

# FOODS YOU CAN EAT

## VEGETABLES – 1 CUP

- Kale, cooked or raw
- Collard green, cooked or raw
- Spinach, cooked or raw
- Brussels sprouts, chopped or 5 medium
- Broccoli, chopped
- Asparagus, 10 large
- Beets, 2 medium
- Tomatoes, chopped, cherry or 2 medium
- Squash (summer), sliced
- Winter squash (all varieties), cubed
- String beans
- Peppers, sweet, sliced
- Carrots, sliced or 10 medium baby
- Cauliflower, chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra
- Jicama, sliced
- Snow peas
- Cabbage, chopped
- Cucumbers
- Celery
- Lettuce (NOT iceberg)
- Mushrooms
- Radishes
- Onions, chopped
- Sprouts

## FRUITS – 1 CUP

- raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon, diced
- Cantaloupe, diced
- Orange, divided into sections
- Tangerine, 2 small
- Apple, sliced or 1 small
- Apricots, 4 small

- Grapefruit, divided into sections
- Cherries
- Grapes
- Kiwifruit, 2 medium
- Mango, sliced
- Peach, sliced or 1 large
- Nectarine, sliced or 1 large
- Pear, sliced or 1 large
- Pineapple, diced
- Banana, ½ large
- Papaya, diced
- Figs, 2 small
- Honeydew melon, diced
- Salsa, pico de gallo
- Tomato sauce, plain

**PROTEINS – 3/4 CUP**

- Sardines
- Boneless chicken diced, cooked
- Lean ground chicken or turkey (>90% lean), cooked
- Fish, flaked and cooked
- Buffalo, cooked dice
- Eggs, 2 large
- Egg whites, 8 large
- Greek yogurt, plain, 1%
- Yogurt, plain, 2%
- Red meat, extra lean, cooked
- Lean ground red meat (>95% lean), cooked
- Protein shake, 1 scoop
- Tempeh
- Tofu
- Pork, diced, cooked
- Tuna, canned light in water, drained
- Turkey slices, low sodium, fat free, nitrate free, 6 slices
- Ham slices, low sodium, fat free, 6 slices
- Ricotta cheese, light
- Cottage cheese, 2%
- Veggie burger, 1 medium patty
- Turkey bacon, 4 slices

**CARBS – ½ CUP**

- Sweet potato
- Yams
- Quinoa, cooked
- Beans, cooked and drained

- Lentils, cooked, drained
- Edamame, shelled
- Peas
- Refried beans, nonfat
- Brown rice, cooked
- Wild rice, cooked
- Potatoes, mashed or ½ medium
- Corn
- Buckwheat, cooked
- Barley, cooked
- Bulgur, cooked
- Oatmeal, steel cut or rolled, cooked
- Pasta, whole grain, cooked
- Couscous, whole wheat cooked
- Crackers, whole grain, 8 small
- Cereal, whole grain, low sugar
- Bread, whole grain, 1 slice
- Pita bread, whole wheat, 1 small (4in.)
- Waffle, whole grain, 1 waffle
- Pancakes, whole grain, 1 small (4in.)
- English muffin, whole-grain, ½ muffin
- Bagel, whole grain, ½ small (3in.)
- Tortilla, whole wheat, 1 small (6in.)
- Tortilla, corn, 2 small (6in.)

**HEALTHY FATS / CHEESES – ¼ CUP**

- Avocado (1/4 medium)
- 12 almonds, whole, raw
- 8 cashews, whole, raw
- 14 peanuts, whole, raw
- 20 pistachios, whole raw
- 10 pecans, halves, raw
- 8 walnut halves, raw
- Hummus
- Coconut milk
- Feta cheese
- Goat cheese
- Mozzarella
- Cheddar
- Provolone
- Monterey jack
- parmesan

**SEEDS – 2 TABLESPOONS**

- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Olives, 10
- Peanuts
- Coconut, unsweetened, shredded
- Salad dressings

**OILS – 1 TEASPOON**

- Extra virgin olive oil
- Extra virgin coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Nut butters (peanut, almond, cashew, etc.)
- Seed butters (pumpkin, sunflower, sesame (tahini))