



HEALTHY FOODS. SMART CHOICES

Choosing healthy foods is about more than just eating more vegetables. It's also about eating the right ones and preparing them in healthy ways. But healthy vegetables can also be tasty. If you love potatoes, for example, try sweet potatoes instead. They're flavorful and full of nutrients. Here are some other healthy alternatives to try:

Food Groups	 (Try to limit)	 (Choose these instead)
Vegetables	Potatoes, corn, peas	Broccoli, lettuce, carrots, spinach, tomatoes, peppers, cucumbers, sweet potatoes, kale, swiss chard, collard greens, zucchini, squash, celery
Fruit	Dried fruit (raisins, dried cranberries, dried apricots etc), canned fruit in sugar syrup	Apples, oranges, pears, grapefruit, mango, berries (strawberries, blueberries, raspberries, blackberries), melon, banana, kiwi, guava
Grains	White bread, sweetened sugary cereals, white rice, chips & crackers	High fiber unsweetened cereal (like Fiber One, Special K), whole wheat/whole grain bread, whole wheat pasta, brown rice, quinoa
Dairy	Whole milk, cream, full fat cheese, ice cream, whipped cream	Fat free (skim) or 1% milk, light/fat free yogurt, low fat cheese, cottage cheese
Protein	Beef, pork, chicken with skin	Skinless chicken, turkey, fish, egg whites (yolks sometimes), beans, tofu, nuts
Fats (Not really its own food group, but need to pay attention to)	Butter, lard, cream, foods fried in lots of oil	Olive oil, peanut oil, canola oil, sunflower/safflower oil, the fats in fish, olives, nuts, and avocados

Low on fat, high on flavor

When it comes to fat, some fats are good for your heart and help keep your cholesterol low. They're called unsaturated fats (monounsaturated or polyunsaturated and omega-3s). Saturated and trans fats, however, are considered unhealthy fats because they can raise your cholesterol and damage your heart.

Healthy Fats	Unhealthy Fats
 <p>Avocado, salmon, sardines, trout, nuts (almonds, peanuts, walnuts), olives, seeds (sunflower seeds, flaxseed, pumpkin seeds), peanut butter or almond butter, olive oil, canola oil, peanut oil</p>	 <p>Red meat, butter, the skin of chicken, cheese, ice cream, whole milk, cream, half and half, shortening, fried food, packaged cookies/chips/cakes, lard, palm oil</p>