

Module 6

WHOLE FOODS A TO Z

WHOLE FOODS A TO Z

Here is your guide to whole foods from almonds to zucchini. It contains some of our favorite whole foods and provides background on why they are so nutritious. For each food, you'll find a list of prominent health benefits, a short nutritional profile, a typical serving size, and which diets it can fit into.

All whole foods help contribute to your health, but this guide can give you an idea of which foods to include in your diet when you're looking for a particular benefit or nutrition source. The right foods in your diet help support vibrant health and give the body the nutrients it needs to support its healing and cell repair processes.

Including a variety of whole foods in your diet, like the ones listed in this guide, is the best way to make sure you're benefiting from the range of nutrients each food has to offer. Different nutrients help support different processes and systems within the body, helping everything from healthy digestion, robust immunity, a strong musculoskeletal system, clear neurological function, and efficient circulatory performance.

It can be easy to keep returning to the same few staple whole foods, but use this guide to inspire new nutritious foods to add into your rotation. Looking for a food known to help reduce inflammation? How about a food known to improve focus or support healthy skin? Whole foods are powerful enough to help with each of these factors and more.

This glossary is for educational purposes and is intended to help you make informed decisions about your health. It is not intended to replace recommendations or advice from physicians or other healthcare providers.

The foods in this glossary may contain additional nutrients in lesser amounts that still contribute to your health. Rather than focusing on one food or its proposed benefit, include a wide array of whole foods in your diet and trust that they are supporting your health in a variety of ways.

Read on to learn more about the powerful benefits of whole foods.

GLOSSARY KEY

Diet Specifications

V Vegan VG Vegetarian DF Dairy-Free GF Gluten-Free

Nutrient Levels

Good Source = provides 10%–19% of daily value of a particular nutrient

Excellent Source = provides 20% or more of daily value of a particular nutrient



ALMONDS

Nutritional Information

Serving Size: 1 handful

Calories	174
Protein	6 grams
Fat	15 grams
Carbohydrates	6 grams
Fiber	4 grams

Health Benefits

Promotes heart health, lowers LDL cholesterol, supports strong bones and teeth, aids weight loss

Excellent Source

Magnesium, Riboflavin, Vitamin E

Good Source

Fiber, Phosphorus, Protein

Diet Specifications

V

VG

DF

GF



APPLE CIDER VINEGAR

Nutritional Information

Serving Size: 1 tablespoon

Calories	3
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

Supports diabetes management and blood sugar regulation, may aid weight loss, boosts immunity

Not a significant source of vitamins or minerals when consumed in small amounts, but unfiltered apple cider vinegar offers polyphenols, which may help reduce risk of chronic disease

Diet Specifications

V

VG

DF

GF



APPLE

Nutritional Information

Serving Size: 1 medium apple

Calories	95
Protein	0.5 grams
Fat	0 grams
Carbohydrates	25 grams
Fiber	5 grams

Health Benefits

Aids digestion, lowers LDL cholesterol, supports blood sugar regulation

Good Source

Fiber, Vitamin C

Diet Specifications

V

VG

DF

GF



ARUGULA

Nutritional Information

Serving Size: 1 cup

Calories	5
Protein	0.5 grams
Fat	0 grams
Carbohydrates	1 gram
Fiber	0.5 grams

Health Benefits

Reduces inflammation, improves bone health, lowers risk of diabetes

Excellent Source

Folate, Vitamin A, Vitamin C

Good Source

Calcium, Magnesium

Diet Specifications

V

VG

DF

GF



ASPARAGUS

Nutritional Information

Serving Size: 1 cup

Calories	27
Protein	3 grams
Fat	0 grams
Carbohydrates	5 grams
Fiber	3 grams

Health Benefits

Reduces inflammation, promotes heart health

Excellent Source

Vitamin K

Good Source

Folate, Iron, Vitamin A

Diet Specifications

V

VG

DF

GF



AVOCADO

Nutritional Information

Serving Size: 1/3 avocado

Calories	75
Protein	1 gram
Fat	7 grams
Carbohydrates	4 grams
Fiber	3 grams

Health Benefits

Promotes heart health, lowers cholesterol, aids digestion and skin health, includes variety of nutrients and healthy fats

Good Source

Fiber, Folate, Vitamin K

Diet Specifications

V

VG

DF

GF



BANANA

Nutritional Information

Serving Size: 1 large banana

Calories	120
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	31 grams
Fiber	3.5 grams

Health Benefits

Supports circulation, cardiovascular health, and healthy blood pressure; aids digestion; reduces inflammation

Excellent Source

Vitamin B6, Vitamin C

Good Source

Fiber, Potassium

Diet Specifications

V

VG

DF

GF



BEETS

Nutritional Information

Serving Size: 1 cup

Calories	58
Protein	2 grams
Fat	0 grams
Carbohydrates	9.5 grams
Fiber	3 grams

Health Benefits

Improves blood pressure and mental function, reduces inflammation, boosts stamina

