

# Nutrition Principles for Healthy Eating

Here's a grocery list of Green light Foods – Fill up on these

## Carbohydrate Choices

- Oatmeal, oat bran
- Sweet potato, yam
- Wild rice, brown rice
- Couscous
- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
- Fruit: apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, bananas & grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- Whole Grain Breads: Rye, Ezekiel, Millet, Spelt, Buckwheat, Quinoa (Farmboy has a wonderful Quinoa and Honey bread in the organic section of the bakery)
- Brown rice tortilla wraps
- Quinoa
- Squash, beets

## Protein Choices

- Beef (steak, ground beef, etc) Grass fed preferred
- Low-Fat or Full Fat Cottage Cheese
- Low-Fat or Full Fat Yogurt
- Deer/Venison
- Eggs (whole or whites)
- Fish (salmon, tilapia, haddock, mackerel, cod, tuna, herring, trout, etc)
- Ham (fresh)
- Lamb
- Protein powders
- Pork (tenderloin, chop, etc)
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc)
- Skinless Chicken breast
- Turkey breast
- Tofu



# Nutrition Principles for Healthy Eating

## Healthy Fat Choices

### Dairy

- Butter
- Cheese
- Cottage Cheese
- Cream

### Oils

- Coconut Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils
- Hemp Oil

### Raw Nuts

- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts

### Other fats

- All Natural Peanut Butter (in moderation)
- Almond Butter
- Avocado
- Flax seeds (ground, golden seeds are better)
- Egg yolks
- Oli

## Veggie Choices

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots (in moderation if trying to lose fat)
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Green Onion
- Leek
- Lettuce – romaine, red leaf, etc. (anything except iceberg)
- Mushroom
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini