

Smart Foods!

Proteins	Whole Grains	Vegetables	Fruit	Seeds	Flavoring
<u>Meat, Fish & Poultry</u> Beef Chicken Haddock Mackerel Salmon Tuna Turkey Whitefish <u>Other</u> Black Beans Cheese Chickpeas Edamame Eggs Fava Beans Great Northern Beans Kidney Beans Lentils Lima Beans Milk Navy Beans Pigeon Peas Pinto Beans Sesame Butter Soy / Soybeans Sunflower Butter Tofu White Beans	Amaranth Barley Brown Rice Buckwheat Bulgur Farro Freekeh Kamut Millet Oats Popcorn Quinoa Rye Sorghum Spelt Whole Wheat Wild Rice	Arugula Asparagus Avocado Baked Beans Broccoli Brussel Sprouts Butternut Squash <u>Cabbage:</u> Green & Red Chinese Carrots Green Leaf Lettuce Green Peas <u>Greens:</u> Beet Collard Mustard Turnip Kale Leeks Okra Plantains Potatoes (sweet & white) Pumpkin Radish Red Bell Pepper Romaine Spinach Summer Squash Swiss Chard Tomatoes Watercress	Apricots <u>Berries:</u> Blackberries Blueberries Raspberries Strawberries Cherries <u>Citrus:</u> Clementine Grapefruit (red) Lemon Lime Orange Tangerine Guava Jackfruit Kiwi <u>Melons:</u> Cantaloupe Honeydew Mango Papaya Pineapple Plantains	Chia Flax Hemp Pumpkin Sesame Sunflower	