

# EatingWELL

## NON-STARCHY VEGETABLES, HERBS AND SPICES

Plan meals around non-starchy vegetables. They are high in fiber, vitamins and minerals, and low in calories and carbohydrates.



## DRINKS

Drink mostly water and unsweetened drinks.

## CARBOHYDRATES

Choose carbohydrates wisely. The best options have fiber or protein.

## PROTEIN

Have protein at meals and most snacks. Protein helps maintain muscle and keeps you satisfied.



## HEALTHY FATS

Include healthy fats to better absorb fat-soluble vitamins, improve the taste of food, and promote heart health.



## NON-STARCHY VEGETABLES

Include as often as possible

acorn squash*	cauliflower	lettuce	spaghetti squash
artichoke	celery	leeks	spinach
arugula	chayote	mustard greens	snow peas
asparagus	collard greens	mushrooms	sugar snap peas
bamboo shoots	cucumber	okra	summer squash
bell pepper	daikon	onions	Swiss chard
beets	eggplant	parsley	tomatillos
beet greens	garlic	poblano pepper	tomatoes
bok choy	green beans	pumpkin*	turnip root
broccoli	heart of palm	radish	turnip greens
broccoli rabe	herbs	rhubarb	water chestnuts
Brussels sprouts	jalapeño pepper	romaine	watercress
butternut squash*	jicama	rutabaga	wax beans
cabbage	kale	salad greens	yellow squash
carrots	kohlrabi	scallions	zucchini

\*has a moderate amount of carbohydrate (10 grams per ½ cup cooked)

## Choose carbohydrates wisely

- **Focus on fiber.**  
Fiber helps prevent blood sugar fluctuations and can also help improve cholesterol and acid reflux.
- **Remember that not all carbs are the same.**  
While plant proteins like beans and lentils have carbohydrates, they are also great sources of fiber and protein.
- **Choose whole grains instead of refined grains.**  
Look for the name of the grain or the word “whole” in the first ingredient. Examples include “oats” or “100% whole wheat.”
- **Limit added sugar.**  
You’ll find it on the nutrition facts panel and in the ingredient list of a food.

## PROTEIN-RICH FOODS

- Edamame, tofu, seitan, tempeh
- Seafood: crab, flounder, herring, mackerel, oysters, salmon, sardines, scallops, shrimp, trout, tuna
- Nuts and seeds: enjoy in moderation
- Eggs, chicken, turkey
- Cottage cheese and other cheeses: enjoy in moderation or choose low-fat options
- Red meat (beef and pork): limit to one serving per week for heart health
- Limit or avoid cured or processed meats and fast foods for heart health

## PROTEIN-RICH FOODS WITH CARBOHYDRATES

- **Beans:** black, cannellini, kidney, lima, navy, pinto
- **Lentils:** black beluga, brown, green, red, yellow
- **Peas:** black-eyed peas, chickpeas, field peas, split peas
- **Yogurt and milk:** choose options with low or no added sugar

## OTHER CARBOHYDRATE FOODS

- **Fruits**  
Choose fresh and frozen most often  
Eat whole fruit instead of drinking juice  
Read the label to avoid added sugar in fruit cups and dried fruit
- **Starchy vegetables**  
Cassava, corn, parsnips, potatoes (red, russet, sweet, white)  
Choose baked, broiled, roasted, and other cooking methods instead of fried
- **Whole grains**  
Barley, black rice, brown rice, bulgur, farro, oats, popcorn, quinoa, wild rice  
Whole grain bread, cereal, grits, pasta, polenta, tortillas