

CreatingHealthyMeals.com HEALTHY FOODS LIST

<p>BEANS & LEGUMES</p> <p>Anasazi Beans Azuki Beans Black Beans Blackeyed Peas Cannellini Beans Fava Beans Garbanzo Beans Great Northern Beans Kidney Beans Lentils Lima Beans Navy Beans Pinto Beans Red Beans Soybeans Edamame Split peas</p> <p>BEVERAGES</p> <p>Fruit Juices Vegetable Juices Tea Water</p> <p>CONDIMENTS</p> <p>Capers Ginger ★ Mayonnaise (lowfat or soy) Mustard Oils: Canola Oil Olive Oil ★ Peanut Oil Sesame Oil Sunflower Oil Walnut Oil Olives Black Olives Green Olives Kalamata Olives Pickles Pimentos Salsa Soy Sauce (low sodium)</p>	<p>Vinegars: Apple Cider Vinegar Balsamic Vinegar Wine Vinegars</p> <p>DAIRY (LOWFAT)</p> <p>Cheese: Cheddar Feta Mozzarella Parmesan Ricotta Cottage Cheese Milk Sour Cream Yogurt</p> <p>EGGS</p> <p>Egg substitute (egg whites)</p> <p>FRUITS</p> <p>Apples ★ Apricots ★ Bananas Blackberries Blueberries ★ Cantaloupe ★ Cherries ★ Coconut Cranberries Dates Figs Grapefruit Grapes Honeydew Kiwi Lemons Limes Mango Nectarines Oranges Papaya Peaches Pears Pineapple Plums Prunes</p>	<p>Pumpkin Raisins ★ Raspberries Strawberries ★ Tangerines Watermelon</p> <p>GRAINS</p> <p>Barley Bread: Cornbread Crackers Pita Bread Rye Bread Tortillas Whole Grain Bread Bulgur Cereals Cornmeal Corn tortillas Grits Polenta Couscous Millet Pasta (whole wheat) Cannelloni Farfalle (bowties) Fettuccini Lasagna Linguine Macaroni Manicotti Noodles Orzo Penne Ravioli Rice noodles Rotini (spirals) Shells Spaghetti Tortellini Ziti Quinoa ★ Rice Arborio Rice Basmati Rice Brown Rice</p>	<p>Jasmine Rice Wild Rice Spelt</p> <p>NUTS & SEEDS</p> <p>Almonds ★ Brazil Nuts Cashews Flax Seeds Hazelnuts Macadamia Nuts Nut Butters Peanuts Pecans Pine nuts Pistachios Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts ★</p> <p>POULTRY</p> <p>Chicken: Chicken Sausage Ground Chicken Roasted Chicken Skinless Chicken Breasts Turkey Roasted Turkey Turkey Bacon Turkey Cutlets Turkey Sausage</p> <p>SEAFOOD</p> <p>Clams Crab Fish: Bass Catfish Cod Flounder Haddock Halibut Mahi Orange Roughy Perch Salmon ★ Snapper Sole</p>	<p>Trout Tuna Lobster Scallops Shrimp</p> <p>SOY PRODUCTS</p> <p>Miso Soy "ice cream" Soy milk Tempeh Tofu Veggie Burgers</p> <p>VEGETABLES</p> <p>Artichokes Artichoke Hearts Asparagus Avocado Beets ★ Bok Choy Broccoli ★ Brussels Sprouts Cabbage Carrots ★ Cauliflower Celery Corn Popcorn Cucumbers Eggplant Garlic Green Beans Greens: ★ Chard Collard Greens Kale Mustard Greens Turnip Greens Jicama Lettuce: Arugula Bibb Lettuce Endive Escarole Leaf Lettuce Iceberg Lettuce Romaine Lettuce Watercress</p>	<p>Mushrooms: Button Crimini Portobello Shitake Okra Onions Green Onions Leeks Red Onions Shallots Parsnips Peas Snap Peas Snow Peas Peppers Bell Peppers Green Chilis Jalapeno Peppers Sweet Peppers Potatoes Radishes Rhubarb Seaweed Spinach ★ Squash Acorn Squash Butternut Squash Spaghetti Squash Yellow Squash Zucchini Sweet Potatoes ★ Tomatoes: ★ Cherry or Grape Tomatoes Roma Tomatoes Slicing Tomatoes Sundried Tomatoes Tomato sauce Turnips Water Chestnuts</p>
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★ Especially healthy foods, according to many experts

**"Healthy" food is defined here in a very general way: fruits and vegetables, mostly whole grains, lowfat dairy products, limited poultry and seafood. All content is for informational purposes only and is not intended to provide personal medical advice. Medical or nutritional advice should be obtained from a qualified health professional.