Excellent Source

Folate

Good Source

Fiber, Manganese, Potassium, Vitamin C

Diet Specifications

V

VG

DF

GF



BELL PEPPER

Nutritional Information

Serving Size: 1 medium bell pepper

Calories	37
Protein	1 gram
Fat	0 grams
Carbohydrates	7 grams
Fiber	2.5 grams

Health Benefits

Boosts immunity, reduces inflammation, supports skin and hair health, protects eye health

Excellent Source

Vitamin A, Vitamin C

Good Source

Vitamin B6

Diet Specifications

V

VG

DF

GF



BLACKBERRIES

Nutritional Information

Serving Size: 1 cup

Calories	62
Protein	2 grams
Fat	1 gram
Carbohydrates	14 grams
Fiber	8 grams

Health Benefits

Reduces inflammation, improves mental function, aids digestion and weight loss, promotes heart health

Excellent Source

Fiber, Manganese, Vitamin C, Vitamin K

Diet Specifications

V

VG

DF

GF



BLUEBERRIES

Nutritional Information

Serving Size: 1 cup

Calories	84
Protein	1 gram
Fat	0.5 grams
Carbohydrates	21 grams
Fiber	4 grams

Health Benefits

Aids digestion, boosts immunity, reduces inflammation, promotes heart health

Excellent Source

Vitamin C, Vitamin K

Good Source

Fiber, Manganese

Diet Specifications

V

VG

DF

GF



BOK CHOY

Nutritional Information

Serving Size: 1 cup, shredded

Calories	9
Protein	1 gram
Fat	0 grams
Carbohydrates	1.5 grams
Fiber	0.5 grams

Health Benefits

Reduces inflammation, improves mental function, aids digestion and weight loss, promotes heart health

Excellent Source

Fiber, Vitamin A, Vitamin C, Vitamin K

Good Source

Folate

Diet Specifications

V

VG

DF

GF



BRAZIL NUTS

Nutritional Information

Serving Size: 6 nuts

Calories	198
Protein	4 grams
Fat	19 grams
Carbohydrates	3.5 grams
Fiber	2 grams

Health Benefits

Improves focus, promotes satiety and heart health, boosts immunity, aids thyroid function, protects body from oxidative damage and stress

Excellent Source

Magnesium, Phosphorus, Selenium

Good Source

Thiamin

Diet Specifications

V

VG

DF

GF



BROCCOLI

Nutritional Information

Serving Size: 1 cup, chopped

Calories	31
Protein	2.5 grams
Fat	0 grams
Carbohydrates	6 grams
Fiber	2 grams

Health Benefits

Aids digestion, reduces inflammation, promotes detoxification and heart health

Excellent Source

Vitamin C, Vitamin K

Good Source

Folate, Vitamin A

Diet Specifications

V

VG

DF

GF



BRUSSELS SPROUTS

Nutritional Information

Serving Size: 1 cup

Calories	38
Protein	3 grams
Fat	0 grams
Carbohydrates	9 grams
Fiber	4 grams

Health Benefits

Boosts immunity, improves focus, aids digestion, supports weight loss, reduces inflammation

Excellent Source

Fiber, Vitamin C, Vitamin K

Good Source

Folate, Vitamin A

Diet Specifications

V

VG

DF

GF



BUTTER

Nutritional Information

Serving Size: 1 tablespoon

Calories	102
Protein	0 grams
Fat	11.5 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

May support a healthy weight when consumed in moderation

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins A, E, and K

Diet Specifications

VG

GF



CABBAGE

Nutritional Information

Serving Size: 1 cup, chopped

Calories	22
Protein	1 gram
Fat	0 grams
Carbohydrates	5 grams
Fiber	2 grams

Health Benefits

Lowers LDL cholesterol, reduces inflammation, aids digestion, may help reduce risk of cancer

Excellent Source

Vitamin C, Vitamin K

Good Source

Folate

Diet Specifications

V

VG

DF

GF



CACAO

Nutritional Information

Serving Size: 1 tablespoon

Calories	12
Protein	1 gram
Fat	1 gram
Carbohydrates	3 grams
Fiber	2 grams

Health Benefits

Aids digestion, reduces inflammation, improves circulation and blood and cardiovascular health

Good Source

Copper, Manganese

Diet Specifications

V

VG

DF

GF



CANTALOUPE

Nutritional Information

Serving Size: 1 cup, diced

Calories	50
Protein	1 gram
Fat	0 grams
Carbohydrates	13 grams
Fiber	1 gram

Health Benefits

Reduces inflammation, aids digestion, improves vision, lowers risk of metabolic syndrome

Excellent Source

Vitamin A, Vitamin C

Good Source

Potassium

Diet Specifications

V

VG

DF

GF



CARROTS

Nutritional Information

Serving Size: 1 cup, chopped

Calories	52
Protein	1 gram
Fat	0 grams
Carbohydrates	12 grams
Fiber	3.5 grams

Health Benefits

Improves eye health, boosts immunity, aids digestion, reduces inflammation

Excellent Source

Vitamin A

Good Source

Fiber, Vitamin C, Vitamin K

Diet Specifications

V

VG

DF

GF



CASHEWS

Nutritional Information

Serving Size: 16 nuts

Calories	166
Protein	5.5 grams
Fat	13 grams
Carbohydrates	9 grams
Fiber	1 gram

Health Benefits

Promotes heart health, increases energy, boosts brain function, supports bone and blood health

