

**Fruits & Vegetables:**

Apples  
Artichokes  
Bananas  
Berries  
Bell Peppers  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Corn  
Grapes  
Green Beans  
Lemons & Limes  
Mushrooms  
Lettuce  
Onions  
Pears  
Pineapple  
Potatoes  
Raisins  
Sprouts  
Squash

**Meat & Seafood:**

Beef  
Chicken  
Turkey  
Eggs  
Fish

Salmon  
Shrimp  
Bread & Grains:  
Barley  
Brown Rice  
Oats (some)  
Whole Wheat Bread  
Whole Wheat Tortillas  
Whole Wheat Pasta  
Whole Grain Cereal  
Wild Rice  
Nuts & Seeds:  
Almonds  
Cashews  
Peanuts  
Pecans  
Pumpkin Seeds  
Walnuts

**Dairy:**

Reduced-fat Cheeses  
Cottage Cheese  
Fat-Free Milk  
Margarine  
Sour Cream  
Fat-Free Yogurt