

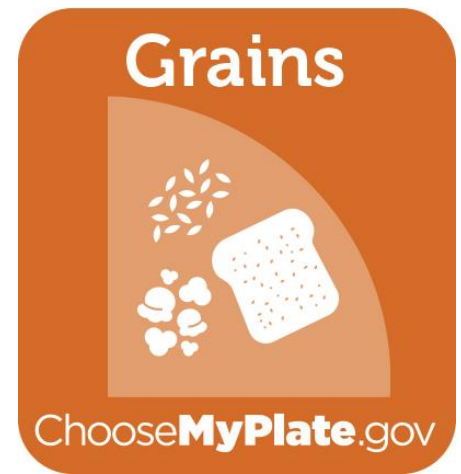
# Grains

## Whole Grains – The healthiest choice

- Brown Rice
- Oatmeal
- Whole Wheat Bread
- Whole Wheat Pastas
- Whole Wheat Sandwich Bread or Rolls
- Wild Rice

## Refined Grains – Not the healthiest choice

- Bagels
- Corn Tortilla
- White Bread or Rolls
- White Rice
- Cornbread
- Pasta
- Grits



# Protein

## Meat / Seafood

- Pork
- Chicken
- Beef
- Turkey
- Salmon
- Tuna
- Shrimp
- Crab

## Lunch Meats – Should be lean

- Turkey
- Ham
- Chicken

## Eggs



## Beans and Peas

- Black Beans
- Bean Burgers
- Lentils
- Kidney Beans

## Nuts and Seeds

- Almonds
- Peanuts
- Chia Seeds

## Soy

- Tofu
- Veggie Burgers

# Vegetables

- Broccoli
- Mixed Greens
- Spinach
- Carrots
- Green Beans
- Brussels Sprouts
- Asparagus
- Kale



# Fruits

- Blueberries
- Cantaloupe
- Banana
- Apple
- Orange
- Pear
- Grapefruit
- Pineapple
- Peaches



## Dairy

- Milk (Low-fat or Fat-free the best)
- Cheese (Cheddar, Swiss, Mozzarella)
- Yogurt (low-fat and plain the best)