Excellent Source

Magnesium

Good Source

Iron, Phosphorus, Protein, Vitamin K, Zinc

Diet Specifications

V

VG

DF

GF



CAULIFLOWER

Nutritional Information

Serving Size: 1 cup

Calories	27
Protein	2 grams
Fat	0 grams
Carbohydrates	5 grams
Fiber	2 grams

Health Benefits

Boosts immunity, aids digestion, reduces inflammation and risk of cancer

Excellent Source

Vitamin C

Good Source

Folate, Vitamin K

Diet Specifications

V

VG

DF

GF



CAYENNE

Nutritional Information

Serving Size: 1 teaspoon

Calories	6
Protein	0 grams
Fat	0 grams
Carbohydrates	1 gram
Fiber	0.5 grams

Health Benefits

Boosts immunity, improves circulation, helps reverse candida, promotes detoxification, aids weight loss

Good Source

Vitamin A

Diet Specifications

V

VG

DF

GF



CELERY

Nutritional Information

Serving Size: 1 cup, chopped

Calories	16
Protein	1 gram
Fat	0 grams
Carbohydrates	3 grams
Fiber	1.5 grams

Health Benefits

Supports hydration and bone health, boosts immunity, alkalizes body, aids digestion

Excellent Source

Vitamin K

Diet Specifications

V

VG

DF

GF



CHIA SEEDS

Nutritional Information

Serving Size: 1 ounce

Calories	138
Protein	5 grams
Fat	9 grams
Carbohydrates	12 grams
Fiber	10 grams

Health Benefits

Aids digestion, increases energy, supports blood sugar regulation and weight loss, improves brain function

Excellent Source

Fiber, Magnesium, Phosphorus

Good Source

Calcium, Iron, Niacin, Thiamin

Diet Specifications

V

VG

DF

GF



CHICKPEAS

Nutritional Information

Serving Size: 1/2 cup

Calories	134
Protein	7 grams
Fat	2 grams
Carbohydrates	22.5 grams
Fiber	6 grams

Health Benefits

Supports satiety, weight loss, and blood sugar regulation; aids digestion; lowers cholesterol

Excellent Source

Fiber, Folate

Good Source

Iron, Magnesium, Phosphorus, Protein

Diet Specifications

V

VG

DF

GF



CILANTRO

Nutritional Information

Serving Size: 1/4 cup

Calories	1
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

Promotes detoxification, helps reverse candida, boosts immunity, reduces inflammation, supports bone health

Good Source

Vitamin K

Diet Specifications

V

VG

DF

GF



CINNAMON

Nutritional Information

Serving Size: 1 teaspoon

Calories	6
Protein	0 grams
Fat	0 grams
Carbohydrates	2 grams
Fiber	1 gram

Health Benefits

Improves circulation, supports blood sugar regulation and balanced appetite, promotes heart health

Good Source

Manganese

Diet Specifications

V

VG

DF

GF



COCONUT MEAT

Nutritional Information

Serving Size: 2-by-2-inch piece

Calories	160
Protein	1.5 grams
Fat	15 grams
Carbohydrates	7 grams
Fiber	4 grams

Health Benefits

Supports weight loss, improves mental function, boosts immunity, helps reverse candida

Excellent Source

Manganese

Good Source

Copper, Fiber

Diet Specifications

V

VG

DF

GF



COCONUT OIL

Nutritional Information

Serving Size: 1 tablespoon

Calories	121
Protein	0 grams
Fat	13.5 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

Supports weight loss and a healthy blood lipid profile, improves mental function, boosts immunity

Not a significant source of vitamins or minerals when consumed in small amounts, but is high in lauric acid. Since coconut oil is a source of saturated fats, some may choose to limit intake

Diet Specifications

V

VG

DF

GF



COFFEE

Nutritional Information

Serving Size: 1 cup

Calories	5
Protein	0.5 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

Health Benefits

Increases energy, lowers risk of liver disease and diabetes, reduces inflammation

Not a significant source of vitamins or minerals when consumed in small amounts, but contains an abundance of antioxidants

Diet Specifications

V

VG

DF

GF



COLLARD GREENS

Nutritional Information

Serving Size: 1 cup

Calories	12
Protein	1 gram
Fat	0 grams
Carbohydrates	2 grams
Fiber	1 gram

Health Benefits

Aids digestion, increases energy, promotes detoxification, supports blood sugar regulation

Excellent Source

Vitamin A, Vitamin C, Vitamin K

Good Source

Folate, Manganese

Diet Specifications

V

VG

DF

GF



CUCUMBERS

Nutritional Information

Serving Size: 1 cup, sliced

Calories	16
Protein	0.5 grams
Fat	0 grams
Carbohydrates	4 grams
Fiber	0.5 grams

Health Benefits

Hydrates and cools body, boosts skin health, aids weight loss, supports eye health

