

## *A SAMPLING OF WHOLE FOODS*

### **Leafy greens - unlimited amount - 1 lb is roughly 100 calories**

kale  
collards  
bok choy  
Napa cabbage  
Brussels sprouts  
turnip greens  
broccoli raab  
Swiss chard  
lettuce - Romaine or equivalent  
beet greens  
dandelion greens  
escarole  
spinach

### **Colorful watery and light vegetables large amounts a day**

asparagus  
corn  
cucumbers - kyuri  
daikon radish  
snow peas and string beans  
sprouts  
artichokes  
zucchini, chayote  
okra  
broccoli  
cauliflower  
eggplant  
nopales - cactus pads  
water chestnuts  
sweet red peppers  
tomatoes

### **Colorful solid and heavy vegetables a cup a day**

carrots  
potatoes, sweet potatoes  
butternut, acorn squash  
pumpkins  
taro root  
turnips  
rutabagas  
malanga  
yams

### **Cooked whole grains total a cup a day**

amaranth  
barley  
brown rice - many varieties  
buckwheat  
millet  
oats - chopped whole grain / flattened flakes  
quinoa - high in fat  
wild rice

*Plan 90% of your diet around these and other whole foods;  
use some raw, others steamed, and the rest cooked and  
seasoned to suit your taste.*

### **fresh fruits - 4 cups of combined fruits a day**

apples  
apricots  
bananas  
raspberries, strawberries, blueberries  
dates  
cranberries  
figs  
grapes  
kiwis  
mangoes  
melons  
nectarines  
oranges, tangerines  
papayas  
peaches  
pears  
persimmons  
pineapples  
plums

### **Cooked legumes or beans - a cup a day**

chickpeas - garbanzos  
black eyed peas  
black beans, pinto beans  
lentils  
mung beans  
red kidney beans  
pigeon peas - gandules  
canellini, navy beans  
peanuts \*  
soy beans \*

### **Raw nuts and seeds - a fistful a day 1 oz is roughly 100 calories**

almonds  
cashews  
coconut  
walnuts  
pecans  
pistachios  
pine nuts - pignolis  
macadamias  
pumpkin seeds  
sesame seeds  
sunflower seeds  
flax seeds - ground

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