A diagram of a healthy eating plate

Description automatically generated

Best proteins: eggs, cottage cheese, full fat Greek yogurt, fish, beans, lentils, chicken, nuts, quinoa

Best fruits: apples, blueberries, bananas, oranges, dragon fruit, avocado, lychee, pineapple, strawberries

Best vegetable: spinach, kale, broccoli, peas, beets, carrots, fermented vegetables, tomatoes, onions, bell peppers, cauliflower, seaweed

Best whole grains: barley, quinoa, buckwheat, oats, farro, bulgur wheat, wild rice, millet, cereal

Best fats: fatty fish (tuna), chia seeds, dark chocolate, flaxseed, nut and seed butter, olives, yogurt

Most Beneficial spices: cinnamon, sage, peppermint, turmeric, basil, cayenne pepper, ginger, rosemary, garlic,