
High Fiber, High Protein: Healthy Eating for Life

Lean Meats & Plant-Based Proteins

Serving Size: palm size (~3-4 oz)

Choose **MORE OFTEN**: lean, skinless cuts

- Chicken
- Turkey
- Fish/Tuna
- Seafood
- Beef
- Pork
- Lamb
- Goat
- Buffalo
- Eggs/Egg whites
- Tofu
- Tempeh



Key Words to Shop for: chop; loin; broil; top round; sirloin; 93% lean or higher

Choose **LESS OFTEN**: high fat, processed, fried meats; marbled steaks; spare ribs; bacon; sausage; corned beef; kielbasa; hot dogs; deli meats; organ meats; canned meat/fish packed in oil

Low Fat & Fat-Free Dairy

Serving Size: 8 oz liquid, 6 oz yogurt, 1 oz cheese (1 stick/slice)

Choose **MORE OFTEN**: lower fat, lower sugar milk & milk alternatives, cheese, and yogurt

- 1%/Skim milk
- Unsweetened milk alternative
- Light/reduced fat cheese
- Greek yogurt
- Icelandic yogurt
- Cottage cheese
- Ricotta cheese



Key Words to Shop for: 0%; 1%; fat-free; skim; part-skim; unsweetened

Choose **LESS OFTEN**: sugary flavored milks; regular & full fat cheese & cottage & ricotta & cream cheese; sugary yogurts; creams; whipped cream; ice cream

Non-Starchy Vegetables

Serving Size: ½ cup cooked, 1 cup raw

Choose **MORE OFTEN**: plain fresh/frozen non-starchy varieties

- Artichoke
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Eggplant
- Collard greens
- Green beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Romaine
- Rutabaga
- Sauerkraut
- Scallions
- Spinach
- Swiss chard
- Spaghetti squash
- Summer squash
- Tomatoes
- Turnips
- Zucchini

Choose **LESS OFTEN**: canned, frozen varieties in sauce; fried or cooked in excess oil

Complex Carbohydrates, Starches & Fruits



Serving Size: 1 slice bread, ½ cup cooked grain/starchy vegetable, 1 baseball-size fruit, 1 cup fruit, ½ banana, 2 tablespoons dried fruit

Choose **MORE OFTEN**: fiber-rich, whole grains, whole food starchy vegetables and fruits

- Brown Rice
- Wild Rice
- Whole wheat bread
- Whole wheat pasta
- Barley
- Buckwheat
- Farro
- Quinoa
- Rye
- Oatmeal
- Cream of whole wheat
- Whole grain crackers
- Corn
- Peas
- Potatoes
- Sweet potatoes
- Winter squash
- Cassava
- Plantain
- Pumpkin
- Yam
- Yucca
- Beans
- Chickpeas
- Lentils
- Fresh/frozen fruits



Key Words to Shop for: 100% whole wheat grain/flour; no sugar added

Choose **LESS OFTEN**: refined, processed grains (white rice; white bread; regular pasta; bagels; muffins; sugary cereals; cakes; cookies; pies; donuts; croissants; pastries; chips), fried starchy vegetables; dried fruit; fruits packed in juice/syrup; fruit juice (even 100% natural)

Heart Healthy Fats

Serving Size: 2 tbsp nut butter/salad dressing, ¼ cup nuts, ¼ avocado

Choose **MORE OFTEN**: monounsaturated, polyunsaturated, omega 3 fats

- Nuts
- Nut butters
- Seeds
- Avocados
- Olives
- Olive Oil
- Plant Oils
- Cooking Sprays

Choose **LESS OFTEN**: saturated and partially hydrogenated (trans) fats (butter; margarine; shortening; creamy salad dressings and sauces; mayonnaise; high fat/fried meats)

Tips:

- Don't skip meals – eat consistently throughout the day (every 3-4 hours) to keep your energy up and metabolism active.
- Focus on choosing vegetables, lean proteins, and whole grains to create a balanced plate.
- Eat a variety of foods and colors for different vitamins and nutrients.
- Your foods should taste delicious – utilize different cooking methods (baking, broiling, grilling, poaching, steaming, stir-fry) and flavoring agents (herbs, spices/seasoning blends, vinegars, lemon/lime juice).
- Stay well hydrated with water and beverages less than 5 calories. Be careful with anything additional you may add in (sugars, creamers, syrups, flavored powders/drops, etc).
- Pay attention to your hunger cues – eat slowly and allow your stomach enough time to signal your brain that you are full (approximately 20 minutes).
- There is no “one-size-fits-all” —everyone is different so your nutrition should be different too! Consider your diet quality, portions, physical activity, hydration, sleep, and stress!