and weight loss, improves brain function

### Excellent Source

Fiber, Magnesium, Phosphorus

### Good Source

Calcium, Iron, Niacin, Thiamin

### Diet Specifications

V

VG

DF

GF



## CHICKPEAS

### Nutritional Information

Serving Size: 1/2 cup

Calories	134
Protein	7 grams
Fat	2 grams
Carbohydrates	22.5 grams
Fiber	6 grams

### Health Benefits

Supports satiety, weight loss, and blood sugar regulation; aids digestion; lowers cholesterol

### Excellent Source

Fiber, Folate

### Good Source

Iron, Magnesium, Phosphorus, Protein

### Diet Specifications

V

VG

DF

GF





## CILANTRO

### Nutritional Information

Serving Size: 1/4 cup

Calories	1
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

Promotes detoxification, helps reverse candida, boosts immunity, reduces inflammation, supports bone health

### Good Source

Vitamin K

### Diet Specifications



## CINNAMON

### Nutritional Information

Serving Size: 1 teaspoon

Calories	6
Protein	0 grams
Fat	0 grams
Carbohydrates	2 grams
Fiber	1 gram

### Health Benefits

Improves circulation, supports blood sugar regulation and balanced appetite, promotes heart health

### Good Source

Manganese

### Diet Specifications





## COCONUT MEAT

### Nutritional Information

Serving Size: 2-by-2-inch piece

Calories	160
Protein	1.5 grams
Fat	15 grams
Carbohydrates	7 grams
Fiber	4 grams

### Health Benefits

Supports weight loss, improves mental function, boosts immunity, helps reverse candida

### Excellent Source

Manganese

### Good Source

Copper, Fiber

### Diet Specifications

V

VG

DF

GF



## COCONUT OIL

### Nutritional Information

Serving Size: 1 tablespoon

Calories	121
Protein	0 grams
Fat	13.5 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

Supports weight loss and a healthy blood lipid profile, improves mental function, boosts immunity

Not a significant source of vitamins or minerals when consumed in small amounts, but is high in lauric acid. Since coconut oil is a source of saturated fats, some may choose to limit intake

### Diet Specifications

V

VG

DF

GF



## COFFEE

### Nutritional Information

Serving Size: 1 cup

Calories	5
Protein	0.5 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

### Health Benefits

Increases energy, lowers risk of liver disease and diabetes, reduces inflammation

Not a significant source of vitamins or minerals when consumed in small amounts, but contains an abundance of antioxidants

### Diet Specifications



## COLLARD GREENS

### Nutritional Information

Serving Size: 1 cup

Calories	12
Protein	1 gram
Fat	0 grams
Carbohydrates	2 grams
Fiber	1 gram

### Health Benefits

Aids digestion, increases energy, promotes detoxification, supports blood sugar regulation

### Excellent Source

Vitamin A, Vitamin C, Vitamin K

### Good Source

Folate, Manganese

### Diet Specifications





## CUCUMBERS

### Nutritional Information

Serving Size: 1 cup, sliced

Calories	16
Protein	0.5 grams
Fat	0 grams
Carbohydrates	4 grams
Fiber	0.5 grams

### Health Benefits

Hydrates and cools body, boosts skin health, aids weight loss, supports eye health

### Excellent Source

Vitamin K

### Diet Specifications



## DAIKON RADISH

### Nutritional Information

Serving Size: 1 cup, chopped

Calories	21
Protein	0.5 grams
Fat	0 grams
Carbohydrates	5 grams
Fiber	2 grams

### Health Benefits

Boosts metabolism and immunity, reduces inflammation, aids digestion, promotes detoxification

