

Your Daily Checklist for Healthy Eating

✓	Healthy Foods	Recommendation	1 serving	Some of Our Favorites
<input type="checkbox"/>	Beans	3 servings a day	½ cup beans or lentils ¼ cup of hummus 1 cup of peas	Black beans, cannellini beans, chickpeas, edamame, peas, kidney beans, lentils, tofu, hummus
<input type="checkbox"/>	Berries	1 serving a day	¼ cup dried ½ cup fresh or frozen	Blackberries, cherries, raspberries, strawberries, blueberries
<input type="checkbox"/>	Fruits	3 servings a day	¼ dried fruit 1 medium-sized fruit 1 cup cut-up fruit	Apricots, avocados, bananas, melon, apples, papaya, passion fruit, peaches, pears, dates, dried figs, grapefruit
<input type="checkbox"/>	Cruciferous Vegetables	1 serving a day	½ cup cooked 1 cup raw	Broccoli, kale, cauliflower, asparagus, cabbage, brussel sprouts
<input type="checkbox"/>	Greens	2 servings a day	½ cup cooked 1 cup raw	Spinach, arugula, leaf lettuce, swiss chard
<input type="checkbox"/>	Other Vegetables	2 servings a day	½ cup raw/cooked non-leafy 1 cup of raw leafy vegetables	Carrots, mushrooms, onions, sweet potatoes
<input type="checkbox"/>	Flaxseeds	1 serving a day	1 tablespoon ground	
<input type="checkbox"/>	Nuts	1 serving a day	¼ nuts/seeds 1 tablespoon nut butter	Peanut, almond, brazil, walnuts, sunflower or pumpkin seeds
<input type="checkbox"/>	Spices	1 serving a day	Quarter of a teaspoon	Turmeric, cinnamon
<input type="checkbox"/>	Whole Grains	3 servings a day	½ cup oatmeal 1 cup cold cereal 1 piece of bread ½ bagel 3 cups popcorn	Brown rice, wild rice, quinoa, oats, whole-wheat pasta
<input type="checkbox"/>	Beverages	5 servings a day	5 large glasses	Water, coffee, green tea, hibiscus tea

And don't forget to get some exercise at least once per day! Ideally, you should have 30 minutes a day of moderate activity, such as walking.



Synergy Private Health