# 30 Healthy Foods You Should Be Eating!

Below is a list of 30 foods that many doctors, nutritionists, and dieticians believe will benefit your overall health more than any other foods. Take a few minutes to fill out the form below to see how many you are eating, have tried, are willing to try, or have never heard of. You might be surprised with the results!

| **Food** | **Love it and eat it a lot!** | **Have tried and liked.** | **Have tried and disliked** | **Willing to try** | **What is that?** |
|---|---|---|---|---|---|
| Black Beans | | | | | |
| Kale | | | | | |
| Salmon | | | | | |
| Walnuts | | | | | |
| Pumpkin | | | | | |
| Apples | | | | | |
| Blueberries | | | | | |
| Bananas | | | | | |
| Broccoli | | | | | |
| Spinach | | | | | |
| Sweet Potatoes | | | | | |
| Kidney Beans | | | | | |
| Lentils | | | | | |
| Red Beets | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Eggplant | | | | | |
| Brussels Sprouts | | | | | |
| Tomatoes | | | | | |
| Whole-Wheat Bread | | | | | |
| Quinoa | | | | | |
| Steel-Cut Oatmeal | | | | | |
| Bulgur | | | | | |
| Lean Meat | | | | | |
| Flaxseeds | | | | | |
| Chia Seeds | | | | | |
| Almonds | | | | | |
| Tuna | | | | | |
| Fat-Free Milk (Skim) | | | | | |
| Fat-Free Greek Yogurt | | | | | |
| Dark Chocolate | | | | | |
| Extra-Virgin Olive Oil. | | | | | |
| **TOTALS** | | | | | |

**Homework**

Take this list to a grocery store (or use online shopping at a local grocery store) and find out how many of these items are readily available to purchase. In the list below mark which items you could find and list their price. In class we will compare prices and start looking at the cost benefit analysis of eating healthy foods vs. easy to make / processed foods.

| Food | Found it! | Price | Food | Found it! | Price |
|---|---|---|---|---|---|
| Black Beans | | | Eggplant | | |
| Kale | | | Brussels Sprouts | | |
| Salmon | | | Tomatoes | | |
| Walnuts | | | Whole-Wheat Bread | | |
| Pumpkin | | | Quinoa | | |
| Apples | | | Steel-Cut Oatmeal | | |
| Blueberries | | | Bulgur | | |
| Bananas | | | Lean Meat | | |
| Broccoli | | | Flaxseeds | | |
| Spinach | | | Chia Seeds | | |
| Sweet Potatoes | | | Almonds | | |
| Kidney Beans | | | Tuna | | |
| Lentils | | | Fat-Free Milk (Skim) | | |
| Red Beets | | | Fat-Free Greek Yogurt | | |
| Eggplant | | | Dark Chocolate | | |
| Brussels Sprouts | | | Extra-Virgin Olive Oil. | | |