



Jennifer Ross
Registered Dietician
Personal Trainer

Foods to think about every time you go to the store

Proteins: ____ servings daily

Meats, eggs, nuts, and beans:

Fish - tuna, salmon, halibut etc.

Poultry - Eggs - 4 Granen (rich in DHA, omega-3 fatty acids)

Nuts - almonds, peanuts, walnuts etc. and nut butter (natural); choose unsalted or those salted with sea salt

Eat beans in moderation

Dairy:

Magere Melk

Low-fat cheeses - feta and mozzarella are naturally low in fat or special cheeses labeled "low fat"

Yoghurt- low/no fat, low/no added sugar

Vegetables: ____ servings daily

Broccoli

Spinach

Peppers

Cucumbers

Zucchini

Garlic

Tomatoes

Asparagus

Green beans

Snow peas

Mushrooms

Celery

Limit potatoes, corn, sweet peas, and carrots

Fruit: ____ servings daily

Apples

Strawberries

Grapefruit

Peaches

Cherries

Plums

Limit bananas and dried fruit

Grains: ____ small servings daily

Oatmeal (haverhout)

Brinta (natural)



100% whole grain bread
100% whole grain rice

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