

What We Eat

A FOOD GUIDF TO HEALTHY EATING HABITS

PROTEINS

Stabilize our blood sugar, push cravings away, help build lean muscle.

Serving Size: width and thickness of palm

- Beef (lean)
- Calamari
- Canadian Bacon
- Canned Tuna
- Chicken
- Clams
- Cottage Cheese (non-fat)
- Crab Meat
- Deli Meat (from butcher)
- Duck
- Eggs (Egg Whites)
- Flounder
- **Ground Beef**
- **Ground Turkey**
- Ham
- Lamb
- Lobster
- Milk (skim)
- Pork
- Salmon
- Scallops
- Shrimp
- Soy Beans
- Soy Burgers

Give us ENERGY.

Artichoke

Asparagus

- Tuna
- Turkey (Turkey Bacon)
- Veal

hand

- Venison
- Greek Yogurt (non-fat)

CARBOHYDRATES

Serving Size: either a fist or cupped

- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chick peas
- Cucumber
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- **Peppers**
- Spaghetti Squash
- Tomato
- Zucchini

FRUITS: Serving Size: (fist sized)

- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Strawberries
- Tangerine
- Watermelon

COMPLEX CARBS: Serving Size: (cupped hand)

- black, kidney, lima)
- Corn
- Lentils
- Oatmeal

- Peas (green & black-eved)
- Potato (white, red or sweet)
- Rice (brown)
- Squash (acorn and butternut)
- Quinoa
- Whole grain bread
- Whole wheat tortilla/pasta

FATS

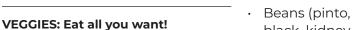
Help your body absorb nutrition and run effectively.

Serving Size: Thumb

- Almonds
- Almond butter
- Avocado
- Butter (grass-fed)
- Cashews Coconut oil
- Guacamole
- Macadamia nuts
- Mayo (avocado or olive oil)
- Oil-based Dressings
- Olives
- Olive oil
- Peanut butter
- Peanuts
- **Pistachios**
- Walnuts (chopped)

LIMIT these Foods & Beverages

- · Alcohol/wine
- · Candy
- Chips
- · Creamy sauces/salad dressings
- Cookies
- Fried foods
- Prepackaged/ processed foods
- **Pastries**
- Sodas
- White bread and rice







Beets