

★ Well Balanced Nutrition All-star List ★

Embrace more natural foods by choosing more of the foods listed below that are nutritious and delicious.

VEGETABLES | Make veggies the showcase of your plate. Stock your refrigerator and countertop with...

- Arugula
- Asparagus
- Beets
- Bell Peppers*
- Bok Choy
- Broccoli
- Brussel sprouts
- Carrots (all colors)
- Cauliflower (all colors)
- Cabbage (red or green)
- Cherry/grape/currant tomatoes*
- Collard Greens
- Dark Leafy Greens
- Mushrooms
- Onions (Red or Yellow)
- Radishes
- Squash – summer varieties
- Tomatoes*
- Zucchini

*Buy organic if your budget allows. If budget is tight there is no need to avoid these foods.

Veggies for your pantry:

- Artichoke Hearts
- Roasted Peppers
- Salsa
- Canned green beans (no salt or sugar added)
- Tomatoes (no salt or sugar added)
- Tomato/Pasta Sauce
- Tomato Paste

FRUIT | Depending on your health goals fruit can count as a complex carb or be combined with your veggies.

- Apples*
- Bananas
- Blueberries
- Blackberries
- Cherries*

- Cranberries
- Grapes*
- Kiwi
- Lemons/Limes
- Mangos
- Melons
- Oranges
- Papayas
- Peaches/Nectarines*
- Plums
- Pineapple
- Raspberries
- Strawberries*

*On the dirty dozen list, buy organic

COMPLEX CARBS

Starchy Vegetables:

- Acorn Squash
- Butternut Squash
- Corn
- Potatoes
- Peas
- Plantains

Whole Grains/Seeds/Pulses:

- Amaranth
- Brown or wild rice
- Beans - all varieties
- Lentils
- Millet
- Oats (old-fashioned or steel cut)
- Quinoa
- Rye
- Spelt
- Sorghum

HEALTHY FATS

- Avocado / Avocado Oil
- Coconut Milk, Butter, Oil
- Butter (organic)
- Mayonnaise (olive oil base)
- Nuts / Nut butter
- Olives / Olive Oil
- Seeds (Chia, Pepitas, Sunflower)
- Hummus

HAPPY PROTEIN (+FAT)

Choose organic proteins raised/farmed with sustainable practices as often as possible.

- Atlantic Mackerel^{^^}
- Anchovies[^]
- Catfish
- Crab[^]
- Flounder
- Mussels^{^^}
- Oysters[^] / Clams
- Pollock[^]
- Rainbow Trout^{^^}
- Sardines^{^^}
- Shrimp
- Snapper
- Wild Salmon^{^^}
- Tilapia
- Chicken/Turkey
- Grass-fed beef (organic)
- Eggs (free-range, organic)
- Greek Yogurt
- Cottage Cheese
- Cheese

SEAFOOD:
^{^^} Lowest in mercury/highest in Omega 3 and sustainable.
[^] Low in mercury/contains Omega 3

NUTRITIOUS AND DELICIOUS FLAVOR ENHANCERS

- Basil
- Cilantro
- Cinnamon
- Chives and Scallions
- Cumin
- Ginger
- Garlic
- Leeks
- Mint
- Nutmeg
- Peppers
- Parsley
- Sage
- Shallots
- Turmeric
- Rosemary
- Vinegar (all varieties)

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PROBIOTICS | these
live-culture fermented foods
provide many digestive benefits

- Sauerkraut
- Yogurt
- Kombucha
- Kimchi
- Kefir