

# WHAT DO I EAT?



## FRUIT & VEGGIES

Apple	Salad greens	Cucumber
Berries	Broccoli	Tomatoes
Grapes	Green/Yellow squash	Green beans
Watermelon	Cauliflower	Carrots

## FRUITS & VEGGIES

**50%**

fruits & veggies

**25%**

grains or starchy vegetables

**25%**

protein

GRAINS

PROTEIN

Dairy: Enjoy a small glass (4-8 oz) of non-fat or low-fat milk or yogurt (without added sugars)

Healthy fat: Add a small serving of a healthy oil (olive or canola oil, salad dressing, avocado, nuts)

Drink: Include a calorie-free beverage (water, seltzer, coffee, tea)



## WHOLE GRAIN STARCHES

Whole wheat bread or roll	Corn
Tortilla	Peas
Brown rice	Potatoes
Quinoa	Winter squash
Farro	Lentils / dried beans



## PROTEIN

Tofu	Fish (salmon, cod, tuna, tilapia)
Poultry (chicken, turkey)	Nuts or nut butter
Lean meat (pork tenderloin, sirloin steak)	Cheese

## DAIRY

Non-fat or low-fat milk	Yogurt, light-style
	Cheese

## HEALTHY FATS

Olive oil	Nuts / Seeds
Canola oil	Avocado

## BEVERAGES

Choose a non-calorie beverage such as water, coffee or tea. Avoid soft drinks and fruit juices.