

# ***WHOLE GRAINS***

**All whole grains and legumes**

**Whole Wheat  
Brown Rice  
Millet  
Quinoa  
Oats  
Barley  
Grits**

**Whole Wheat Pasta  
Whole Wheat Tortillas  
Rice Cakes  
Popcorn  
Dried Beans  
Pinto Beans  
Split Peas**

**Lentils  
Black Eyed Peas  
Kidney Beans  
Black Beans  
Cannellini Beans  
White Beans**

# ***NUTS & SEEDS***

**All nuts and seeds**

**Sunflower  
Seeds  
Cashews**

**Peanuts  
Sesame  
Nut Butters**

# ***HEALTHY OILS***

**All healthy liquid oils**

**Olive  
Canola  
Grape Seed**

**Peanut  
Sesame**

# ***ADDITIONAL***

**Water  
Tofu  
Soy Products  
Vinegar  
Seasonings  
Salt**

**Herbs  
Spices  
Plant-Based Milks  
Juices  
Coffee**