

How many of these foods you can eat this week?



Almonds: 1-1.5 ounces or 2-3 tablespoons almond butter*

Apples*

Beans, peas, lentils: ½ cup*

Berries: ½-1 cup

Broccoli: As much as you can possibly hold

Dark chocolate: At least 70% cocoa, 1 ounce

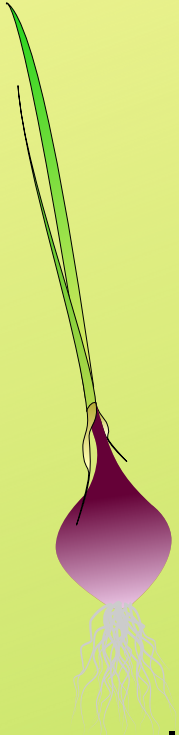
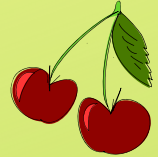
Flaxseed: 2 tablespoons, ground*

Oatmeal or barley: 1 cup (cooked)*

Red, yellow and orange fruits and veggies - 1 cup (minimum)

Salmon, tuna, trout - 3-4 ounces

Walnuts: 1-1.5 ounces*



I ate THESE foods this week. Yay me.

Eating for weight control?

*Choose 1-1.5 ounces TOTAL
almonds and/or walnuts daily.*

*Aim to eat daily

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