

Food Check List

| Food | Daily Servings | Examples |
|-----------------------|---|--|
| Beans | Daily at lunch or dinner | 3/4 cup of beans, lentils, edamame, tofu, or tempeh |
| | | 1/2 cup hummus or bean dip |
| | | 1 cup fresh peas (<i>green beans don't count</i>) |
| Fruits | One at each meal (3-4 per day) | 1 medium sized fruit, 1 cup cut up fruit, or 1/4 cup dried fruit |
| | | Berries should be consumed daily: 1/2 cup fresh or frozen |
| Veggies | Half of your plate at lunch and dinner (4-5 servings daily) | One cruciferous vegetable: 1 cup raw or 1/2 cup cooked broccoli, cabbage, Brussels sprouts, kale, collard greens |
| | | Salad: 2 cups raw or 1 cup cooked leafy greens |
| | | Other vegetables: 1 cup raw leafy greens, 1/2 cup raw/cooked non leafy vegetable, or 1/2 cup vegetable juice |
| Whole Grains | 3 servings daily | 1/2 cup of hot cereal, cooked grain, pasta, or corn |
| | | 1 cup of whole grain cold cereal |
| | | 3 cups popped popcorn |
| | | 1 tortilla or slice of whole grain bread or english muffin |
| Bonus Foods | | |
| Nuts and Seeds | 1 | 1/4 cup unroasted and unsalted nuts/seeds or 2 tbsp nut butter |
| Flax Seed | 1 | 1 tablespoon ground |
| Spices | 1 | 1/4 tsp turmeric along with other salt-free herbs and spices |