### Excellent Source

Vitamin C

### Diet Specifications





## DATES

### Nutritional Information

Serving Size: 2–3 dates

Calories	200
Protein	1 gram
Fat	0 grams
Carbohydrates	54 grams
Fiber	5 grams

### Health Benefits

Supports cardiovascular health and circulation, aids digestion

### Good Source

Fiber

### Diet Specifications

V

VG

DF

GF



## DULSE

### Nutritional Information

Serving Size: 1 tablespoon

Calories	8
Protein	1 gram
Fat	0 grams
Carbohydrates	1 gram
Fiber	1 gram

### Health Benefits

Alkalizes body, supports thyroid health

### Excellent Source

Iodine

### Good Source

Iron, Potassium

### Diet Specifications

V

VG

DF

GF



## EGGPLANT

### Nutritional Information

Serving Size: 1 cup, cubed

Calories	20
Protein	1 gram
Fat	0 grams
Carbohydrates	5 grams
Fiber	2.5 grams

### Health Benefits

Aids digestion, reduces inflammation, supports brain health

### Good Source

Fiber

### Diet Specifications



## EGG

### Nutritional Information

Serving Size: 1 egg

Calories	91
Protein	6 grams
Fat	6.5 grams
Carbohydrates	1 gram
Fiber	0 grams

### Health Benefits

Improves brain function, supports weight loss, may help to reduce inflammation (particularly if it contains omega-3s)

### Excellent Source

Selenium

### Good Source

Choline, Phosphorus, Protein, Riboflavin, Vitamin D

### Diet Specifications





## FLAXSEEDS

### Nutritional Information

Serving Size: 1 tablespoon

Calories	37
Protein	1 gram
Fat	3 grams
Carbohydrates	2 grams
Fiber	2 grams

### Health Benefits

Promotes heart health, improves brain function, balances hormones, reduces inflammation, aids digestion

### Good Source

Fiber, Magnesium, Manganese, Omega-3s, Thiamin

### Diet Specifications

V

VG

DF

GF



## GARLIC

### Nutritional Information

Serving Size: 1 clove

Calories	4
Protein	0 grams
Fat	0 grams
Carbohydrates	1 gram
Fiber	0 grams

### Health Benefits

Boosts immunity, reduces blood pressure, promotes detoxification and heart health

Not a significant source of vitamins and minerals when consumed in small amounts, but is rich in sulfur-containing compounds

### Diet Specifications

V

VG

DF

GF



## GHEE

### Nutritional Information

Serving Size: 1 tablespoon

Calories	120
Protein	0 grams
Fat	14 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

Thought to be soothing, aids digestion, boosts immunity

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins A, E, and K

### Diet Specifications

VG GF



## GINGER

### Nutritional Information

Serving Size: 1 teaspoon, grated

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

Treats nausea and motion sickness, aids digestion, boosts immunity, promotes cell growth

Not a significant source of vitamins and minerals when consumed in small amounts, but contains an abundance of antioxidants

### Diet Specifications

V VG DF GF





## GOJI BERRIES

### Nutritional Information

Serving Size: 2 tablespoons

Calories	40
Protein	1.5 grams
Fat	0 grams
Carbohydrates	8.5 grams
Fiber	1.5 grams

### Health Benefits

Boosts immunity, protects eye health, aids digestion

### Excellent Source

Vitamin A, Vitamin C

### Good Source

Fiber, Iron

### Diet Specifications



## GRAPEFRUIT

### Nutritional Information

Serving Size: 1/2 grapefruit

Calories	52
Protein	1 gram
Fat	0 grams
Carbohydrates	13 grams
Fiber	2 grams

### Health Benefits

Boosts immunity, aids nausea, lowers cholesterol, reduces risk of kidney stones

### Excellent Source

Vitamin A, Vitamin C

### Diet Specifications





## GRAPES

### Nutritional Information

Serving Size: 1 cup

Calories	121
Protein	1 gram
Fat	0 grams
Carbohydrates	27 grams
Fiber	1.5 grams

### Health Benefits

Boosts immunity, supports cardiovascular health, may reduce risk of cancer, supports brain health

### Excellent Source

Vitamin K

### Good Source

Copper

### Diet Specifications

V

VG

DF

GF



## GREEK YOGURT

### Nutritional Information

Serving Size: 1 cup

Calories	146
Protein	20 grams
Fat	4 grams
Carbohydrates	8 grams
Fiber	0 grams

### Health Benefits

Supports blood sugar regulation and healthy gut function, improves muscle mass and bone health

