

Extras

Eggs

Poultry

Fish

Lean red meat

Legumes

Nuts

Olive oil

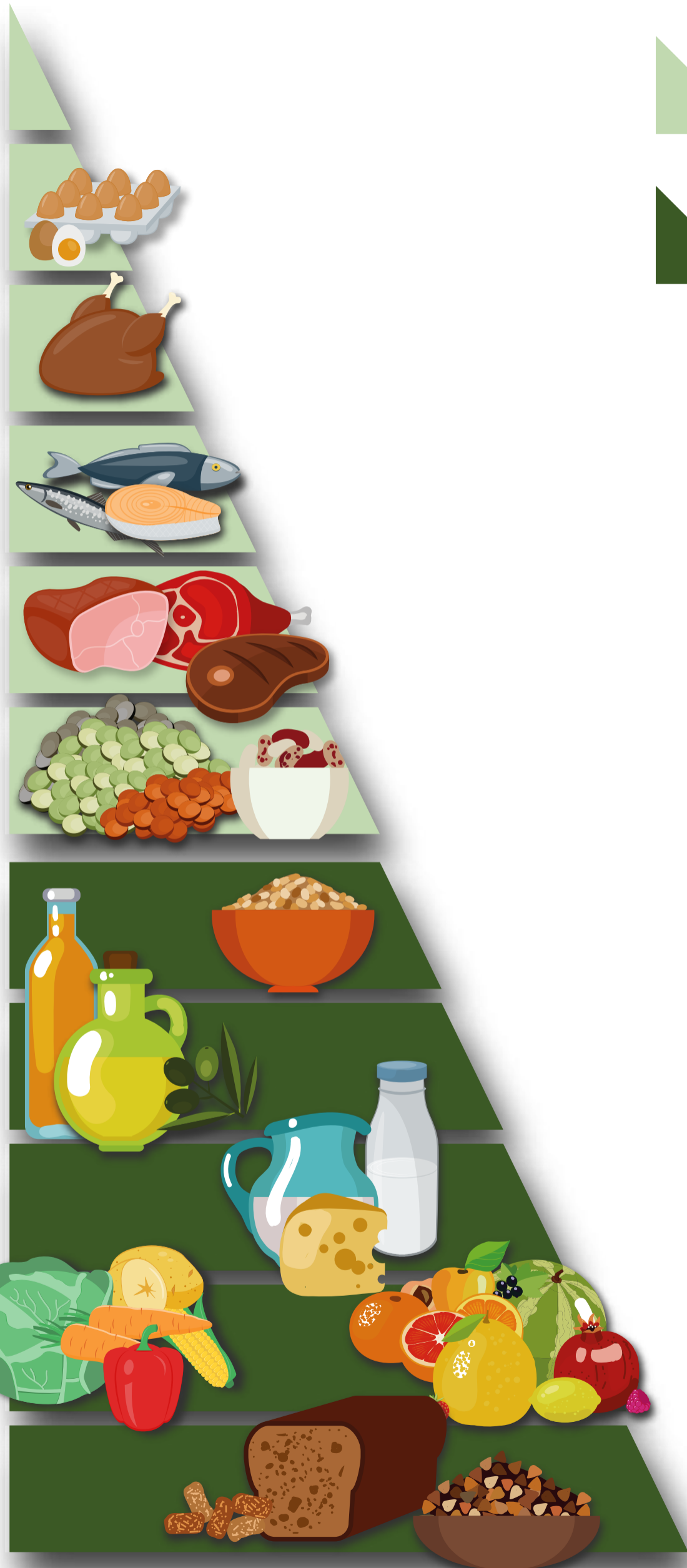
Dairy

Vegetables & Fruit

Whole grains

Weekly

Daily



* Alcohol - No more than 2 standard drinks