Excellent Source

Vitamin K

Diet Specifications

V

VG

DF

GF



DAIKON RADISH

Nutritional Information

Serving Size: 1 cup, chopped

Calories	21
Protein	0.5 grams
Fat	0 grams
Carbohydrates	5 grams
Fiber	2 grams

Health Benefits

Boosts metabolism and immunity, reduces inflammation, aids digestion, promotes detoxification

Excellent Source

Vitamin C

Diet Specifications

V

VG

DF

GF



DATES

Nutritional Information

Serving Size: 2–3 dates

Calories	200
Protein	1 gram
Fat	0 grams
Carbohydrates	54 grams
Fiber	5 grams

Health Benefits

Supports cardiovascular health and circulation, aids digestion

Good Source

Fiber

Diet Specifications

V

VG

DF

GF



DULSE

Nutritional Information

Serving Size: 1 tablespoon

Calories	8
Protein	1 gram
Fat	0 grams
Carbohydrates	1 gram
Fiber	1 gram

Health Benefits

Alkalizes body, supports thyroid health

Excellent Source

Iodine

Good Source

Iron, Potassium

Diet Specifications

V

VG

DF

GF



EGGPLANT

Nutritional Information

Serving Size: 1 cup, cubed

Calories	20
Protein	1 gram
Fat	0 grams
Carbohydrates	5 grams
Fiber	2.5 grams

Health Benefits

Aids digestion, reduces inflammation, supports brain health

Good Source

Fiber

Diet Specifications

V

VG

DF

GF



EGG

Nutritional Information

Serving Size: 1 egg

Calories	91
Protein	6 grams
Fat	6.5 grams
Carbohydrates	1 gram
Fiber	0 grams

Health Benefits

Improves brain function, supports weight loss, may help to reduce inflammation (particularly if it contains omega-3s)

Excellent Source

Selenium

Good Source

Choline, Phosphorus, Protein, Riboflavin, Vitamin D

Diet Specifications

VG

DF

GF



FLAXSEEDS

Nutritional Information

Serving Size: 1 tablespoon

Calories	37
Protein	1 gram
Fat	3 grams
Carbohydrates	2 grams
Fiber	2 grams

Health Benefits

Promotes heart health, improves brain function, balances hormones, reduces inflammation, aids digestion

Good Source

Fiber, Magnesium, Manganese, Omega-3s, Thiamin

Diet Specifications

V

VG

DF

GF



GARLIC

Nutritional Information

Serving Size: 1 clove

Calories	4
Protein	0 grams
Fat	0 grams
Carbohydrates	1 gram
Fiber	0 grams

Health Benefits

Boosts immunity, reduces blood pressure, promotes detoxification and heart health

Not a significant source of vitamins and minerals when consumed in small amounts, but is rich in sulfur-containing compounds

Diet Specifications

V

VG

DF

GF



GHEE

Nutritional Information

Serving Size: 1 tablespoon

Calories	120
Protein	0 grams
Fat	14 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

Thought to be soothing, aids digestion, boosts immunity

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins A, E, and K

Diet Specifications

VG

GF



GINGER

Nutritional Information

Serving Size: 1 teaspoon, grated

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

Treats nausea and motion sickness, aids digestion, boosts immunity, promotes cell growth

Not a significant source of vitamins and minerals when consumed in small amounts, but contains an abundance of antioxidants

Diet Specifications

V

VG

DF

GF



GOJI BERRIES

Nutritional Information

Serving Size: 2 tablespoons

Calories	40
Protein	1.5 grams
Fat	0 grams
Carbohydrates	8.5 grams
Fiber	1.5 grams

Health Benefits

Boosts immunity, protects eye health, aids digestion

Excellent Source

Vitamin A, Vitamin C

Good Source

Fiber, Iron

Diet Specifications

V

VG

DF

GF



GRAPEFRUIT

Nutritional Information

Serving Size: 1/2 grapefruit

Calories	52
Protein	1 gram
Fat	0 grams
Carbohydrates	13 grams
Fiber	2 grams

Health Benefits

Boosts immunity, aids nausea, lowers cholesterol, reduces risk of kidney stones

Excellent Source

Vitamin A, Vitamin C

Diet Specifications

V

VG

DF

GF



GRAPES

Nutritional Information

Serving Size: 1 cup

Calories	121
Protein	1 gram
Fat	0 grams
Carbohydrates	27 grams
Fiber	1.5 grams

Health Benefits

Boosts immunity, supports cardiovascular health, may reduce risk of cancer, supports brain health

Excellent Source

Vitamin K

Good Source

Copper

Diet Specifications

V

VG

DF

GF



GREEK YOGURT

Nutritional Information

Serving Size: 1 cup

Calories	146
Protein	20 grams
Fat	4 grams
Carbohydrates	8 grams
Fiber	0 grams

Health Benefits

Supports blood sugar regulation and healthy gut function, improves muscle mass and bone health

