

FOODS FOR A HEALTHY PLATE

VEGETABLES

- Asparagus
- Avocado
- Beet greens
- Beetroot
- Bell peppers
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards green
- Corn
- Cucumber
- Eggplant
- Fennel
- Garlic
- Green beans
- Kale
- Kohlrabi
- Leeks
- Lettuce

- Marrow
- Mushroom
- Olives
- Onions
- Parsnips
- Peas
- Potato
- Pumpkin
- Romaine lettuce
- Runner beans
- Spinach
- Summer squash
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnip green
- Watercress

GRAINS

- Barley
- Brown rice
- Buckwheat
- Millet
- Oats
- Quinoa

- Rye
- Wholewheat (bread, pasta, spaghetti, couscous)

BEANS AND LEGUMES

- Black beans
- Chickpeas
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Soybeans
- Tempeh
- Tofu

COW/LAMB/POULTRY PRODUCTS

- Grass fed beef
- Pasture raised chicken
- Grass fed lamb
- Pasture raised turkey
- Milk & Cheese
- Eggs
- Yoghurt

FOODS FOR A HEALTHY PLATE

SEA FOODS

- Cod
- Salmon
- Sardines
- Scallops
- Shrimp
- Tuna

FRUITS

- Apples
- Apricot
- Bananas
- Blueberries
- Cantaloupe
- Cranberries
- Figs
- Grapefruit
- Grapes
- Gooseberries
- Kiwifruit
- Lemon
- Lime
- Oranges
- Papaya

- Pear
- Pineapple
- Plums
- Pomegranate
- Prunes
- Raspberries
- Strawberries
- Tomatoes
- Watermelon

NUTS AND SEEDS

- Almonds
- Cashew
- Flaxseed
- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

OILS

- Olive oil
- Rapeseed oil
- Coconut oil

HERBS AND SPICES

- Basil
- Black pepper
- Chili peppers
- Cilantro
- Coriander
- Cinnamon
- Cloves
- Cumin seeds
- Dill
- Ginger
- Himalayan salt
- Mustard seeds
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Sea salt
- Thyme
- Turmeric

