

Healthy Eating Plate

BEVERAGES

- » Water
- » Decaffeinated-tea
- » Fat-free milk
- » Unsweetened milk alternatives
- » Sugar-free, caffeine-free, uncarbonated beverages

FRUITS

- » Apples, bananas, blackberries, blueberries, cantaloupe, cherries, citrus, figs, grapes, kiwi, mangos, papaya, pears, peaches, pineapple, plantains, plums, pomegranate, raspberries, strawberries, watermelon

HEALTHY FATS

- » Avocados, nuts, nut butters, peanuts, peanut butter, olives, seeds (chia seeds, flaxseeds, sunflower seeds, pumpkin seeds, hemp seeds), low-fat cheese,
- » Avocado oil, olive oil, safflower oil, sesame oil, and canola oil

- » Barley, brown rice, buckwheat, bulgur, corn, high fiber cereal, millet, oatmeal, peas, popcorn, potatoes with skin, pumpkin, quinoa, whole wheat bread, whole wheat pasta, whole wheat crackers, yams/sweet potatoes with skin

HIGH-FIBER STARCHES

- » Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, green beans, greens (collard, kale, mustard, and turnip), leeks, lettuce, onions, peppers (all types), radishes, salad greens, spinach, squash (spaghetti, summer, zucchini), sprouts, snap peas, tomatoes, turnips, water chestnuts

NON-STARCHY VEGETABLES

- » Chicken, turkey, duck, beef, lamb, pork, bison, salmon, tuna, cod, halibut, mahi mahi, tilapia, trout, sole, sardines, shrimp, scallops, eggs, low-fat greek yogurt, cottage cheese, ricotta cheese, beans, lentils, peas, edamame, tofu, and protein supplements

PROTEIN