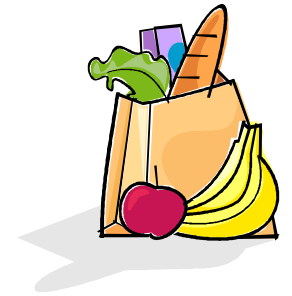


# Healthy Choices at the Market



- ✓ Your body needs 20 - 38 grams of fiber per day.
- ✓ Choose vegetables, fruits, whole grains, beans and legumes.

<u>Protein</u>	<u>Vegetables</u>	<u>Fruit</u>	<u>Whole Grains</u>												
<ul style="list-style-type: none"> <li>✓ Dried beans - lentils, split peas</li> <li>✓ Canned beans – chickpeas, black, kidney and pinto</li> <li>✓ Vegetarian – tofu, tempeh or seitan</li> <li>✓ Fish – salmon, bass, catfish, tilapia, tuna – chunk light in water (smoked and pickled fish are high in sodium)</li> <li>✓ Lean meats – chicken breasts with out the skin, ground turkey breast</li> <li>✓ Nuts- almonds, peanuts and walnuts</li> <li>✓ Peanut Butter - natural, no sugar added</li> <li>✓ Sunflower seeds</li> </ul>	<p>Fresh or frozen (without sauce) are healthy choices for meals and snacks.</p> <ul style="list-style-type: none"> <li>✓ Avocados</li> <li>✓ Beans - lima, green, fava</li> <li>✓ Beets</li> <li>✓ Broccoli</li> <li>✓ Cabbage – red or green</li> <li>✓ Carrots</li> <li>✓ Cauliflower</li> <li>✓ Eggplant</li> <li>✓ Greens – broccoli rabe, escarole, kale, kohlrabi, spinach, mustard collard and turnip greens</li> <li>✓ Lettuce – arugula, green or red leaf, mesclun, romaine</li> <li>✓ Okra</li> <li>✓ Onions</li> <li>✓ Peas</li> <li>✓ Peppers</li> <li>✓ Tomatoes</li> <li>✓ Squash – spaghetti, zucchini, yellow and summer</li> </ul>	<p>Fresh, frozen or canned – choose packed in natural juice rather than packed in heavy or light syrup.</p> <ul style="list-style-type: none"> <li>✓ Apples</li> <li>✓ Apricots – fresh or dried</li> <li>✓ Bananas</li> <li>✓ Blackberries</li> <li>✓ Blueberries</li> <li>✓ Cherries</li> <li>✓ Citrus fruits – clementines, nectarines, oranges, tangerines, etc.</li> <li>✓ Grapes</li> <li>✓ Kiwifruit</li> <li>✓ Mangos</li> <li>✓ Melons</li> <li>✓ Nectarines</li> <li>✓ Papayas</li> <li>✓ Peaches</li> <li>✓ Pears</li> <li>✓ Plums</li> <li>✓ Pineapple</li> <li>✓ Pomegranate</li> <li>✓ Prunes</li> <li>✓ Strawberries</li> </ul>	<p>Read the Nutrition Facts label on the side of the box. Look for breads &amp; cereals and foods with <b>3 grams or more</b> of fiber per serving!</p> <div data-bbox="1717 571 1978 831" style="border: 1px solid black; padding: 5px;"> <p><b>Nutrition Facts</b> Serving Size: 8 fl oz (240 ml) Servings Per Container: 2.5</p> <table border="1"> <thead> <tr> <th>Amount Per Serving</th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr> <td>Calories 0</td> <td></td> </tr> <tr> <td>Total Fat 0g</td> <td>0%</td> </tr> <tr> <td>Sodium 0g</td> <td>0%</td> </tr> <tr> <td>Total Carbohydrates 0g</td> <td>0%</td> </tr> <tr> <td>Protein 0g</td> <td></td> </tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></p> </div> <ul style="list-style-type: none"> <li>✓ 100% Whole wheat bread</li> <li>✓ Wild rice</li> <li>✓ Brown rice -Rice mixes often contain too much sodium and salts, use only ½ the seasoning packet</li> <li>✓ Bulgur</li> <li>✓ Whole grain pastas – dry not canned</li> <li>✓ Barley</li> <li>✓ Kasha – roasted buckwheat</li> <li>✓ Quiona</li> <li>✓ Whole wheat or corn tortillas - not fried</li> <li>✓ Bran cereals (add your own rasins)</li> <li>✓ Shredded wheat cereals</li> <li>✓ Oatmeal</li> <li>✓ Cream of Wheat</li> </ul>	Amount Per Serving	% Daily Value*	Calories 0		Total Fat 0g	0%	Sodium 0g	0%	Total Carbohydrates 0g	0%	Protein 0g	
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<p><u>Dairy</u></p> <ul style="list-style-type: none"> <li>✓ Cheese made with fat free or low-fat milk</li> <li>✓ Eggs or liquid egg substitute</li> <li>✓ Fat Free or 1% milk</li> <li>✓ Soy milk - plain</li> <li>✓ Low-fat or fat free yogurt</li> </ul>	<p><u>Starchy Vegetables</u></p> <ul style="list-style-type: none"> <li>✓ Cassava</li> <li>✓ Corn</li> <li>✓ Potatoes – red, sweet or baking, yams – not canned with syrup</li> </ul>		<p><u>Healthier Fats / Oils for Cooking</u></p> <ul style="list-style-type: none"> <li>✓ Olive, canola, safflower and sunflower</li> </ul> <p><u>Condiments</u></p> <ul style="list-style-type: none"> <li>✓ Vinegars, mustards, salsas, herbs &amp; spices</li> </ul>												