### Excellent Source

Calcium, Phosphorus, Protein, Riboflavin

### Good Source

Vitamin A, Vitamin B12

### Diet Specifications

VG

GF



## HEMP SEEDS

### Nutritional Information

Serving Size: 3 tablespoons

Calories	166
Protein	9.5 grams
Fat	15 grams
Carbohydrates	2.5 grams
Fiber	1 gram

### Health Benefits

Supports brain health, aids weight loss and digestion, improves cholesterol

### Excellent Source

Magnesium, Omega-3s, Phosphorus, Protein, Thiamin

### Good Source

Iron, Niacin, Potassium

### Diet Specifications



## HONEY

### Nutritional Information

Serving Size: 1 tablespoon

Calories	63
Protein	0 grams
Fat	0 grams
Carbohydrates	17 grams
Fiber	0 grams

### Health Benefits

Soothes coughs, heals wounds and burns, reduces inflammation

Not a significant source of vitamins or minerals when consumed in small amounts, but contains an abundance of antioxidants

### Diet Specifications





## JICAMA

### Nutritional Information

Serving Size: 1 cup

Calories	50
Protein	1 gram
Fat	0 grams
Carbohydrates	11.5 grams
Fiber	6.5 grams

### Health Benefits

Aids digestion, supports blood sugar regulation, boosts immunity

### Excellent Source

Vitamin C

### Good Source

Fiber

### Diet Specifications



## KALE

### Nutritional Information

Serving Size: 1 cup

Calories	8
Protein	1 gram
Fat	0 grams
Carbohydrates	1.5 grams
Fiber	0.5 grams

### Health Benefits

Aids digestion, reduces inflammation, boosts immunity, lowers cholesterol, promotes heart health

### Excellent Source

Vitamin A, Vitamin C, Vitamin K

### Diet Specifications





## KIWI

### Nutritional Information

Serving Size: 1 kiwi

Calories	42
Protein	1 gram
Fat	0 grams
Carbohydrates	10 grams
Fiber	2 grams

### Health Benefits

Boosts immunity, aids digestion, supports blood sugar regulation, promotes heart and eye health

### Excellent Source

Vitamin C, Vitamin K

### Good Source

Fiber

### Diet Specifications



## LEMON

### Nutritional Information

Serving Size: 1 lemon, juiced

Calories	11
Protein	0 grams
Fat	0 grams
Carbohydrates	3 grams
Fiber	0 grams

### Health Benefits

Supports weight loss, promotes detoxification, boosts immunity, reduces inflammation

### Excellent Source

Vitamin C

### Diet Specifications





## MACA

### Nutritional Information

Serving Size: 2 tablespoons

Calories	55
Protein	0.5 grams
Fat	2 grams
Carbohydrates	12 grams
Fiber	1 gram

### Health Benefits

Increases libido and energy, aids digestion, supports healthy blood pressure, improves skin health

### Excellent Source

Copper, Iron, Vitamin C

### Good Source

Manganese, Potassium, Vitamin B6

### Diet Specifications

V

VG

DF

GF



## MANGO

### Nutritional Information

Serving Size: 1 cup

Calories	200
Protein	2.5 grams
Fat	1 gram
Carbohydrates	50 grams
Fiber	5 grams

### Health Benefits

Reduces inflammation, improves skin health, boosts immunity

### Excellent Source

Vitamin A, Vitamin C

### Good Source

Folate

### Diet Specifications

V

VG

DF

GF



## MAPLE SYRUP

### Nutritional Information

Serving Size: 1 tablespoon

Calories	52
Protein	0 grams
Fat	0 grams
Carbohydrates	13.5 grams
Fiber	0 grams

### Health Benefits

Reduces inflammation, boosts immune system

### Excellent Source

Manganese

### Good Source

Riboflavin

### Diet Specifications

V

VG

DF

GF



## MINT LEAVES

### Nutritional Information

Serving Size: 2 tablespoons, chopped

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

### Health Benefits

Antimicrobial, eases indigestion, reduces inflammation, boosts immunity, improves mental focus, may ease respiratory symptoms