Excellent Source

Calcium, Phosphorus, Protein, Riboflavin

Good Source

Vitamin A, Vitamin B12

Diet Specifications

VG

GF



HEMP SEEDS

Nutritional Information

Serving Size: 3 tablespoons

Calories	166
Protein	9.5 grams
Fat	15 grams
Carbohydrates	2.5 grams
Fiber	1 gram

Health Benefits

Supports brain health, aids weight loss and digestion, improves cholesterol

Excellent Source

Magnesium, Omega-3s, Phosphorus, Protein, Thiamin

Good Source

Iron, Niacin, Potassium

Diet Specifications

V

VG

DF

GF



HONEY

Nutritional Information

Serving Size: 1 tablespoon

Calories	63
Protein	0 grams
Fat	0 grams
Carbohydrates	17 grams
Fiber	0 grams

Health Benefits

Soothes coughs, heals wounds and burns, reduces inflammation

Not a significant source of vitamins or minerals when consumed in small amounts, but contains an abundance of antioxidants

Diet Specifications

VG

DF

GF



JICAMA

Nutritional Information

Serving Size: 1 cup

Calories	50
Protein	1 gram
Fat	0 grams
Carbohydrates	11.5 grams
Fiber	6.5 grams

Health Benefits

Aids digestion, supports blood sugar regulation, boosts immunity

Excellent Source

Vitamin C

Good Source

Fiber

Diet Specifications

V

VG

DF

GF



KALE

Nutritional Information

Serving Size: 1 cup

Calories	8
Protein	1 gram
Fat	0 grams
Carbohydrates	1.5 grams
Fiber	0.5 grams

Health Benefits

Aids digestion, reduces inflammation, boosts immunity, lowers cholesterol, promotes heart health

Excellent Source

Vitamin A, Vitamin C, Vitamin K

Diet Specifications

V

VG

DF

GF



KIWI

Nutritional Information

Serving Size: 1 kiwi

Calories	42
Protein	1 gram
Fat	0 grams
Carbohydrates	10 grams
Fiber	2 grams

Health Benefits

Boosts immunity, aids digestion, supports blood sugar regulation, promotes heart and eye health

Excellent Source

Vitamin C, Vitamin K

Good Source

Fiber

Diet Specifications

V

VG

DF

GF



LEMON

Nutritional Information

Serving Size: 1 lemon, juiced

Calories	11
Protein	0 grams
Fat	0 grams
Carbohydrates	3 grams
Fiber	0 grams

Health Benefits

Supports weight loss, promotes detoxification, boosts immunity, reduces inflammation

Excellent Source

Vitamin C

Diet Specifications

V

VG

DF

GF



MACA

Nutritional Information

Serving Size: 2 tablespoons

Calories	55
Protein	0.5 grams
Fat	2 grams
Carbohydrates	12 grams
Fiber	1 gram

Health Benefits

Increases libido and energy, aids digestion, supports healthy blood pressure, improves skin health

Excellent Source

Copper, Iron, Vitamin C

Good Source

Manganese, Potassium, Vitamin B6

Diet Specifications

V

VG

DF

GF



MANGO

Nutritional Information

Serving Size: 1 cup

Calories	200
Protein	2.5 grams
Fat	1 gram
Carbohydrates	50 grams
Fiber	5 grams

Health Benefits

Reduces inflammation, improves skin health, boosts immunity

Excellent Source

Vitamin A, Vitamin C

Good Source

Folate

Diet Specifications

V

VG

DF

GF



MAPLE SYRUP

Nutritional Information

Serving Size: 1 tablespoon

Calories	52
Protein	0 grams
Fat	0 grams
Carbohydrates	13.5 grams
Fiber	0 grams

Health Benefits

Reduces inflammation, boosts immune system

Excellent Source

Manganese

Good Source

Riboflavin

Diet Specifications

V

VG

DF

GF



MINT LEAVES

Nutritional Information

Serving Size: 2 tablespoons, chopped

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

Health Benefits

Antimicrobial, eases indigestion, reduces inflammation, boosts immunity, improves mental focus, may ease respiratory symptoms

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of manganese and vitamins A and C

Diet Specifications

V

VG

DF

GF



MUNG BEANS

Nutritional Information

Serving Size: 1/4 cup

Calories	180
Protein	12 grams
Fat	0.5 grams
Carbohydrates	32 grams
Fiber	8 grams

Health Benefits

Improves blood health and circulation; aids digestion; supports skin health, boosts immunity

Excellent Source

Fiber, Protein

Good Source

Folate, Iron, Phosphorus, Potassium

Diet Specifications

V

VG

DF

GF



MUSHROOMS

Nutritional Information

Serving Size: 1 cup

Calories	21
Protein	3 grams
Fat	0 grams
Carbohydrates	3 grams
Fiber	1 gram

Health Benefits

Boosts immunity, helps reduce risk of stroke, regulates blood pressure, promotes heart health

Good Source

Niacin, Pantothenic Acid, Phosphorus, Riboflavin, Vitamin B6

Diet Specifications

V

VG

DF

GF



NECTARINE

Nutritional Information

Serving Size: 1 medium nectarine

Calories	62
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	15 grams
Fiber	2.4 grams

