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| BEANS 3 servings/day | ¼ cup of hummus or bean dip ½ cup cooked beans, split peas, lentils, tofu, or tempeh 1 cup of fresh peas or sprouted lentils | Black beans, black-eyed peas, butter beans, chickpeas, edamame, english peas, great northern beans, kidney beans, lentils, miso, navy beans, pinto beans, small red beans, split peas, and tempeh |
| BERRIES 1 serving/day | ½ cup fresh or frozen ¼ cup dried | Açai berries, barberries, blackberries, blueberries, cherries, concord grapes, cranberries, goji berries, kumquats, marionberries, mulberries, raspberries, and strawberries |
| OTHER FRUITS 3 servings/day | 1 medium-sized fruit 1 cup cut-up fruit ¼ cup dried fruit | Apples, apricots, avocados, bananas, cantaloupe, clementines, dates, figs, grapefruit, honeydew, kiwifruit, lemons, limes, lychees, mangos, nectarines, oranges, papayas, passion fruit, peaches, pears, pineapple, plums, pluots, pomegranates, prunes, tangerines, and watermelon |
| CRUCIFEROUS VEGETABLES 1 serving/day | ½ cup chopped ¼ cup brussels or broccoli sprouts 1 tablespoon horseradish | Arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, collard greens, horseradish, kale, mustard greens, radishes, turnip greens, and watercress |
| GREENS 2 servings/day | 1 cup raw ½ cup cooked | Arugula, beet greens, collard greens, kale, mesclun mix, mustard greens, sorrel, spinach, swiss chard, and turnip[greens |
| OTHER VEGETABLES 2 servings/day | 1 cup raw leafy vegetables ½ cup raw or cooked nonleafy vegetables ½ cup vegetable juice | Artichokes, asparagus, beets, bell peppers, carrots, corn, garlic, mushrooms, okra, onions, purple potatoes, pumpkin, sea vegetables (arame, dulse, and nori), snap peas, squash, sweet potatoes/yams, tomatoes, and zucchini |
| FLAXSEEDS 1 serving/day | 1 tablespoon ground | Golden or brown |
| NUTS AND SEEDS 1 serving/day | ¼ cup nuts or seeds 2 tablespoons nut or seed butter | Almonds, Brazil nuts, cashews, chia seeds, hazelnuts/filberts, hemp seeds, macadamia nuts, peanuts (<i>although they're technically a legume</i>), pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts |
| HERBS AND SPICES | ¼ teaspoon of turmeric (or ¼" slice turmeric root) other salt-free herbs and spices | Allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, and vanilla |
| WHOLE GRAINS 3 servings/day | ½ cup hot cereal or cooked grains, pasta, or corn kernels 1 cup cold cereal 1 tortilla or slice of bread ½ bagel or english muffin 3 cups popped popcorn | Barley, brown rice, buckwheat, millet, oats, popcorn, quinoa, rye, teff, whole-wheat pasta, and wild rice |
| BEVERAGES 5 servings/day | 1 glass (12 ounces) of tap water other healthy beverages as desired | Black tea, chai tea, vanilla chamomile tea, coffee, earl grey tea, green tea, hibiscus tea, hot chocolate, jasmine tea, lemon balm tea, almond blossom oolong tea, peppermint tea, rooibos tea, water, white tea |
| EXERCISE 1 serving/day | 90 minutes of moderate-intensity activity 40 minutes of vigorous activity | Moderate: bicycling, hiking, housework, swimming recreationally, treading water, walking briskly (4 mph), water aerobics, yard work, and yoga Vigorous: Circuit weight training, jogging, jumping rope, swimming |