

## NUTRITION

- Eat more **PLANTS**: vegetable, fruits, legumes (beans and lentils), whole grains, nuts and seeds
- Fill half of your plate with non-starchy vegetables such as broccoli, cauliflower, green beans, asparagus, cabbage, okra, brussels sprouts, leeks, celery, peppers, zucchini, cucumbers, carrots, onions, eggplants, tomatoes, etc.
- Eat starchy vegetables such as sweet potatoes, yams, plantains, corn, beets, squashes and pumpkins, etc.
- Eat whole grains like 100% whole wheat bread, whole wheat pastas, brown rice, oats, buckwheat, quinoa, whole barley, etc.
- Eat at least one serving (1 cup raw or 1/2 cup cooked) of fresh or frozen leafy green vegetables like spinach, swiss chards, collard greens, mustard greens, kale, arugula, bok choy, romaine lettuce, spring mix, etc.
- Eat some fresh or frozen berries every week (blueberries, strawberries, blackberries)
- Eat a handful of nuts everyday (salt-free)
- Eat fruits instead of drinking fruit juices (smoothies that have all the fiber is healthy)
- Eat lentils and beans of all kinds everyday
- Cut down on sources of unhealthy fats such as red and processed meats and high fat dairy
- Choose your protein from beans, lentils, tofu or fish instead of meat
- Reduce refined sugars from all sources, and use either fruits to sweeten your foods, or sugar substitutes such as stevia, erithritol, xylitol, or monkfruit sweeteners
- Reduce added salt and replace with herbs and spices
- Switch butter to vegetable oils such as extra virgin olive oil, avocado oil, sunflower oil
- Get rid of sugar-sweetened drinks and sodas, and drink more water or sugar-free tea or coffee