

HEALTHY FOODS REFERENCE GUIDE

PROTEINS

Meats

- Bacon (lean)
- Chicken
- Duck
- Ham - limited
- Lean beef
- Lean Lamb
- Lean Beef Mince
- Pork Fillet
- Turkey
- Turkey Mince
- Ostrich
- You are looking at about 5g or less
Per 100g or 5%

Fish

- Cod
- Dover Sole
- Haddock Hake
- Halibut
- Hoki
- Lemon Sole
- Mackerel
- Red Snapper
- River Cobbler
- Salmon
- Sardines
- Sea Bass
- Sword Fish
- Trout
- Tuna
- Whiting
- Sardines

Shellfish

- Crab
- Oysters
- Lobster
- Mussels
- Prawn
- Scallops
- Squid
- Shrimp
- Crayfish

Beans, Pulses and Peas

- Aduki Beans
- Black Eye Beans
- Borlotti Beans
- Broad Beans
- Butter Beans
- Cannellini Beans
- Chick Peas
- Haricot Beans
- Lentils
- Peas
- Pinto Beans
- Red Kidney Beans
- Soya Beans

Vegetarian Options

- Quorn
- Soya
- Tofu
- Beans, Peas, Pulses
- Nuts

Dairy

- Eggs
- Milk
- Cottage Cheese
- Cheese
- Plain Greek yogurt
- SKYR,
- Low Fat Natural Yoghurt

Protein Supplementation

- Whey Protein
- Soya Protein
- Hemp Protein

Vegetables and Fruit

Veg

- Aubergine
- Beetroot
- Broccoli
- Carrots
- Cauliflower
- Courgette
- Cabbage
- Kale
- Leek
- Spring Onions
- Parsnips
- Peas
- Spinach
- Swede
- Samphire
- Lettuce
- Rocket
- Peppers
- Tomatoes
- Onions
- Swiss Chard
- Purple Sprouting

And there are plenty more – just get out there and try something different

Fruit

- Apples
- Banana
- Kiwi
- Lemon
- Lime
- Figs
- Dates
- Berries
- Grapes
- Orange
- Grapefruit
- Pineapple
- Pear
- Melon
- Coconut
- Pomegranate
- Peach
- Plum
- Mango

And there are plenty more – just get out there and try something different

Grains

- Brown Rice
- Wild Rice
- Oats
- Whole Wheat Bread
- Pitta Bread
- Whole Wheat Flat Breads
- Pasta
- Cous Cous
- Quinoa
- SweetCorn
- Bulgur Wheat

Veg

- Potatoes
- Butternut Squash
- Sweet Potatoes
- Pumpkins
- Butternut Squash
- Yam
- Corn

Good Fats

Nuts and Seeds

- Any Nuts
- Any Seeds
- Avocados
- Coconuts
- Olives
- Peanut

Oils

- Coconut Oil
- Extra Virgin
Olive oil
- Butter
- Flax Oil
- Fish Oil