

4Leaf Food Groups

Below are just a few of the many examples of 4Leaf foods to help you get started.

Fresh (and frozen) fruit.

Apples, apricots, bananas, berries, melons, cherries, grapefruit, grapes, kiwi, mangos, oranges, peaches, plums, pears, pineapple.

*Note: fruit juices and dried fruits are not whole plants and contain concentrated amounts of sugar. Use these sparingly, if at all.

Whole vegetables.

Leafy greens (spinach, arugula, collards, lettuces, bok choy, endive, lettuce), artichokes, asparagus, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, leeks, mushrooms, onions, okra, parsnips, peas, squash, turnips, water chestnuts.

*Note: vegetable juices are not whole plants and contain concentrated amounts of sugar. Use these sparingly, if at all.

*Avocados are whole plants, but they contain high amounts of fat. Use no more than ¼ avocado per day.

Whole grains, legumes, and potatoes.

Dried or canned beans (chickpeas, cannellini beans, black beans, kidney beans, lima beans, navy beans, great northern beans), lentils, split peas, buckwheat, rice (brown, wild), quinoa, millet, bulgur, barley, oats (those that take ten or more minutes to cook).

Nuts and seeds.

Walnuts, flaxseeds, hemp seeds, chia seeds, peanut butter.

*Note: nuts and seeds are whole plants, but they contain high amounts of fat. Limit to no more than 200 calories. Make sure if you are using nut butters, they do not contain added ingredients like sugars or oils.

