- **Limit processed foods.**
- **Always include protein and healthy fat.** One quarter of your meal or snack should include some protein and healthy fat.
- **Get plenty of fiber.**
  - Consider the quality of foods higher in carbohydrates. Aim for high fiber, whole foods to make up another one-quarter of your meal or snack.
  - Aim for half of your meal or snack to be non-starchy vegetables. Use this as your base and plan the rest of your meal or snack around it. Pick two or more of your favorite veggies for a meal.
- **Try to use smaller plates or bowls instead of large ones.**
Non-Starchy Vegetables

Artichokes
Asparagus
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumber
Eggplant
Fermented vegetables
Garlic
Green beans
Greens/lettuce
Mushrooms
Onions
Pea pods
Radishes
Rutabagas
Spaghetti squash
Tomatoes
Turnips
Yellow squash and zucchini

Protein

Bone broth
Cheese or cottage cheese*
Chicken
Eggs
Fish and seafood (especially oil-rich fish, such as tuna, salmon)*
Meat (chicken, beef*, turkey, pork*, lamb*, venison, bison)
Meat alternatives (tofu, tempeh, etc.)
Nuts*
Nut butter*
Seeds*

Protein with carbohydrates:
Kefir*
Legumes (lentils, beans, chickpeas)
Milk*
Yogurt*
Some meat alternatives

Fruit

Apple
Blackberries
Blueberries
Melons
Oranges/Grapefruit
Pear
Raspberries
Rhubarb
Strawberries

Grains, moderately processed

Bulgur
Cracked wheat and rye
Foods made with whole grains
Old-fashioned rolled oats
Scottish or steel cut oats
Whole grain cornmeal (polenta)

Grains, whole and intact

Brown rice
Farro
Non-pearl barley “hulled”
Oat groats
Quinoa
Rye or wheat berries

Legumes

Beans (red, refried, black, pinto, garbanzo)
Lentils

Starchy vegetables

Carrots
Corn
Peas
Beets
Potatoes (w/skin)
Sweet potatoes/yams
Winter squash (butternut, acorn, etc.)

Healthy Fat

Avocado, healthy oils (olive, avocado, canola, etc.**), olives, nut butter, nuts, dressings made with healthy oils, seeds, fish and seafood (especially oil-rich fish, e.g., herring, tuna, salmon, mackerel).

*Can be higher fat