Healthy Food List

Try to choose the majority of your foods from the groups on this list. The lists below are just a few of the many possible choices in each category. See {this} blog post for details about serving sizes in each category.

4 Vegetables - 10 points/Serving {40 possible daily}

* All Vegetables - Try as many new varieties as you can!

3 Fruits - 10 points/Serving {30 possible daily}

* All Fruit (except those canned in syrup)

4 Protein - 5 points/Serving {20 possible daily}

* Fish or Shrimp
* Chicken or Turkey
* Eggs, Egg Whites
* Cheese or Cottage Cheese
* Lean Cuts of Red Meat
* Greek Yogurt & Other Dairy
* Nuts & Seeds (including no-sugar added nut butters)
* Legumes (black beans, kidney beans, etc)

3 Fiber - 5 points/Serving {15 possible daily}

* 100% Whole Grain Bread, Pita Bread & Tortillas
* Oatmeal (not instant) or Steel Cut Oats
* Brown Rice, Quinoa, Barley
* 100% While Grain Pasta
* Popcorn (air popped)
* Legumes (black beans, kidney beans, etc)

Supplements {5 possible daily}

* Choose one or more supplements to take daily, based on your needs. Some ideas are a multivitamin, calcium & vitamin D, or fish oil capsules.

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