



Healthy Whole Foods List

**DINING
SERVICES**

AT BRYN MAWR COLLEGE

www.brynmawr.edu/dining
www.haverford.edu/dining-services

**HVERFORD
COLLEGE**

DINING SERVICES

Proteins

Chicken ~ Turkey ~ Eggs ~ Halibut ~ Mahi-mahi
Sardines ~ Salmon ~ Snapper ~ Shrimp ~ Tuna
Beans & Legumes ~ Split Peas
Black-eyed Peas ~ Lentils

Fruits

Apples ~ Apricots ~ Avocados ~ Bananas
Blackberries ~ Blueberries ~ Cantaloupes ~ Cherries
Cranberries ~ Cucumber ~ Dates ~ Figs ~ Gojiberries
Gooseberries ~ Grapefruits ~ Grapes ~ Guavas
Honeydews ~ Kiwis ~ Kumquats ~ Lemons ~ Limes
Lychees ~ Mangos ~ Mangosteens ~ Nectarines
Oranges ~ Papayas ~ Passion Fruit ~ Peaches ~ Pears
Pineapples ~ Plums ~ Pomegranates ~ Pomelos
Prunes ~ Raspberries ~ Strawberries ~ Tangerines
Clementines ~ Watermelons

Healthy Fats & Oils

Olive Oil ~ Avocado Oil ~ Avocadoes
Nuts (almonds, peanuts, macadamia nuts, hazelnuts,
pecans, cashews, walnuts, pine nuts)
Seeds (chia, sunflower, flax, sesame, pumpkin, hemp)
Fatty Fish (herring, mackerel, sardines, salmon, tuna)

Whole Grains

Brown Rice ~ Bulgur ~ Millet ~ Oatmeal/Whole Oats
Quinoa ~ Rolled Oats ~ Whole-grain Barley
Whole-grain Corn ~ Whole Rye ~ Whole Wheat
Wild Rice ~ Popcorn ~ Amaranth

Low/Non-fat or Calcium Rich

Hard Cheeses (cheddar ~ mozzarella, swiss, parmesan)
Greek Yogurt ~ Cottage Cheese ~ Milk ~ Ricotta

Non-Starchy Vegetables

Artichokes ~ Asparagus ~ Baby Corn ~
Bamboo Shoots ~ Beets ~ Brussels Sprouts ~ Broccoli
Cabbage (green ~ bok choy ~ chinese)
Carrots ~ Cauliflower ~ Celery
Chayotes ~ Cucumbers ~ Eggplants
Greens (collard, kale, mustard, turnip)
Green Beans ~ Hearts of Palm ~ Jicamas ~ Leeks ~
Mushrooms ~ Okra ~ Onions ~ Pea Pods ~ Peppers ~
Radishes ~ Rutabaga ~ Sprouts
Salad Greens (chicory, endive, escarole, lettuce,
romaine, spinach, arugula, radicchio, watercress)
Squash (cushaw, summer, crookneck, spaghetti, zucchini)
Sugar Snap Peas ~ Swiss Chard ~ Tomatoes
Turnips ~ Water Chestnuts.

Starchy Vegetables

Beans ~ Lima beans ~ Parsnips ~ Plantains ~ Potatoes
(sweet ~ white ~ red) ~ Pumpkins ~ Acorn Squash
Butternut Squash ~ Green Peas ~ Corn
Cassava/Tapioca ~ Yucca ~ Yams.