Health Benefits

Aids digestion and weight loss, supports cardiovascular health, improves skin health

Good Source

Fiber, Vitamin C

Diet Specifications

V

VG

DF

GF



NORI

Nutritional Information

Serving Size: 2 tablespoons, shredded

Calories	4
Protein	0.5 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

Health Benefits

Supports blood sugar regulation and thyroid health, lowers cholesterol, boosts mental focus

Excellent Source

Iodine

Diet Specifications

V

VG

DF

GF



NUTRITIONAL YEAST

Nutritional Information

Serving Size: 2 tablespoons

Calories	30
Protein	4 grams
Fat	0 grams
Carbohydrates	2.5 grams
Fiber	1.5 grams

Health Benefits

Supports neurological health, weight loss, and muscle repair

Good Source

B Vitamins (including vitamin B12 if fortified), Fiber, Protein

Diet Specifications

V

VG

DF

GF



OKRA

Nutritional Information

Serving Size: 1 cup

Calories	33
Protein	2 grams
Fat	0 grams
Carbohydrates	7.5 grams
Fiber	3 grams

Health Benefits

Aids digestion, supports blood sugar regulation and musculoskeletal system, promotes heart health

Excellent Source

Vitamin C, Vitamin K

Good Source

Fiber, Folate, Magnesium, Thiamin, Vitamin A

Diet Specifications

V

VG

DF

GF



OLIVE OIL

Nutritional Information

Serving Size: 1 tablespoon

Calories	120
Protein	0 grams
Fat	13.5 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

Lowers cholesterol, promotes heart health, reduces inflammation

Good Source

Vitamin E

Diet Specifications

V

VG

DF

GF



ONION

Nutritional Information

Serving Size: 1 medium onion

Calories	44
Protein	1 gram
Fat	0 grams
Carbohydrates	10 grams
Fiber	2 grams

Health Benefits

Boosts immunity, promotes heart health, reduces risk of cancer

Good Source

Vitamin C

Diet Specifications

V

VG

DF

GF



ORANGE

Nutritional Information

Serving Size: 1 medium orange

Calories	62
Protein	1 gram
Fat	0 grams
Carbohydrates	15.5 grams
Fiber	3 grams

Health Benefits

Boosts immunity, supports digestive health, promotes heart health, protects respiratory health

Excellent Source

Vitamin C

Good Source

Fiber, Folate

Diet Specifications

V

VG

DF

GF



PAPAYA

Nutritional Information

Serving Size: 1 small papaya

Calories	68
Protein	0.5 grams
Fat	0.5 grams
Carbohydrates	17 grams
Fiber	3 grams

Health Benefits

Aids digestion, supports skin health, boosts immunity, protects vision

Excellent Source

Vitamin C

Good Source

Fiber, Folate, Vitamin A

Diet Specifications

V

VG

DF

GF



PEACH

Nutritional Information

Serving Size: 1 medium peach

Calories	58
Protein	1 gram
Fat	0 grams
Carbohydrates	14 grams
Fiber	2 grams

Health Benefits

Supports weight loss and blood sugar regulation, aids digestion

Good Source

Vitamin A, Vitamin C

Diet Specifications

V

VG

DF

GF



PEANUTS

Nutritional Information

Serving Size: 1 handful

Calories	170
Protein	8 grams
Fat	15 grams
Carbohydrates	5 grams
Fiber	3 grams

Health Benefits

Promotes heart health, supports neurological health, reduces inflammation

Excellent Source

Manganese, Protein, Vitamin E

Good Source

Copper, Fiber, Folate, Magnesium, Niacin, Phosphorus, Thiamin

Diet Specifications

V

VG

DF

GF



PICKLE

Nutritional Information

Serving Size: 1 pickle

Calories	15
Protein	0.5 grams
Fat	0 grams
Carbohydrates	3 grams
Fiber	1.5 grams

Health Benefits

Improves gut health, boosts immunity, curbs appetite

Not a significant source of vitamins and minerals when consumed in small amounts, but some varieties contain probiotics

Diet Specifications

V

VG

DF

GF



PINE NUTS

Nutritional Information

Serving Size: 1 palmful

Calories	202
Protein	4 grams
Fat	20.5 grams
Carbohydrates	4 grams
Fiber	1 gram

Health Benefits

Improves cholesterol, increases energy, regulates appetite, supports healthy aging

Excellent Source

Vitamin E

Good Source

Phosphorus, Vitamin K, Zinc

Diet Specifications

V

VG

DF

GF



PINEAPPLES

Nutritional Information

Serving Size: 1 cup, cubed

Calories	82
Protein	0.5 grams
Fat	0 grams
Carbohydrates	22 grams
Fiber	2 grams

Health Benefits

Boosts immunity, aids digestion, eases muscle soreness, supports eye health

Excellent Source

Manganese, Vitamin C

Diet Specifications

V

VG

DF

GF



PISTACHIOS

Nutritional Information

Serving Size: 1 palmful

Calories	168
Protein	6 grams
Fat	14 grams
Carbohydrates	8 grams
Fiber	3 grams

Health Benefits

Boosts brain health, supports blood sugar regulation and weight loss, improves good cholesterol

