

# BE WISE FIT

HEALTHY  
FOODS  
101

LET'S TAKE A LOOK AT THE HEALTHIEST FOODS YOUR BODY NEEDS ON A REGULAR BASIS...

## WILD ALASKAN SALMON

Did you know that there is a big difference between "wild" salmon and "farmed" salmon? When you make your selection of fish and seafood make sure it is as fresh as possible. This way you KNOW you are getting the best source of lean fat and protein.

## WILD BLUEBER- RIES

**\*FAST SNACK:** Whole wheat tortilla, organic peanut butter or Nutella and blueberries. Wrap it up and go! Your taste buds will thank you as you drive to work.

## BROCCOLI

Protein, calcium, iron and fiber all in this little green tree. **\*Fast Snack:** Take raw broccoli on the go with a dash of salt and fresh lemon juice.

## OATS

Simply put, oats are low in cholesterol and saturated fat. They contain a good amount of fiber and vitamin A. If you don't love them right now, try adding some milk, honey, and those amazing blueberries or your favorite fruit.

## WALNUTS + ALMONDS

Go nuts! Walnuts are high in protein and low in cholesterol. They contain good amounts of copper and manganese.

**\*FAST SNACK:** Almonds are the ultimate grab and go. These little nuts are your go to for protein, fiber and vitamin E.

## SPINACH

Spinach contains a good amount of fiber, protein and vitamin A.

**\*FAST SNACK:** Add spinach instead of lettuce to any sandwich to give you a boost.

## QUINOA

Give your body a boost of protein, vitamin A, and folate from quinoa. It is a great replacement for rice and can be added to salads, soups, and baked dishes.

## AVOCADO

**\*FAST SNACK:** Spread avocado on a healthy cracker. Avocados are high in fiber, vitamin k, and folate.

## SWEET POTATOES

Vitamin A, Vitamin C and Manganese are loaded in this potato.

## CHERRIES

Great source for fiber and vitamin C.

**\*FAST SNACK:** Cherries and Greek yogurt make a great pair.