# Healthy Food Options.

## STARCHY CARBS

- Sweet potato
- Brown rice
- Quinoa
- Oats
- Whole-grain bread
- Black beans
- Lentils
- Squash
- Whole-grain pasta
- Corn
- Butternut squash
- Whole-grain tortilla

## VEGGIES & FRUIT

- Broccoli
- Spinach
- Kale
- Bell peppers
- Carrots
- Asparagus
- Brussels sprouts
- Portobello
- Peas
- Berries
- Apple
- Citrus
- Cauliflower
- Zucchini
- Green beans
- Cucumber

## PROTEIN

- Grilled chicken breast
- Lean beef
- Turkey
- Salmon
- Fresh cod
- Tuna
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Tilapia
- Shrimp
- Pork tenderloin
- Low-fat string cheese

## LIMIT OR AVOID

High-sugar foods · creamy/cheesy sauces · potato chips · soda.
Deep-fried foods — calorie traps that don't fill you up.
Pro tip: an air fryer gets you the crunch with a fraction of the oil. Same flavor, way better numbers.