Excellent Source

Vitamin B6

Good Source

Copper, Fiber, Manganese, Phosphorus, Protein, Thiamin

Diet Specifications

V

VG

DF

GF



POMEGRANATE

Nutritional Information

Serving Size: 1/2 cup seeds

Calories	72
Protein	1.5 grams
Fat	1 gram
Carbohydrates	16 grams
Fiber	4 grams

Health Benefits

Reduces inflammation and risk of cancer, promotes heart health, boosts immunity, lowers blood pressure, supports neurological health

Good Source

Fiber, Vitamin C, Vitamin K

Diet Specifications

V

VG

DF

GF



PUMPKIN SEEDS

Nutritional Information

Serving Size: 1 palmful

Calories	168
Protein	9 grams
Fat	15 grams
Carbohydrates	3 grams
Fiber	2 grams

Health Benefits

Reduces inflammation, improves focus, boosts immunity, supports weight loss

Excellent Source

Magnesium, Manganese, Phosphorus

Good Source

Iron, Protein, Zinc

Diet Specifications

V

VG

DF

GF



RASPBERRIES

Nutritional Information

Serving Size: 1 cup

Calories	64
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	15 grams
Fiber	8 grams

Health Benefits

Boosts immunity, aids digestion, promotes heart health, supports healthy aging, reduces inflammation

Excellent Source

Fiber, Vitamin C

Good Source

Vitamin K

Diet Specifications

V

VG

DF

GF



SAGE

Nutritional Information

Serving Size: 1 teaspoon, chopped

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

Health Benefits

Supports cognitive function, improves memory

Good Source

Vitamin K

Diet Specifications

V

VG

DF

GF



SAUERKRAUT

Nutritional Information

Serving Size: 1/4 cup

Calories	7
Protein	0 grams
Fat	0 grams
Carbohydrates	1.5 grams
Fiber	1 gram

Health Benefits

Aids digestion, supports weight loss, boosts immunity

Not a significant source of most vitamins and minerals when consumed in small amounts, but contains fiber, vitamin C, and some probiotics

Diet Specifications

V

VG

DF

GF



SCALLIONS

Nutritional Information

Serving Size: 1 teaspoon, chopped

Calories	2
Protein	0 grams
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

Health Benefits

Boosts immunity

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins A, C, and K

Diet Specifications

V

VG

DF

GF



SESAME OIL

Nutritional Information

Serving Size: 1 tablespoon

Calories	120
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

May help reduce oxidative stress, supports liver and a healthy lipid profile

Not a significant source of most vitamins or minerals when consumed in small amounts, but contains traces of vitamins E and K

Diet Specifications

V

VG

DF

GF



SESAME SEEDS

Nutritional Information

Serving Size: 1 tablespoon

Calories	52
Protein	1.5 grams
Fat	4.5 grams
Carbohydrates	2 grams
Fiber	1 gram

Health Benefits

Increases energy, supports cardiovascular health, improves musculoskeletal health

Good Source

Copper, Manganese

Diet Specifications

V

VG

DF

GF



SNAP PEAS

Nutritional Information

Serving Size: 1 cup

Calories	31
Protein	2 grams
Fat	0 grams
Carbohydrates	7 grams
Fiber	3 grams

Health Benefits

Aids digestion, supports blood sugar regulation, reduces inflammation

Excellent Source

Vitamin A, Vitamin C, Vitamin K

Good Source

Fiber, Iron

Diet Specifications

V

VG

DF

GF



SPINACH

Nutritional Information

Serving Size: 1 cup

Calories	7
Protein	1 gram
Fat	0 grams
Carbohydrates	1 gram
Fiber	0.5 gram

Health Benefits

Improves skin and hair health, aids digestion, maintains bone health, reduces inflammation

Excellent Source

Vitamin A, Vitamin K

Good Source

Folate, Vitamin C

Diet Specifications

V

VG

DF

GF



SQUASH (BUTTERNUT)

Nutritional Information

Serving Size: 1 cup, cubed

Calories	63
Protein	1.5 grams
Fat	0 grams
Carbohydrates	16.5 grams
Fiber	3 grams

Health Benefits

Aids digestion, reduces inflammation, promotes heart health

Excellent Source

Fiber, Vitamin A, Vitamin C

Good Source

Folate, Potassium

Diet Specifications

V

VG

DF

GF



STEVIA

Nutritional Information

Serving Size: 1/2 teaspoon

Calories	0
Protein	0 grams
Fat	0 grams
Carbohydrates	0 grams
Fiber	0 grams

Health Benefits

May help support weight loss, lowers risk of obesity and diabetes, reduces sugar consumption

