Healthy Food Choices:

Nutritious protein and healthy fats to keep you feeling full

Whole grains, fruit and starchy vegetables

Vegetables, 4 servings

Power Fuels: Contain essential amino acids and healthy fats

Almonds
Beef, lean, trimmed 2oz
Cashews, 2 tbs

Cheese low sodium 1 slice
Chicken Breast, 2 oz.
Cottage Chees, 1 % fat, no salt added, 1/2 cup

Crab meat, 3 oz.
Egg, 1 large
Egg whites

Fish, fatty (e.g.,. Salmon, tuna, mackerel, sword-fish, trout) 2 oz.
Fish, white backed or broiled

Ham low fat, low sodium, 2 oz.,
Lunch meat, no salt added 2 oz,
Milk, non-fat or skim, 1 cup

Parmesan cheese, low sodium, grated 1/4 cup
Peanut Butter, 1 Tbsp.
Peanuts, 2 Tbsp.

Pecans, halves 2 Tbsp.
Pistachios,2 Tbsp.
Protein Powder (e.g., rice, soy, whey) 2 Tbsp.

Salmon, canned in water 1/4 cup
Shrimp, 3 Oz.
Soy, milk, low fat 8 oz.

Turkey Breast, 2 Oz.
Veggie Burger, 3 oz.
Walnuts, halves , 2 Tbsp.

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