

## Good Ingredients

### Fresh Produce:

Fruits (e.g., apples, bananas, berries, oranges)

Vegetables (e.g., broccoli, spinach, carrots, bell peppers)

### Grains:

Whole grains (e.g., brown rice, quinoa, whole wheat pasta)

Oats and oatmeal

Legumes and Pulses:

Lentils

Chickpeas

Kidney beans

Black beans

### Dairy:

Plain yogurt (without added sugars)

Milk

Cheese (in moderation)

### Meat and Alternatives:

Fresh poultry (chicken, turkey)

Fresh fish and seafood

Eggs

Tofu

### Nuts and Seeds:

Almonds

Walnuts

Chia seeds

Sunflower seeds

### Herbs and Spices:

Fresh or dried herbs (e.g., basil, parsley, thyme)

Spices (e.g., cumin, cinnamon, turmeric)

### Beverages:

Water

Herbal teas

Freshly squeezed fruit juices (in moderation)

### Bakery:

Freshly baked whole-grain bread

Sourdough bread

**Condiments:**

Olive oil

Vinegar

Mustard

**Frozen Foods:**

Frozen fruits and vegetables (without added sauces)

Frozen fish or seafood

**Canned Foods:**

Canned vegetables (without added salt or sugars)

Canned beans (without added salt or sugars)

**Sweeteners:**

Honey

Maple syrup

**Always choose whole, unprocessed, or minimally processed options whenever possible to prioritize a healthy, whole-food-based diet.**