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of manganese and vitamins A and C

### Diet Specifications

V

VG

DF

GF



## MUNG BEANS

### Nutritional Information

Serving Size: 1/4 cup

Calories	180
Protein	12 grams
Fat	0.5 grams
Carbohydrates	32 grams
Fiber	8 grams

### Health Benefits

Improves blood health and circulation; aids digestion; supports skin health, boosts immunity

### Excellent Source

Fiber, Protein

### Good Source

Folate, Iron, Phosphorus, Potassium

### Diet Specifications



## MUSHROOMS

### Nutritional Information

Serving Size: 1 cup

Calories	21
Protein	3 grams
Fat	0 grams
Carbohydrates	3 grams
Fiber	1 gram

### Health Benefits

Boosts immunity, helps reduce risk of stroke, regulates blood pressure, promotes heart health

### Good Source

Niacin, Pantothenic Acid, Phosphorus, Riboflavin, Vitamin B6

### Diet Specifications







## NECTARINE

### Nutritional Information

Serving Size: 1 medium nectarine

Calories	62
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	15 grams
Fiber	2.4 grams

### Health Benefits

Aids digestion and weight loss, supports cardiovascular health, improves skin health

### Good Source

Fiber, Vitamin C

### Diet Specifications



## NORI

### Nutritional Information

Serving Size: 2 tablespoons, shredded

Calories	4
Protein	0.5 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

### Health Benefits

Supports blood sugar regulation and thyroid health, lowers cholesterol, boosts mental focus

### Excellent Source

Iodine

### Diet Specifications





## NUTRITIONAL YEAST

### Nutritional Information

Serving Size: 2 tablespoons

Calories	30
Protein	4 grams
Fat	0 grams
Carbohydrates	2.5 grams
Fiber	1.5 grams

### Health Benefits

Supports neurological health, weight loss, and muscle repair

### Good Source

B Vitamins (including vitamin B12 if fortified), Fiber, Protein

### Diet Specifications



## OKRA

### Nutritional Information

Serving Size: 1 cup

Calories	33
Protein	2 grams
Fat	0 grams
Carbohydrates	7.5 grams
Fiber	3 grams

### Health Benefits

Aids digestion, supports blood sugar regulation and musculoskeletal system, promotes heart health

### Excellent Source

Vitamin C, Vitamin K

### Good Source

Fiber, Folate, Magnesium, Thiamin, Vitamin A

### Diet Specifications





## OLIVE OIL

### Nutritional Information

Serving Size: 1 tablespoon

Calories	120
Protein	0 grams
Fat	13.5 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

Lowers cholesterol, promotes heart health, reduces inflammation

### Good Source

Vitamin E

### Diet Specifications

V

VG

DF

GF



## ONION

### Nutritional Information

Serving Size: 1 medium onion

Calories	44
Protein	1 gram
Fat	0 grams
Carbohydrates	10 grams
Fiber	2 grams

### Health Benefits

Boosts immunity, promotes heart health, reduces risk of cancer

### Good Source

Vitamin C

### Diet Specifications

V

VG

DF

GF



## ORANGE

### Nutritional Information

Serving Size: 1 medium orange

Calories	62
Protein	1 gram
Fat	0 grams
Carbohydrates	15.5 grams
Fiber	3 grams

### Health Benefits

Boosts immunity, supports digestive health, promotes heart health, protects respiratory health

