

# FIT, AND 50 Fabulous

## Healthy Carbs

### WHOLE GRAINS

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Corn
- Farro
- Millet
- Old-Fashioned Oatmeal
- Quinoa
- Steel Cut Oats
- Whole-Grain Rice
- Wild Rice
- Wheat Berries

### WHOLE OR SPROUTED GRAIN BREADS AND PASTA

- Bagels
- Bread
- English Muffins
- Pasta
- Wraps

### BEANS AND LEGUMES

- Black Beans
- Chick Peas
- Kidney beans
- Lentils
- Peas

### STARCHY CARBS

- Potatoes
- Sweet Potatoes
- Taro
- Yuca

### DAIRY

- Plain Kefir
- Plain non Greek Yogurt

### FRUITS

- Dried fruit
- Fresh fruit
- Frozen fruit

# FIT, AND 50 Fabulous

## Healthy Proteins

### MEATS AND POULTRY

- Beef
- Bison
- Chicken
- Duck
- Lamb
- Lean pork
- Turkey
- Venison, and other wild game

### PROTEIN POWDER SUPPLEMENTS

- Bone-broth
- Casein
- Collagen
- Hemp
- Pea
- Rice
- Whey

### SEAFOOD

- Clams
- Crayfish
- Fish
- Lobster
- Mussels
- Octopus
- Scallops
- Shrimp
- Snails
- Squid

### PLANT-BASED

- Beans
- Edamame
- Legumes
- Lentils
- Tofu
- Tempeh

### DAIRY

- Cottage cheese
- Eggs
- Egg whites
- Milk
- Plain non-fat Greek Yogurt

# FIT, AND 50 Fabulous

## Healthy Fats

### OILS

- Avocado oil
- Coconut oil
- Extra virgin olive oil
- Walnut oil

### DAIRY

- Aged cheese
- Butter/Ghee\*
- Cream
- Egg yolks

*\*eat sparingly*

### FRUIT

- Avocado
- Coconut
- Olives

### NUTS AND NUT BUTTERS

- Almonds
- Brazil nuts
- Cashews
- Pecans
- Peanuts
- Pistachios
- Walnuts

Nut butters from nuts in this category

### SEEDS

- Chia
- Flax
- Hemp
- Pumpkin
- Sesame

# FIT, AND 50 Fabulous

## Healthy Fruits & Vegetables

- Beets
- Cherries
- Cranberries
- Pomegranate
- Radicchio
- Radish
- Raspberries
- Red cabbage
- Red grapefruit
- Red grapes
- Red leaf lettuce
- Red peppers
- Red onions
- Red-skinned apples
- Rhubarb
- Tomatoes
- Strawberries
- Watermelon

- Acorn Squash
- Apricots
- Butternut squash
- Cantaloupe
- Carrots
- Oranges
- Orange cauliflower
- Orange peppers
- Pumpkin

- Bananas
- Mangos
- Nectarines
- Papayas
- Peaches
- Pineapple
- Pumpkin
- Orange cauliflower
- Orange peppers
- Yellow beets
- Yellow peppers
- Yellow squash

- Arugula
- Asparagus
- Beet greens
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage
- Celery
- Collards
- Cucumbers
- Okra
- Green beans
- Green peppers
- Okra
- Romain lettuce
- Snap peas
- Spinach
- Kale
- Kiwis
- Zucchini

- Black grapes
- Blackberries
- Blueberries
- Eggplants
- Plums
- Purple asparagus
- Purple cabbage
- Purple carrots
- Rutabaga

- Bean sprouts
- Cauliflower
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Shallots
- White asparagus
- White carrots