

# EAT MORE IN 2012

## THE HEALTHY HIPSTER CHEAT SHEET

### Vegetables

- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Dark Greens (Chard, Spinach, Collards, Kale)
- Romaine Lettuce
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Leeks
- Mushrooms
- Onions
- Romaine lettuce
- Seaweed/Sea Vegetables
- Squash, summer
- Squash, winter
- Sweet potatoes
- Tomatoes
- Turnip/Rutabega

### Whole Grains, Beans & Starches

- Ezekiel Bread
- Brown Rice Tortillas
- Brown Rice
- Whole Wheat Cous Cous
- Oats & Oat Bran
- Buckwheat
- Polenta
- Winter Squash
- Sweet Potato
- Black Beans
- Lentils
- Garbanzo Beans

### Fruit

- Berries
- Apples
- Banana
- Citrus (Grapefruit, lemon, lime, orange)
- Pear

### Fats

- Avocado
- Olives
- Flax seed oil
- Chia seeds
- Goat Dairy
- Almond Butter
- Tahini
- Pumpkin Seeds
- Brazil Nuts
- Ghee
- Coconut Oil

### Protein Sources

- Chicken breast
- Lean beef
- Turkey
- Eggs
- Tofu (Non-GMO)
- Vegan Protein Powder
- Fish (Low mercury/Sustainable)
  - ✓ Pollock
  - ✓ Hake
  - ✓ Herring
  - ✓ Sardines
  - ✓ Atlantic mackerel
  - ✓ Rainbow Trout
  - ✓ Mussels/Oysters
  - ✓ Octopus/Squid
  - ✓ Tilapia, Wild salmon (canned/frozen)
  - ✓ Arctic char
  - ✓ Canned LIGHT Tuna

### Spices

- Ginger
- Turmeric
- Chili peppers/Cayenne
- Cinnamon
- Garam Masala

### Drinks

- WATER
- Tea (Green Tea/Herbal)
- Probiotic Drinks (Kombucha)