### Excellent Source

Vitamin C

### Good Source

Fiber, Folate

### Diet Specifications

V

VG

DF

GF



## PAPAYA

### Nutritional Information

Serving Size: 1 small papaya

Calories	68
Protein	0.5 grams
Fat	0.5 grams
Carbohydrates	17 grams
Fiber	3 grams

### Health Benefits

Aids digestion, supports skin health, boosts immunity, protects vision

### Excellent Source

Vitamin C

### Good Source

Fiber, Folate, Vitamin A

### Diet Specifications

V

VG

DF

GF



## PEACH

### Nutritional Information

Serving Size: 1 medium peach

Calories	58
Protein	1 gram
Fat	0 grams
Carbohydrates	14 grams
Fiber	2 grams

### Health Benefits

Supports weight loss and blood sugar regulation, aids digestion

### Good Source

Vitamin A, Vitamin C

### Diet Specifications



## PEANUTS

### Nutritional Information

Serving Size: 1 handful

Calories	170
Protein	8 grams
Fat	15 grams
Carbohydrates	5 grams
Fiber	3 grams

### Health Benefits

Promotes heart health, supports neurological health, reduces inflammation

### Excellent Source

Manganese, Protein, Vitamin E

### Good Source

Copper, Fiber, Folate, Magnesium, Niacin, Phosphorus, Thiamin

### Diet Specifications





## PICKLE

### Nutritional Information

Serving Size: 1 pickle

Calories	15
Protein	0.5 grams
Fat	0 grams
Carbohydrates	3 grams
Fiber	1.5 grams

### Health Benefits

Improves gut health, boosts immunity, curbs appetite

Not a significant source of vitamins and minerals when consumed in small amounts, but some varieties contain probiotics

### Diet Specifications



## PINE NUTS

### Nutritional Information

Serving Size: 1 palmful

Calories	202
Protein	4 grams
Fat	20.5 grams
Carbohydrates	4 grams
Fiber	1 gram

### Health Benefits

Improves cholesterol, increases energy, regulates appetite, supports healthy aging

### Excellent Source

Vitamin E

### Good Source

Phosphorus, Vitamin K, Zinc

### Diet Specifications





## PINEAPPLES

### Nutritional Information

Serving Size: 1 cup, cubed

Calories	82
Protein	0.5 grams
Fat	0 grams
Carbohydrates	22 grams
Fiber	2 grams

### Health Benefits

Boosts immunity, aids digestion, eases muscle soreness, supports eye health

### Excellent Source

Manganese, Vitamin C

### Diet Specifications

V VG DF GF



## PISTACHIOS

### Nutritional Information

Serving Size: 1 palmful

Calories	168
Protein	6 grams
Fat	14 grams
Carbohydrates	8 grams
Fiber	3 grams

### Health Benefits

Boosts brain health, supports blood sugar regulation and weight loss, improves good cholesterol

### Excellent Source

Vitamin B6

### Good Source

Copper, Fiber, Manganese, Phosphorus, Protein, Thiamin

### Diet Specifications

V VG DF GF



## POMEGRANATE

### Nutritional Information

Serving Size: 1/2 cup seeds

Calories	72
Protein	1.5 grams
Fat	1 gram
Carbohydrates	16 grams
Fiber	4 grams

### Health Benefits

Reduces inflammation and risk of cancer, promotes heart health, boosts immunity, lowers blood pressure, supports neurological health

### Good Source

Fiber, Vitamin C, Vitamin K

### Diet Specifications



## PUMPKIN SEEDS

### Nutritional Information

Serving Size: 1 palmful

Calories	168
Protein	9 grams
Fat	15 grams
Carbohydrates	3 grams
Fiber	2 grams

### Health Benefits

Reduces inflammation, improves focus, boosts immunity, supports weight loss

### Excellent Source

Magnesium, Manganese, Phosphorus

### Good Source

Iron, Protein, Zinc

### Diet Specifications







## RASPBERRIES

### Nutritional Information

Serving Size: 1 cup

Calories	64
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	15 grams
Fiber	8 grams

### Health Benefits

Boosts immunity, aids digestion, promotes heart health, supports healthy aging, reduces inflammation

