

HIGH VOLUME FOOD LIST

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VEGETABLES

- Asparagus
- Bean sprouts
- Beetroot
- Broccoli
- Bok Choy
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Fennel
- Green beans
- Green peas
- Kale
- Lettuce
- Mixed salad greens
- Mushrooms
- Onion
- Parsnips
- Potato
- Rocket (Arugula)
- Snow peas
- Spinach
- Sweet potato

FRUIT

- Apple
- Apricot
- Blackberries
- Blueberries
- Capsicum (peppers)
- Cucumber
- Eggplant (Aubergine)
- Figs
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi fruit
- Mandarin
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Pumpkin
- Raspberries
- Rockmelon (cantaloupe)
- Strawberries
- Squash
- Sweet corn
- Tangerine
- Tomatoes
- Watermelon
- Zucchini (Courgette)

DAIRY & ALTERNATIVES

- Reduced fat
 - ricotta cheese
 - cottage cheese
 - yoghurt (1% fat)
- Almond milk yoghurt
- Soy yoghurt

OTHER

- Baked beans
- Egg whites
- Lima beans
- Soups (check the label)