



- **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.**

**FIBER****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

\*Can be higher fat

\*\*<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>

**FIBER****Higher Fiber Carbohydrates****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).