



# My foods to choose

The foods you choose are important to help you feel your best. Use this list of 100+ great food choices as a quick reference guide and shopping list. It's important to talk to your dietitian to learn more about good food choices and how you can eat the foods you love.

## Protein:

*Serving size: ½ cup or  
1-2 ounces, cooked*

- Beans
- Beef
- Chicken
- Edamame
- Eggs (whole or egg whites)
- Fish
- Lamb
- Lentils
- Pork
- Tofu
- Turkey
- Veal
- Wild game

*All-natural, fresh meat is best. Low-sodium, frozen or canned meats (rinsed) are also acceptable. Limit cured & deli meats. Beans, edamame & lentils are higher in potassium.*

## Bread, Cereal & Grains:

*Serving size: 1 slice,  
1 piece or ½ cup*

- Bagel (half)
- Bread loaf
- Cereal
- Corn tortilla
- Couscous
- English muffin (half)
- Old-fashioned or steel-cut oatmeal
- Pasta
- Pita (half)
- Quinoa
- Rice
- Rice cakes
- Slow-cook cream of wheat
- Slow-cook grits

## Fruits:

*Serving size: 1 small piece  
or ½ cup*

- Apple
- Apricot
- Avocado
- Banana

- Blueberries
- Breadfruit
- Cantaloupe
- Cherries
- Dried fruits (apples, blueberries, cherries, coconut, cranberries)
- Grapes
- Guava
- Honeydew
- Jackfruit
- Kiwi
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion fruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plantain/platano
- Plum
- Pomegranate
- Raspberries
- Sapodilla
- Strawberries
- Tangerine
- Watermelon

Foods listed are based on USDA nutrient database averages. For additional details, talk with your dietitian.

*Choose fresh, canned or frozen fruits. If dried, only ¼ cup.*

## Vegetables:

*Serving size: ½ cup fresh or cooked or 1 cup raw leafy*

- Artichoke
- Asparagus
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chinese cabbage
- Corn
- Cucumber
- Eggplant
- Green or wax beans
- Greens
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkin
- Radish
- Rutabaga
- Spinach
- Squash (all types)
- Tomato
- Tomato products (low-sodium juice, paste, puree, sauce)
- Turnips

- Water chestnuts
- Yams
- Yucca/cassava
- Zucchini

## Fluids:

*Serving size: 4 ounces*

- 100% fruit juice (all types)
- Fresh-brewed coffee
- Fresh-brewed tea (black, herbal)
- Fresh-squeezed lemonade
- Nectars (apricot, guava, mango, papaya, peach, pear)
- Soda (club, lemon-lime)
- Water (sparkling, tap)

## Desserts & Snacks:

*Serving size: 1 piece, ⅛ pie or ½ cup*

- All-natural fruit leather
- Animal crackers
- Apple sauce
- Frozen fruit bars
- Fruit cocktail
- Homemade desserts (such as fruit pie, cobbler)
- Italian ice
- Nuts, seeds & natural nut butters (2 tablespoons)
- Rice Krispies treats
- Sherbet
- Unsalted snacks (crackers, pita chips, popcorn, pretzels, tortilla chips)

## Dairy:

*Serving size: 1 slice or ½ cup*

- Cheese (natural—brick, brie, caraway, cheddar, cheshire, colby, gjetost, goat, monterey, mozzarella, muenster, neufchatel, ricotta, swiss)
- Cottage cheese
- Greek yogurt
- Milk & milk substitutes (unenriched almond, rice, soy)

## Condiments, Fats & Seasonings:

*Serving size: varies*

- Black pepper
- Cream
- Cream cheese
- Dried and fresh herbs
- Garlic
- Homemade gravy
- Honey
- Hot sauce
- Jam/jelly
- Ketchup
- Lemon & lime juice or zest
- Mayonnaise/sandwich spread
- Mustard
- Oils (canola, olive, safflower, vegetable)
- Onion
- Pico de gallo
- Salsa
- Sour cream
- Sweet & sour sauce
- Sweet pickles
- Unsalted butter/margarine
- Vinegar