

### Healthy Starches

- Black beans
- Pinto beans
- Kidney beans
- Lima beans
- Chick peas (Garbanzos)
- Split peas
- Lentils
- Corn Tortillas
- Corn (frozen)
- Plantain
- Sweet Potato/Yam
- White Potato
- New Potato
- Rye bread
- Whole Wheat bread
- Sprouted Grain bread
- Buckwheat Soba Pasta
- Barilla Plus® Pasta
- Kashi Go Lean® Cereals
- Plain oatmeal
- Pearled Barley (use instead of rice)
- Brown Rice

### Fruits & Veggies

- Apricots
- Oranges
- Peaches
- Nectarines
- Mangoes
- Clementines
- Pineapples
- Cantaloupe
- Bananas
- Pears
- Blueberries
- Blackberries
- Raspberries
- Plums/Prunes
- Strawberries
- Watermelon

Include fruit as a healthy snack two to three times per day.

- Bok Choy
- Broccoli
- Brussels Sprouts
- Cauliflower
- Carrots
- Dark lettuces
- Kale
- Spinach/Greens
- Peppers, fresh
- Winter Squash
- Mushrooms
- Tomatoes
- Green beans

### Protein Foods

- Salmon
- Sardines
- Cod
- Haddock
- Canned tuna
- Skinless chicken
- Skinless turkey
- 93/7 lean ground beef
- 2% or fat free cottage cheese
- Center-cut pork tenderloin
- 2% fat cheese
- Boca® or Morningstar® Veggie Burgers
- Egg whites or Egg Beaters®
- Land 'O Lakes® Omega 3 Eggs
- Tofu
- Edamame
- Light Soy Milk

### Healthy Fats

- Walnuts (1/4 cup)
- Almonds (1/4 cup)
- Brazil nuts (2-3/day)
- Naturally More® Peanut Butter (2 Tbsp)
- Ground flaxseed
- Canola oil\*
- Smart Balance® Light Margarines\*

\*Use 1-2 tsp oil or 1 Tbsp light margarine/meal