

# HEALTHY FOOD GUIDE

A simple, quick and easy reference sheet for healthy food choices.  
Remember! This is only a brief list - don't limit yourself just to these foods.  
Experiment, research and try new foods to find what works for you.

## PROTEINS

Boneless, Skinless Chicken Breast  
Tuna (water packed)  
Fish (salmon, seabass, halibut)  
Shrimp  
Fresh Turkey breast (not deli meat)  
Lean Beef mince  
Lean steak - Ribeye, Roast, Sirloin, Tenderloin, Filet  
Egg Whites

## FATS / DAIRY

Natural Style Peanut Butter	Low-fat cottage cheese
Olive Oil / Coconut Oil	Egg yolks
Nuts	Almond Milk / Full Fat Milk
Flaxseed Oil	Yogurt (Chobani)
Chia Seeds	

## FIBROUS CARBS

Spinach	Cauliflower
Broccoli	Zucchini
Asparagus	Cucumber
Green Beans	Green Leafy Lettuce
Brussels Sprouts	Fruit (simple carb)

## COMPLEX CARBS

Oats (Old Fashioned or Quick Oats)  
Sweet Potatoes  
Beans (pinto, black, kidney)  
Oat Bran Cereal  
Brown Rice  
Wholemeal Pasta  
For cooking - Almond meal/wholemeal flour

## FIBROUS CARBS

Fresh Herbs  
Spices (Chilli powder/cinnamon/etc)  
Garlic  
Lemon / Lime  
Reduced Sodium Soy Sauce  
Balsamic Vinegar  
Salsa  
Mustards  
Extracts (vanilla, almond, etc)  
Low Sodium beef/chicken/vegetable broth  
Plain or reduced sodium tomatoes sauce, puree, paste

### Tip!

Aim to make up  
80-90% of your  
calorie intake with  
unprocessed, whole  
foods.