

# Vitality 4 Health

## PROTEINS

**Legumes**

- kidney bean
- lentil
- chick pea
- black eyed pea
- soy bean

**Dairy**

- milk (skim, 1%, 2%)
- cheese
- yogurt
- kefir
- lebane

**Nuts**

- almonds
- wall nuts
- hazelnut
- pecans

**Meat & Alternatives**

- fish
- chicken
- tofu
- eggs

## STARCHES

**Whole Breads**

- pita
- pumpernickel
- whole wheat
- rye bread
- multigrain

**Cereal**

- all bran
- cream of wheat
- wheat flakes
- rolled oats

**Whole Grains**

- quinoa
- barley
- oat Bran
- bulgur
- whole grain pasta
- brown rice
- whole corn meal

- apple
- apricot
- avocado
- bell pepper

### Citrus

- grapefruit
- orange
- lemon
- lime

### Melons

- cantaloupe
- honey do melon
- watermelon

- peach
- pear
- plum
- tomato
- pumpkin
- eggplant
- squash
- zucchini

### Berries

- blueberry
- blackberry
- cherries
- raspberry
- strawberry

- artichoke
- asparagus
- beet
- bok choy
- broccoli

### Starchy Vegetables

- yam
- sweet potato
- corn

- brussel sprouts
- cabbage
- carrot
- cauliflower
- celeri
- endive

### Herbs

- basil
- cilantro
- parsley
- garlic
- onion
- ginger

- fennel
- fiddlehead
- kale
- leek
- lettuce
- lobok

- radish
- spinach
- swiss chard
- turnip

## FRUIT



## VEGETABLES

