

# EATING HEALTHY FOR LIFE

## at Every Meal



- Eat at about the same time every day
- Follow the portions for each meal
- Do not skip meals
- Eat beans instead of rice, and choose whole grain foods
- Choose low-fat or fat-free dairy and meats
- Eat fish twice a week
- Bake, boil, broil or grill your food
- Do not fry your foods
- Drink plenty of water or sugar-free beverages
- You can replace a salad with a clear broth or tomato-based soup with vegetables (without pasta, rice or potatoes)

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## Grocery List

### LEAN PROTEIN CHOICES

- Canadian bacon
- Center pork chop
- Chicken breast
- Choice or select sirloin or round
- Cod
- Flank steak
- Flounder
- Haddock
- Halibut
- Lunch meat (low fat)
- Peanut butter (low fat)
- Salmon
- Sardines
- Tuna (canned in water)
- Turkey breast

### VEGETABLE CHOICES

*(fresh or frozen)*

- All greens
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Mushrooms
- Peppers
- Spinach
- Tomatoes
- Zucchini

### LEAN DAIRY CHOICES

- Low-fat cheese
- Low-fat cottage cheese
- Milk (low fat or skim)
- Mozzarella cheese
- Non-fat ricotta cheese
- Swiss cheese
- Yogurt (fat-free or low-fat)

### FAT AND OIL CHOICES

- Canola oil
- Corn oil
- Low-fat or low-sugar salad dressings
- Margarine (soft or tub)
- Nuts or seeds
- Olive oil

### FRUIT CHOICES

*(fresh, canned in natural juices, or frozen in water)*

- Apples
- Bananas
- Berries
- Grapefruit
- Grapes
- Kiwi
- Lemon/lime
- Melons
- Oranges
- Peaches
- Pears
- Pineapple

### STARCH, GRAIN, AND LENTIL CHOICES

- 100% whole wheat bread
- Black beans
- Brown or wild rice
- Corn
- Corn meal
- Corn tortillas
- Dried beans
- Garbanzo beans (chick peas)
- Hominy
- Kidney beans
- Low-fat whole wheat tortillas
- Peas
- Pinto beans
- Plain hot cereal
- Potatoes
- Unsalted crackers
- Whole grain cold cereal
- Whole wheat pasta
- Whole wheat pita
- Winter squash

### SNACK CHOICES

- Angel food cake
- Animal crackers
- Baked chips
- Gelatin (sugar free)
- Ice milk
- Popsicles (sugar free)
- Sugar-free beverages
- Sugar-free syrup
- Vanilla wafer cookies
- White and brown sugar substitute