

# Quick and Easy Healthful Food Guidelines



## There are GOOD fats!

### ✓ Monounsaturated fats:

-Canola, Olive, Sesame & Peanut Oils

-Peanut butter, Almonds, Avocados

MORE THAN 20 GRAMS / DAY

### ✓ Polyunsaturated fats:

-Walnuts, Ground Flaxseeds, Sunflower Seeds, & Fish (Salmon, Mackerel, Albacore tuna, Herring...)

## And BAD fats!

### ➤ Saturated fats:

-Whole Fat Dairy Products, Fatty Red Meat, Dark Meat and Skins of Poultry

-Coconut, Palm & Kernel Oil

LESS THAN 20 GRAMS/DAY

### ➤ Trans Fats:

-**AVOID:** Shortening, many fast-foods, convenience and snack foods (cookies, chips, crackers) & anything that contains "Partially hydrogenated/Hydrogenated" in the ingredients list.

## Protein



AIM FOR 45-55 GRAMS / DAY

Some good sources:

- ✓ Fish (Salmon, tuna...)
- ✓ Chicken & Turkey Breast
- ✓ Eggs
- ✓ Low-fat dairy products such as Greek Yogurt, Cottage Cheese, and Milk
- ✓ Lentils and other Legumes and Beans
- ✓ Nuts
- ✓ Luna Bars & South Beach Bars
- ✓ Soy: Boca Burgers & Grounds, Yogurt, Milk, Beans (Edamame) & Tofu

## Carbohydrates

AIM FOR 100-200 GRAMS OF CARBOHYDRATES / DAY AND 20-35 GRAMS of FIBER

- ✓ Most should be COMPLEX Carbohydrates
- ✓ The best sources are Whole Grains, Beans, Vegetables and Fruits

### **INSTEAD OF**

White rice  
White bread  
Sugary Cereal  
Enriched Pasta

### **TRY**

Brown Rice or Wild Rice  
Whole grain breads  
High Fiber and Protein Cereals  
Whole Grain/Higher Protein Pastas