### Excellent Source

Fiber, Vitamin C

### Good Source

Vitamin K

### Diet Specifications

V

VG

DF

GF



## SAGE

### Nutritional Information

Serving Size: 1 teaspoon, chopped

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

### Health Benefits

Supports cognitive function, improves memory

### Good Source

Vitamin K

### Diet Specifications

V

VG

DF

GF



## SAUERKRAUT

### Nutritional Information

Serving Size: 1/4 cup

Calories	7
Protein	0 grams
Fat	0 grams
Carbohydrates	1.5 grams
Fiber	1 gram

### Health Benefits

Aids digestion, supports weight loss, boosts immunity

Not a significant source of most vitamins and minerals when consumed in small amounts, but contains fiber, vitamin C, and some probiotics

### Diet Specifications



## SCALLIONS

### Nutritional Information

Serving Size: 1 teaspoon, chopped

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

### Health Benefits

Boosts immunity

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins A, C, and K

### Diet Specifications





## SESAME OIL

### Nutritional Information

Serving Size: 1 tablespoon

Calories	120
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

May help reduce oxidative stress, supports liver and a healthy lipid profile

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins E and K

### Diet Specifications



## SESAME SEEDS

### Nutritional Information

Serving Size: 1 tablespoon

Calories	52
Protein	1.5 grams
Fat	4.5 grams
Carbohydrates	2 grams
Fiber	1 gram

### Health Benefits

Increases energy, supports cardiovascular health, improves musculoskeletal health

### Good Source

Copper, Manganese

### Diet Specifications





## SNAP PEAS

### Nutritional Information

Serving Size: 1 cup

Calories	31
Protein	2 grams
Fat	0 grams
Carbohydrates	7 grams
Fiber	3 grams

### Health Benefits

Aids digestion, supports blood sugar regulation, reduces inflammation

### Excellent Source

Vitamin A, Vitamin C, Vitamin K

### Good Source

Fiber, Iron

### Diet Specifications

V

VG

DF

GF



## SPINACH

### Nutritional Information

Serving Size: 1 cup

Calories	7
Protein	1 gram
Fat	0 grams
Carbohydrates	1 gram
Fiber	0.5 gram

### Health Benefits

Improves skin and hair health, aids digestion, maintains bone health, reduces inflammation

### Excellent Source

Vitamin A, Vitamin K

### Good Source

Folate, Vitamin C

### Diet Specifications

V

VG

DF

GF



## SQUASH (BUTTERNUT)

### Nutritional Information

Serving Size: 1 cup, cubed

Calories	63
Protein	1.5 grams
Fat	0 grams
Carbohydrates	16.5 grams
Fiber	3 grams

### Health Benefits

Aids digestion, reduces inflammation, promotes heart health

### Excellent Source

Fiber, Vitamin A, Vitamin C

### Good Source

Folate, Potassium

### Diet Specifications



## STEVIA

### Nutritional Information

Serving Size: 1/2 teaspoon

Calories	0
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

### Health Benefits

May help support weight loss, lowers risk of obesity and diabetes, reduces sugar consumption

Not a significant source of vitamins or minerals when consumed in small amounts

### Diet Specifications





## STRAWBERRIES

### Nutritional Information

Serving Size: 1 cup

Calories	53
Protein	1 gram
Fat	0.5 grams
Carbohydrates	13 grams
Fiber	3 grams

### Health Benefits

Boosts immunity, supports cardiovascular health, reduces inflammation

### Excellent Source

Vitamin C

### Good Source

Fiber

### Diet Specifications

V

VG

DF

GF



## SUNFLOWER SEEDS

### Nutritional Information

Serving Size: 1 palmful

Calories	175
Protein	6 grams
Fat	15.5 grams
Carbohydrates	6 grams
Fiber	3 grams

### Health Benefits

Lowers risk of cardiovascular disease, type 2 diabetes, and cholesterol; improves skin and cellular health

