

Healthy Foods

Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.

Here is a list of healthy foods that you should try to incorporate in your diet, but before making any changes to your diet talk to your doctor first.

Vegetables and Fruits

Fruits and vegetables are:

- Low in calories,
- High in fiber (they fill you up), and
- Can be helpful in preventing certain cancer.

We need to consume a variety of fruits and vegetables in order to get the nutritional balance our bodies need. Below is a list of variety of fruits and vegetables to incorporate into your meals or eat as a snack.

- Green: Collard greens, spinach, broccoli, green peas, kiwi
- Yellow/Orange: Carrots, sweet potatoes, yellow peppers, butternut squash, bananas, oranges, lemons
- Red: Red cabbage, beets, red onion, kidney beans, radishes, cranberries, raspberries, strawberries
- Blue/Purple: Eggplant, blueberries, blackberries, grapes, plums
- White: Garlic, onion, leeks, scallion, chives

Experts recommend the daily consumption of 2 to 6.5 cups of fruits and vegetables, depending on one's energy needs. This includes 1 to 2.5 cups of fruits and 1 to 4 cups of vegetables, with special emphasis on dark green and orange vegetables and legumes.

Whole Grains

The outer layer of a grain is rich in fiber, vitamins, and minerals. Whole grain products retain this layer while other processed grains don't.

If you choose whole-grain products, make sure the word "whole" is on the label. If the ingredient list on a wheat bread lists only "wheat" and not "whole wheat," it's not a whole-grain product.

There are many other grains for example:

- Oats: Easily digested, oats provide B vitamins. Oatmeal and oat bran are excellent for lowering cholesterol.
- Quinoa: A high quality protein. Quinoa is also high in iron.
- Rice: Choose brown or wild rice over enriched white rice whenever you can.
- Wheat: Whole-wheat bread and pasta are widely available. Bulgur wheat is a form of cracked wheat.

Wheat

germ, although only a part of the whole grain, is an excellent source of vitamin E.

Legumes

Developed by: Northwestern University Feinberg School of Medicine
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Legumes are an important source of protein and fiber. Legumes are a broad category of foods that includes:

- Beans (red beans, kidney beans)
- Lentils
- Split peas
- Garbanzo beans, etc.

Notes: _____
