

HEALTHY FOOD LIST

<u>PROTEINS</u>	<u>CARBOHYDRATES</u>	<u>VEGETABLES</u>	<u>FATS TO EAT</u>
Chicken Breast	Baked Potato	Broccoli	Avocado
Turkey Breast	Sweet Potato	Asparagus	Sunflower Seeds
Lean Ground Turkey	Yams	Lettuce	Pumpkin Seeds
Top Round Steak	Squash	Carrots	Cold Water Fish
Lean Ground Beef	Corn	Green Beans	Low-Fat Cheese
Eye of Round Steak	Brown Rice	Green Peppers	Low-fat Salad Dressings
Wild Game Meats	Wild Rice	Mushrooms	Low Sodium Nuts
Egg Whites	Beans/Lentils	Spinach	Olives
Egg Substitutes	Oatmeal	Tomatoes	Olive Oil
Tuna	Rice Cakes	Peas	Canola Oil
Swordfish	High-Fiber Cereal	Onions	Sunflower Oil
Haddock	Popcorn (no butter)	Brussels Sprouts	Flaxseed Oil
Salmon	Tortillas (whole wheat or corn)	Artichokes	<u>FATS TO AVOID</u>
Crab	Whole Grain Breads (no high-	Cabbage	Butter
Lobster	fructose corn syrup)	Zucchini	Mayonnaise
Low-Fat Cottage Cheese	Fat-Free Yogurt	Mushrooms	Fried Foods
Lean Ham	Whole Wheat Pasta	Jalapenos	Whole-Fat Dairy