### Excellent Source

Magnesium, Phosphorus, Thiamin, Vitamin E

### Good Source

Fiber, Folate, Niacin, Protein, Zinc

### Diet Specifications

V

VG

DF

GF



## SWEET PEAS

### Nutritional Information

Serving Size: 1 cup

Calories	117
Protein	8 grams
Fat	0.5 grams
Carbohydrates	21 grams
Fiber	8 grams

### Health Benefits

Reduces inflammation, supports blood sugar regulation, promotes heart health, aids digestion

### Excellent Source

Fiber, Folate, Thiamin, Vitamin A, Vitamin C, Vitamin K

### Good Source

Iron, Magnesium, Niacin, Phosphorus, Potassium, Protein, Riboflavin, Vitamin B6, Zinc

### Diet Specifications

V

VG

DF

GF



## SWEET POTATO

### Nutritional Information

Serving Size: 1 medium sweet potato

Calories	103
Protein	2 grams
Fat	0 grams
Carbohydrates	24 grams
Fiber	4 grams

### Health Benefits

Aids digestion, supports skin health, reduces inflammation

### Excellent Source

Vitamin A, Vitamin C

### Good Source

Fiber, Potassium

### Diet Specifications

V

VG

DF

GF



## TAHINI

### Nutritional Information

Serving Size: 1 tablespoon

Calories	86
Protein	3 grams
Fat	7 grams
Carbohydrates	4 grams
Fiber	1.5 grams

### Health Benefits

Supports skin and muscle health

### Good Source

Phosphorus, Thiamin

### Diet Specifications



## TART CHERRIES

### Nutritional Information

Serving Size: 1 cup

Calories	78
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	19 grams
Fiber	2.5 grams

### Health Benefits

Reduces inflammation and muscle pain, supports weight loss, improves sleep quality

### Excellent Source

Vitamin C

### Good Source

Fiber

### Diet Specifications







## TOFU

### Nutritional Information

Serving Size: 1/2 cup, cubed

Calories	181
Protein	22 grams
Fat	11 grams
Carbohydrates	3.5 grams
Fiber	3 grams

### Health Benefits

Promotes heart health, supports bone health, may help reduce risk of cancer

### Excellent Source

Calcium, Iron, Protein

### Good Source

Phosphorus

### Diet Specifications



## TOMATO

### Nutritional Information

Serving Size: 1 small tomato

Calories	16
Protein	1 gram
Fat	0 grams
Carbohydrates	3.5 grams
Fiber	1 gram

### Health Benefits

Reduces inflammation, promotes heart health, may help reduce risk of stroke

### Excellent Source

Vitamin C

### Good Source

Vitamin A, Vitamin K

### Diet Specifications





## TURMERIC

### Nutritional Information

Serving Size: 1 teaspoon

Calories	9
Protein	0 grams
Fat	0 grams
Carbohydrates	2 grams
Fiber	0.5 grams

### Health Benefits

Reduces inflammation, alleviates symptoms of arthritis, boosts liver function, lowers cholesterol

### Excellent Source

Manganese

### Diet Specifications



## WALNUTS

### Nutritional Information

Serving Size: 1 handful

Calories	195
Protein	4.5 grams
Fat	19.5 grams
Carbohydrates	4 grams
Fiber	2 grams

### Health Benefits

Promotes heart health; supports blood sugar regulation, insulin response, and fertility; reduces inflammation

### Excellent Source

Calcium, Manganese

### Good Source

Phosphorus

### Diet Specifications





## WATERCRESS

### Nutritional Information

Serving Size: 1 cup

Calories	4
Protein	1 gram
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

### Health Benefits

Supports healthy blood pressure and bone health, reduces inflammation

### Excellent Source

Vitamin A, Vitamin C, Vitamin K

### Diet Specifications



## ZUCCHINI

### Nutritional Information

Serving Size: 1 small zucchini

Calories	20
Protein	1.5 grams
Fat	0 grams
Carbohydrates	3.5 grams
Fiber	1 gram

### Health Benefits

Boosts immunity, fights infection, supports prostate health

### Excellent Source

Vitamin A, Vitamin C

### Good Source

Manganese

### Diet Specifications

