

TOP 20 FOODS

Healthy choices for calories and protein

1) Peanut Butter

- *High in protein and calories, also a good source of vitamin E, Magnesium, and folate*
- *Try all natural peanut butter which have more heart healthy unsaturated fats than commercial brands*



2)

Avocado

- *Contains fiber, potassium, Vitamin E, and folate*
- *A serving (1/5th of a medium avocado) contains just .5 gm of saturated fat out of 4.5gm total fat*

3) Greek Yogurt

- *Packed with protein, calcium, and probiotics*



4) Cottage Cheese

- *A ½ cup serving of 1% milk fat cottage cheese contains 80 calories and 14gm protein*
- *One serving provides up to 8% of your total recommended calcium intake for the day*



5) Oatmeal

- *A great breakfast choice, oatmeal is an excellent source of cholesterol lowering soluble fiber*



6) **Cheese**

- A unique, versatile, high protein food that contains calcium, vitamin B12, riboflavin, and zinc
- The best lower fat natural cheeses include fresh goat cheese, hard parmesan, and feta

7) **Milk**

- Aside from being a major source of calcium (300mg/glass), each 8oz serving contains 8gm protein



8) **Salmon**

- A 4oz serving (about the size of a deck of cards) contains 14gm fat, only 4gm are saturated
- One serving provides 2.4gm of heart healthy omega-3 fatty acids



9) **Olives**

- High in monounsaturated heart healthy fats, olives are also a good source of fiber, iron, vitamin E, and copper

10) **Nuts & Seeds**

- A good source of monounsaturated heart healthy fats, one serving is equivalent to a small handful
- Varieties include almonds, cashews, ground flaxseed, hazelnuts, walnuts, pistachio nuts



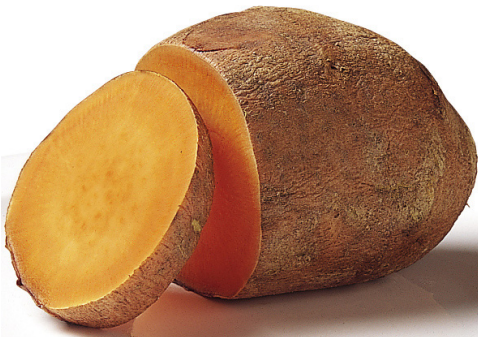


11) Quinoa

- A pseudocereal related to beets and spinach
- A good source of protein, fiber, magnesium, and iron
- Rinse quinoa before preparing to remove saponins which may give a bitter taste

12) Granola

- A great fiber rich, energy dense snack
- Be careful when choosing store bought granola as some brands may contain up to 600 calories per serving. Make your own granola instead.



13) Sweet Potato & Yams

- High in beta-carotenes, a precursor to vitamin A
- Health benefits are optimal when yams are steamed vs boiled

14) Beans & Lentils

- Lentils are high in protein, fiber, folate, and Vitamin B1
- Soak dry beans and lentils overnight before cooking



15) Brown Rice

- A good source of manganese, selenium, and magnesium

- *Lowers cholesterol and slows plaque build up in the arteries*



16) Dried Fruit

- *Dried figs, dates, raisins, papaya, mango, etc.*
- *A calorie dense food packed with many nutrients including dietary fiber, potassium, iron, calcium, vitamin A, Vitamin C, and B-complex*



17) Eggs

- *Excellent source of protein (6-7gm protein/egg)*
- *Great source of choline, which is particularly important in brain function and health*

18) High Fiber Cereal

- *For example, raisin bran, total, mini wheats, oatmeal*
- *Nutrient dense cereals contain higher amounts of heart healthy fiber*

19) Poultry

- *High protein*
- *Choose chicken breast vs thigh or leg*
- *Remove skin before consuming*



20) Soy Products

- *Consume in the whole form: eg, soybeans. Also consider tempeh, fermented tofu, and soy miso*
- *Soy is nutrient rich, including heart-healthy omega 3's*