

Focus on fruits

- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Mangos
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Raisins
- Tangerines

Make at least half your grains whole

- 100% whole wheat bread
- Whole wheat pasta or tortillas
- Barley
- Oatmeal
- Brown rice
- Quinoa

Get your calcium rich foods

- Choose fat-free or low-fat (1%) milk and milk products
- Calcium-fortified milk alternatives
- Yogurt

Dairy

Go lean with protein

- Lean cuts of meat, fish & poultry
- Beans and lentils
- Nuts and seeds
- Eggs

Oils

- Canola oil
- Corn oil
- Cottonseed oil
- Olive oil
- Safflower oil
- Soybean oil
- Sunflower oil

Vary your veggies

- Artichokes
- Asparagus
- Avocados
- Beans
- Bean sprouts
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplants
- Lentils
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Plantains
- Pumpkin
- Spinach
- Squash
- Sweet Potatoes
- Tomatos
- Turnips
- Zucchini

