

Select 6 each day, try to not repeat next day. Try to avoid/limit the Items to Avoid

	Item	Helping Size
Veggies & Fruit:	Kale	1 Cup
	Spinach	1 Cup
	Broccoli	1 Cup
	Brussel Sprouts	1 Cup
	Sweet Potato	4-5 ounces (1/2 large potato)
	Avocado	1/4 Cup
	Garlic	1-2 cloves
	Black Beans	1/4 cup Uncooked/1/2 cup cooked
	Lentils	1/4 cup Uncooked/1/2 cup cooked
	Kidney Beans	1/4 cup Uncooked/1/2 cup cooked
	Chick Peas	1/4 cup Uncooked/1/2 cup cooked
	Berries	1/2 Cup
	Grapes	1 Cup
	Watermelon	1 Cup

Nuts & Grains:	Oats	1/2 cup uncooked
	Oat Bran	1/4 cup uncooked
	Barley	1/2 cup uncooked
	Amonds	1/4 cup (about 23 nuts)
	Walnuts	1/4 cup (about 13 nuts)

Other:	Salmon/trout/Mackerel	5-7 ounces
	Red Wine	6 ounces
	Green/Black Tea	1-2 cups/day
	Olive Oil	1-2 Tablespoons/day
	Dark Chocolate	1-2 ounces/day

Items to Avoid/Limit:	Red Meat, including beef & pork
	Fried Foods
	Bakery Products
	Full Fat Dairy - Milk, butter, cream
	Tropical Oils - Palm oil, Coconut Oil