**Protein (3 daily)**

24 oz milk/buttermilk

1 C cottage cheese

2 C yogurt

3 oz cheese

4 eggs

7 egg whites

3 ½ oz tuna/sardines

4 oz cooked shellfish

4 oz uncooked fish, poultry, meat

**Calcium foods (4 daily)**

¼ C grated cheese

1 oz hard cheese

½ C ricotta

1 C milk/buttermild

5 oz calcium-added milk

1/3 C dry milk

1 C yogurt

1 ½ C froz. Yogurt

1 C calcium added juice

4 oz salmon w/bones

3 oz sardines w/bones

3 T ground sesame seeds

1 C cooked greens

1 ½ C cooked bok choy

1 ½ C edamame

1 ¾ T molasses

**Vitamin C (3 daily)**

½ grapefruit

½ C grapefruit juice

½ orange

¼ C lemon juice

½ mango

¼ papaya

½ C cantaloupe or honeydew

1/3 C strawberries

2/3 C blackberries/raspberries

½ Kiwi

½ C pineapple

2 C watermelon

¼ red, yellow, orange pepper

½ green pepper

½ C broccoli

1 tomato

¾ C tomato juice

½ C veggie juice

½ C cauliflower

½ C kale

1 packed C spinach

½ C cooked spinach

¾ C greens

2 C romaine

¾ C red cabbage

1 sweet or baking potato in skin

1 C edamame

**Green and Yellow (3-4 daily)**

½ C cantaloupe

2 fresh apricots

6 dried apricot halves

½ mango

¼ papaya

1 nectarine/peach

1 persimmon

¾ C grapefruit juice

1 grapefruit

1 clementine

½ carrot

½ C broccoli

1 C coleslaw

¼ C greens

1 packed C lettuce

1 packed C spinach

½ C cooked spinach

¼ C winter squash

½ small sweet potato

2 tomatoes

½ red pepper

¼ C parsley

**Other Fruit/Veg (1-2 daily)**

1 apple

½ C apple juice or sauce

½ C pom juice

1 banana

½ C cherries

¼ C cranberries

1 pear

½ C pineapple juice

2 plums

½ C blueberries

½ avocado

½ C green beans

½ C raw mushrooms

½ C okra

½ C onion

½ C parsnips

½ C zucchini

1 ear corn

½ C peas or snow peas

**Whole Grains/Legumes (6 daily)**

1 slice whole wheat bread

½ whole wheat pita, roll, bagel, tortilla

1 C cooked oatmeal

1 C whole grain cereal

½ C granola

2 T wheat germ

½ C wild or brown rice

½ C cooked millet, bulgur, couscous, kasha, barley, quinoa

1 oz uncooked whole grain pasta

½ C cooked beans, lentils, split peas, edamame

2 C popcorn

1 oz whole grain crackers

¼ C whole grain/soy flour

**Iron rich (some daily)**

Beef, buffalo, duck, turkey

Clams, oysters, mussels, shrimp

Sardines

Baked potato w/skin

Spinach, collard, kale, turnip greens

Seaweed

Pumpkin seeds

Oat bran

Barley, bulgur, quinoa

Beans and peas

Edamame/soy

Molasses

Dried fruit

**Fats (4 daily)**

1 T oil

1 T butter

1 T mayo

2 T salad dressing

2 T whipping cream

¼ C half and half

¼ C whpped cream

¼ C sour cream

2 T cream cheese

2 T nut butter