

Vegetables = 50% of Plate

Eat These

- Asparagus
- Beets
- Bell pepper
- Bitter melon
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Collard/mustard greens
- Eggplant
- Kale
- Mushrooms
- Onion
- Peas
- Squash
- Spinach
- Spring greens
- Sweet potato

Limit/Don't Eat These

- Corn
- Potato
- Yucca

Fruits = Limit to 2 Pieces/Servings per Day

Eat These

- Eat any fruit with the peel
- Apple
- Blackberries
- Blueberries
- Grapefruit
- Nectarines
- Orange
- Peach
- Pear
- Plums
- Raspberries

Limit/Don't Eat These

- Banana
- Cantaloupe
- Grapes
- Mango
- Watermelon
- Pineapple

