

## **Healthy Foods to Consume Regularly**

**Almonds**

**Green Beans**

**Dairy (milk & cheese)**

**Instant Oatmeal**

**Eggs**

**Turkey**

**Chicken (grilled & baked)**

**Fish with Olive Oil**

**Whole Grain Bread (wheat)**

**Protein powder (whey/soy protein shakes)**

**Raspberries & Strawberries**

**Apples**

**Bananas**

**Brown Rice**

**Citrus Fruit**

**Fruit Juice**

**Corn**

**Melons**

**Mushrooms**

**Pasta**

**Peaches**

**Potatoes (baked)**

**Soup**

**Red Wine (1, 2 glasses)**