



Macronutrients

Preventive Medicine

Carbohydrates

Beans
Breads
Enriched Pasta
Fortified Cereal
Fruit
Peas
Potatoes
Rice: Brown, Wild, Black, Red
Whole Grains: Barley, Buckwheat, Millet, Oats, Polenta, Quinoa

Proteins

Eggs
Fish: Basa, Tilapia, Tuna, Mahi
Cottage Cheese
Grass-fed Beef
Lentils
Milk
Omega-3 Fish: Anchovies, Atlantic Mackerel, Halibut, Rainbow Trout, Sardines, Wild Salmon
Poultry: Duck, Hen, Chicken, Quail, Turkey
Seafood: Clams, Crabs, Oysters, Shrimp, Lobster
Whey Protein Powder
Yogurt

Fats

Avocado
Butter
Nuts: Almonds, Cashews, Nut Butters, Other Nuts, Peanuts, Pecans, Pistachios, Walnuts, Macadamia
Oil: Avocado Oil, Coconut Oil, Flaxseed Oil, Hazelnut Oil, Olive Oil, Sesame Oil
Seeds: Chia Seeds, Flax Seeds, Pumpkin Seeds, Sesame Seeds
Unsaturated Fatty Acids: Sunflower Oil, Vegetable Oil