

Healthier Choices at the Market



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

Protein

- ✓ Dried beans - lentils, split peas
- ✓ Canned beans – chickpeas, black, kidney and pinto
- ✓ Vegetarian – tofu, tempeh or seitan
- ✓ Nuts- almonds, peanuts and walnuts
- ✓ Peanut Butter - natural, no sugar added
- ✓ Sunflower seeds
- ✓ Fish – salmon, bass, catfish, tilapia, tuna – chunk light in water (smoked and pickled fish are high in sodium)
- ✓ Lean meats – chicken breasts with out the skin, ground turkey breast

Dairy

- ✓ Cheese made with fat free or low-fat milk
- ✓ Eggs or liquid egg substitute
- ✓ Fat Free or 1% milk
- ✓ Low-fat or fat free yogurt

Vegetables

Fresh or frozen (without sauce) are healthy choices for meals and snacks.

- ✓ Avocados
- ✓ Beans - lima, green, fava
- ✓ Beets
- ✓ Broccoli
- ✓ Cabbage – red or green
- ✓ Carrots
- ✓ Cauliflower
- ✓ Eggplant
- ✓ Greens – broccoli rabe, escarole, kale, kohlrabi, spinach, mustard collard and turnip greens
- ✓ Lettuce – arugula, green or red leaf, mesclun, romaine
- ✓ Okra
- ✓ Onions
- ✓ Peas
- ✓ Peppers
- ✓ Tomatoes
- ✓ Squash – spaghetti, zucchini, yellow and summer

Starchy Vegetables

- ✓ Cassava
- ✓ Corn
- ✓ Potatoes – red, sweet or baking, yams – not canned with syrup

Fruit

Fresh, frozen or canned – choose packed in natural juice rather than packed in heavy or light syrup.

- ✓ Apples
- ✓ Apricots – fresh or dried
- ✓ Bananas
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cherries
- ✓ Citrus fruits – clementines, nectarines, oranges, tangerines, etc.
- ✓ Grapes
- ✓ Kiwifruit
- ✓ Mangos
- ✓ Melons
- ✓ Papayas
- ✓ Peaches
- ✓ Pears
- ✓ Plums
- ✓ Pineapple
- ✓ Pomegranate
- ✓ Prunes
- ✓ Strawberries

Whole Grains

Read the Nutrition Facts label on the side of the box.

Look for breads & cereals and foods with **3 grams or more** of fiber per serving!

Nutrition Facts	
Serving Size: 8 fl oz (240 ml)	
Servings Per Container: 2.5	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Sodium 0g	0%
Total Carbohydrates 0g	0%
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	

- ✓ 100% Whole wheat bread
- ✓ Barley
- ✓ Bran cereals*
- ✓ Brown rice (Rice mixes often contain too much sodium and salts, use only ½ the seasoning packet)
- ✓ Cream of Wheat*
- ✓ Kasha (roasted buckwheat)
- ✓ Oatmeal*
- ✓ Quiona
- ✓ Shredded wheat cereals*
- ✓ Whole grain pastas
- ✓ Whole wheat or corn tortillas
- ✓ Wild rice

*add dried fruit to cereals for added flavor & fiber

Healthier Fats / Oils for Cooking

- ✓ Olive, canola, safflower and sunflower

Condiments

- ✓ Vinegars, mustards, salsas, herbs & spices