

## ***Food Groups***

Often people ask me for examples of various foods and food groups. This is a brief list<sup>33</sup> to give you the general idea. A healthy diet should be balanced across all four food groups. Respect your individual needs and preferences by adding your favorite items to the list. Then have someone who knows about nutrition (e.g., dietitian, nutritionist, naturopath, physician) check to make sure that you are getting the nutrients you need.

| Fruit  | Protein   | Starch   | Vegetable  |
|--|---|--|--|
| Banana<br>Pear<br>Peach<br>Apple<br>Grapefruit<br>Orange<br>Grapes<br>Cherries<br>Kiwi<br>Melons<br>Strawberries<br>Blueberries<br>Blackberries<br>Rhubarb | Beef<br>Pork<br>Chicken<br>Eggs<br>Sunflower Seeds<br>Nuts (such as Walnuts,<br>Cashews, Pistachios,<br>Almonds)<br>Brown Beans<br>Soya & Tofu<br>Chick Peas<br>Lentils<br>Split Peas<br>Bean Sprouts<br>Milk, Cheese | Wheat<br>Oats<br>Rye<br>Corn<br>Barley<br>Rice<br>Potato<br>Millet<br>Quinoa | Tomatoes<br>Lettuce<br>Cucumber<br>Celery<br>Broccoli<br>Cauliflower<br>Carrots<br>Green Peas<br>Squash<br>Red cabbage<br>Green cabbage<br>Chinese cabbage<br>Sweet Potato<br>Turnip |

<sup>33</sup> For detailed assistance in relation to healthy eating, see menu ideas in Dr. Christine Northrup's book, *Women's Bodies, Women's Wisdom*. For menus that address concerns with allergies, see Dr. Marshall Mandel's *Five-Day Allergy Relief System*.