My Weight What To Know

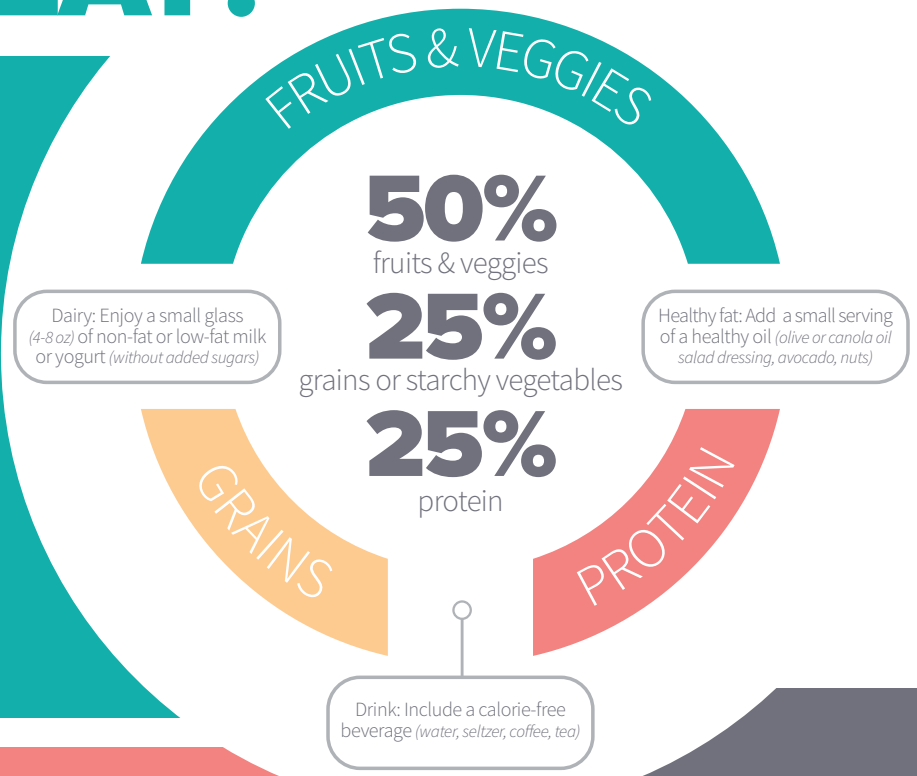
WHAT DO I EAT?

FRUIT & VEGGIES

Apple
Berries
Grapes
Watermelon

Salad greens
Broccoli
Green/Yellow squash
Cauliflower

Cucumber
Tomatoes
Green beans
Carrots



WHOLE GRAIN STARTCHES

Whole wheat bread or roll
Tortilla
Brown rice
Quinoa
Farro

Corn
Peas
Potatoes
Winter squash
Lentils / dried beans

PROTEIN

Tofu
Poultry (chicken, turkey)
Lean meat (pork tenderloin, sirloin steak)

Fish (salmon, cod, tuna, tilapia)
Nuts or nut butter
Cheese

DAIRY

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

HEALTHY FATS

Olive oil
Canola oil

Nuts / Seeds
Avocado

BEVERAGES

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