



## MORE OF...

**ALL VEGETABLES**

**APPLES**

**BANANAS**

**STRAWBERRIES**

**PINEAPPLE**

**LENTILS**

**KIDNEY BEANS**

**PEAS**

**ALMONDS**

**WALNUTS**

**HAZELNUTS**

**PEANUTS**

**CHIA SEEDS**

**CHICKPEAS**

**PUMPKIN SEEDS**

**WHOLE OATS**

**WHOLE GRAINS**

**QUINOA**

**BROWN RICE**

**POTATOES**

**SWEET POTATOES**

# CARBOHYDRATES

## LESS OF...

**SODA**

**HIGH SUGAR DRINKS**

**SPORTS DRINKS**

**FRUIT JUICES**

**WHITE BREAD**

**PASTRIES**

**COOKIES**

**CAKES**

**ICE CREAM**

**SHERBET**

**DONUTS**

**CHOCOLATE**

**FRENCH FRIES**

**POTATO CHIPS**

**CRACKERS**

**CEREALS**

**CRACKERS**

**REFINED SUGAR**

**CHOCOLATE**

**FRIED FOODS**

**WHITE RICE**

**BUTTER**