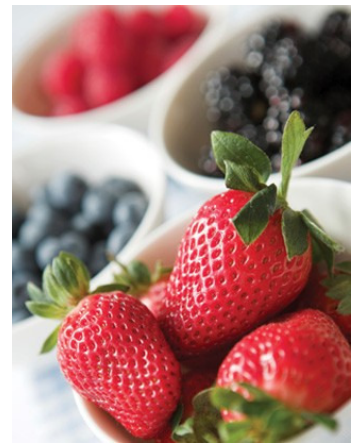


# Eat for Health & Life

The following are suggestions to help direct you in your healthy choices! Fresh food is best!



## Produce:

Apples, Applesauce, Avocado, Asparagus, Bananas, Blueberries, Broccoli, Carrots, Cauliflower, Celery, Cherry Tomatoes, Cucumbers, Grapefruit, Grapes, Mixed Greens, Oranges, Pears, Red Bell Peppers, Romaine Lettuce, Spinach, Sweet Potatoes, Tomatoes, Yellow Bell Peppers

## Whole Grains:

Brown Rice, Brown Rice Cakes, Granola, Oats, Whole Grain Bread, Whole Wheat Pitas/Tortillas/Wraps

## Proteins:

Black Beans, Chicken Breast, Edamame, Eggs, Kidney Beans, Lean Ground Beef, Lean Ground Turkey Breast, Pinto Beans, Salmon, Water-packed Canned Tuna

## Miscellaneous:

Almonds (Unsalted), Cashews, Hummus, Peanut Butter, Raisins, Dried Cranberries (Craisins)

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### **Simple Snack Ideas:**

- Almonds
- Granola Bar
- Celery w/Tuna
- Hardboiled Eggs (3)
- Grape Tomatoes
- Nonfat Cottage Cheese w/berries (or pineapple/cherry tomatoes)
- Veggies & Hummus
- Unsalted Mixed Nuts
- String Cheese
- Applesauce w/Almonds & Sliced Banana
- Homemade Trail Mix (Granola, Raisins/Craisins, Almonds, Peanut Butter Chips)
- Dried Fruit & Greek Yogurt
- Turkey Slices w/Avocado
- Pita w/Tuna Spinach & Bell Pepper
- Pepperoni Slices
- Apple Slices w/ Peanut Butter
- Summer Sausage w/ Whole Wheat Crackers
- Oatmeal
- Fruits & Veggies!!