**Fruits & Vegetables**

Vegetables and Salads — Lettuce, collard greens, bok choy, watercress, coriander, bamboo shoots, baby corn, kale, mustard greens, Mexican cactus, yams, chilies, squash, jicama, sweet potatoes, carrots, green peppers, broccoli, cauliflower, eggplant, zucchini, green beans, mushroom, spinach, corn, and potatoes (reduce or avoid french fries)

Fruits — Apple, banana, strawberry, orange, kiwi, mango, grape, pineapple, watermelon, peach, pear, guava, cherimoya

**Dairy & Milk Alternatives**

Nonfat and lowfat
Milk, yogurt and cottage cheese
Soy milk

**Whole Grains**

Whole grain bread
Whole wheat pasta
Brown rice
High-fiber cereal
Whole wheat tortillas
Whole wheat soba noodles
Rice wheat buns

**Fruits & Vegetables**

Essential fats
Use olive or canola oil for cooking and dressing on salad


* Available in Spanish, Chinese and Vietnamese at www.ahwg.net