

Vegetables

Nonstarchy vegetables

- spinach, kale, collards, Swiss chard, mustard greens
- bell peppers
- carrots
- broccoli
- cauliflower
- Brussels sprouts
- asparagus
- celery
- onions
- tomatoes
- zucchini
- garlic
- mushrooms
- okra

Starchy vegetables

- pumpkin
- winter squash such as butternut squash, acorn squash
- sweet potatoes
- potatoes
- yuca
- cassava
- corn
- sweet peas

Fruits

- apples
- bananas
- lemons
- limes
- plums
- apricots
- peaches
- strawberries
- blueberries
- grapes
- oranges, clementines

Beans

- black beans
- navy beans
- butter beans
- chickpeas
- kidney beans

- lima beans
- pinto beans
- fava beans

Grains

- rice: black, brown, red
- quinoa
- barley
- pastas: bean-based (such as lentil, chickpea, black bean), whole-wheat, alternative grain-based (quinoa, brown rice)
- bread (1 slice): look for 100% whole grain or 100% whole wheat

Proteins

- eggs
- fish and other seafood, including shrimp, salmon, haddock, cod, scallops, sardines and tuna
- poultry, including chicken breast, chicken thighs and ground chicken and turkey
- red meat, including beef tenderloin, cubed beef, flank steak, lean ground beef, sirloin
- pork, including pork loin, pork chops and ground pork

Dairy

- milk
- plain yogurt
- cottage cheese
- cheese, including Cheddar and Swiss

Nuts & Seeds

- almonds
- walnuts
- pecans
- pistachios
- peanuts
- chia seeds
- flaxseeds
- hemp seeds
- hazelnuts

Foods you may want to limit include:

- sugar-sweetened beverages, like soda and sports drinks
- packaged pastries and baked goods
- refined grain products like white bread (choose whole grains instead)
- sweetened fruits (look for unsweetened dried, canned and frozen fruits)
- processed meats, including hot dogs, sausages and bacon