



Eating a Well Balanced Diet

By Cynthia Lair

Main Dishes (squares):

Whole Grains, Vegetables, Legumes, Fruit

Side Dishes and Toppings (triangles):

Dairy, Sea Vegetables, Animal Proteins, Nuts and Seeds.

At least two of the four foods represented by triangles should be included in the diet; so for those choosing to be vegan it is important to include nuts and seeds (for fats) and sea vegetables (for minerals) on a regular basis.

Drink plenty of filtered water every day. Include some fermented foods in your weekly diet. If you have to buy your food canned or frozen beware of added ingredients like sugar, salt, and lard.

Food listings compiled by Heather Ward.

Whole Grains- Non-refined and rotate regularly (Bread, crackers, and pasta are processed and refined.). Amaranth, barley, brown rice, bulgur (cracked wheat), flaxseed, millet, oats, quinoa, rye, spelt, wheat berries, and wild rice.

Legumes- Adzuki beans, anasazi beans, black beans, black-eyed peas, calico beans, cannellini beans, chickpeas (garbanzo beans), edamame (green soybeans), fava beans, great northern beans, italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, split peas, white beans.

Vegetables- Eat your vegetables cooked and raw. Eat leafy greens and yellows everyday. Arugula, asparagus, avocado (fruit), beets, bell peppers, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, dandelion greens, eggplant, garlic, green beans, green peas, kale, leeks, mushrooms, mustard greens, okra, olives, onions, parsnips, potatoes- sweet and whites, spinach, squash- summer and winter, swiss chard, turnip greens, watercress, yams, zucchini.

Fruits- Raw and some dried. Apples, apricots, avocado, banana, blackberries, blueberries, cantaloupe, cherries, cranberries, dates, dried fruit, figs, grapefruit, grapes, guava, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, persimmons, pineapple, plums, raspberries, raisins, strawberries, tangerines, tomatoes, watermelon.

Animal Protein- Fish- anchovies, bass, cat fish, flounder, halibut, herring shark, salmon, sword fish, tilapia, tuna, mackerel, shell fish (crab, lobster, clams, mussels, etc), trout. For longer listing visit- http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_factsheet.aspx Please also see seafood safety handout. Poultry/Eggs-chicken, turkey, duck, quail, pheasant. Red Meat- buffalo, beef, lamb, mutton, ostrich, venison.

Dairy- Cheeses, milk, yogurt.

Nuts and Seeds- Mostly raw. Nuts- almonds, brazil, cashews, chestnuts, coconuts, hazels, macadamia, peanuts, pecans, pine nuts, pistachios, walnuts. Seeds- pumpkin, sesame, sunflower.

Sea Vegetables- Raw, cooked, and dried. Agar, arame, dulse, hijiki, irish moss, kelps, kombu, laver, nori, sloke, wakame.