Not a significant source of vitamins or minerals when consumed in small amounts

Diet Specifications

V

VG

DF

GF



STRAWBERRIES

Nutritional Information

Serving Size: 1 cup

Calories	53
Protein	1 gram
Fat	0.5 grams
Carbohydrates	13 grams
Fiber	3 grams

Health Benefits

Boosts immunity, supports cardiovascular health, reduces inflammation

Excellent Source

Vitamin C

Good Source

Fiber

Diet Specifications

V

VG

DF

GF



SUNFLOWER SEEDS

Nutritional Information

Serving Size: 1 palmful

Calories	175
Protein	6 grams
Fat	15.5 grams
Carbohydrates	6 grams
Fiber	3 grams

Health Benefits

Lowers risk of cardiovascular disease, type 2 diabetes, and cholesterol; improves skin and cellular health

Excellent Source

Magnesium, Phosphorus, Thiamin, Vitamin E

Good Source

Fiber, Folate, Niacin, Protein, Zinc

Diet Specifications

V

VG

DF

GF



SWEET PEAS

Nutritional Information

Serving Size: 1 cup

Calories	117
Protein	8 grams
Fat	0.5 grams
Carbohydrates	21 grams
Fiber	8 grams

Health Benefits

Reduces inflammation, supports blood sugar regulation, promotes heart health, aids digestion

Excellent Source

Fiber, Folate, Thiamin, Vitamin A, Vitamin C, Vitamin K

Good Source

Iron, Magnesium, Niacin, Phosphorus, Potassium, Protein, Riboflavin, Vitamin B6, Zinc

Diet Specifications

V

VG

DF

GF



SWEET POTATO

Nutritional Information

Serving Size: 1 medium sweet potato

Calories	103
Protein	2 grams
Fat	0 grams
Carbohydrates	24 grams
Fiber	4 grams

Health Benefits

Aids digestion, supports skin health, reduces inflammation

Excellent Source

Vitamin A, Vitamin C

Good Source

Fiber, Potassium

Diet Specifications

V

VG

DF

GF



TAHINI

Nutritional Information

Serving Size: 1 tablespoon

Calories	86
Protein	3 grams
Fat	7 grams
Carbohydrates	4 grams
Fiber	1.5 grams

Health Benefits

Supports skin and muscle health

Good Source

Phosphorus, Thiamin

Diet Specifications

V

VG

DF

GF



TART CHERRIES

Nutritional Information

Serving Size: 1 cup

Calories	78
Protein	1.5 grams
Fat	0.5 grams
Carbohydrates	19 grams
Fiber	2.5 grams

Health Benefits

Reduces inflammation and muscle pain, supports weight loss, improves sleep quality

Excellent Source

Vitamin C

Good Source

Fiber

Diet Specifications

V

VG

DF

GF



TOFU

Nutritional Information

Serving Size: 1/2 cup, cubed

Calories	181
Protein	22 grams
Fat	11 grams
Carbohydrates	3.5 grams
Fiber	3 grams

Health Benefits

Promotes heart health, supports bone health, may help reduce risk of cancer

Excellent Source

Calcium, Iron, Protein

Good Source

Phosphorus

Diet Specifications

V

VG

DF

GF



TOMATO

Nutritional Information

Serving Size: 1 small tomato

Calories	16
Protein	1 gram
Fat	0 grams
Carbohydrates	3.5 grams
Fiber	1 gram

Health Benefits

Reduces inflammation, promotes heart health, may help reduce risk of stroke

Excellent Source

Vitamin C

Good Source

Vitamin A, Vitamin K

Diet Specifications

V

VG

DF

GF



TURMERIC

Nutritional Information

Serving Size: 1 teaspoon

Calories	9
Protein	0 grams
Fat	0 grams
Carbohydrates	2 grams
Fiber	0.5 grams

Health Benefits

Reduces inflammation, alleviates symptoms of arthritis, boosts liver function, lowers cholesterol

Excellent Source

Manganese

Diet Specifications

V

VG

DF

GF



WALNUTS

Nutritional Information

Serving Size: 1 handful

Calories	195
Protein	4.5 grams
Fat	19.5 grams
Carbohydrates	4 grams
Fiber	2 grams

Health Benefits

Promotes heart health; supports blood sugar regulation, insulin response, and fertility; reduces inflammation

Excellent Source

Calcium, Manganese

Good Source

Phosphorus

Diet Specifications

V

VG

DF

GF



WATERCRESS

Nutritional Information

Serving Size: 1 cup

Calories	4
Protein	1 gram
Fat	0 grams
Carbohydrates	0.5 grams
Fiber	0 grams

Health Benefits

Supports healthy blood pressure and bone health, reduces inflammation

Excellent Source

Vitamin A, Vitamin C, Vitamin K

Diet Specifications

V

VG

DF

GF



ZUCCHINI

Nutritional Information

Serving Size: 1 small zucchini

Calories	20
Protein	1.5 grams
Fat	0 grams
Carbohydrates	3.5 grams
Fiber	1 gram

Health Benefits

Boosts immunity, fights infection, supports prostate health

Excellent Source

Vitamin A, Vitamin C

Good Source

Manganese

Diet Specifications

V

VG

DF

GF