

Eating Healthy for Life at Every Meal

Eating well doesn't have to be complicated. Use this guide to help plan balanced meals, choose healthier foods, and make grocery shopping easier. Aim to include lean protein, vegetables, whole grains or other healthy starches, fruit, and low-fat dairy while keeping portions in mind. The following food lists can help you build meals and snacks that support healthy eating every day.



- 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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Eating Healthy for Life Grocery List

Lean Protein Choices

- ☐ Cabrito
- ☐ 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
- ☐ Tripe
- ☐ Tuna (canned in water)
- ☐ Turkey breast
- ☐ Venison
- ☐ Wild game

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

Fats and Oils 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

Starches, Grains and Lentils 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