Clean Eating Food List Printable: 45 Simple Foods, Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/clean-eating-food-list-printable/

Clean Eating Food List Printable: 45 Whole Foods

How to read the tags: **Eat freely** means pile it on. Eat regularly means a daily or near-daily staple in normal portions. Moderation means nutritious but calorie-dense, so measure it.

Vegetables (eat freely)

Item	Typical serving	Approx. calories	Tag and tip
Spinach	2 cups raw	about 15	Eat freely; salads or sautéed
Broccoli	1 cup chopped	about 30	Eat freely; frozen works too
Carrots	1 medium	about 25	Eat freely; easy raw snack
Bell peppers	1 medium	about 25 to 40	Eat freely; red is sweetest
Cauliflower	1 cup chopped	about 25	Eat freely; roast or rice it
Tomatoes	1 medium	about 20	Eat freely; canned counts too
Zucchini	1 cup sliced	about 20	Eat freely; quick sauté
Green beans	1 cup	about 30 to 45	Eat freely; frozen is fine
Onions	1/2 cup chopped	about 30	Eat freely; flavor base

Fruits (mostly eat freely)

Item	Typical serving	Approx. calories	Tag and tip
Apples	1 medium	about 95	Eat freely; keep skin on
Bananas	1 medium	about 105	Eat freely; freeze overripe ones
Blueberries	1 cup	about 85	Eat freely; frozen costs less
Strawberries	1 cup	about 50	Eat freely; rinse right before eating
Oranges	1 medium	about 60 to 70	Eat freely; whole beats juice
Pears	1 medium	about 100	Eat freely; good fiber source
Grapes	1 cup	about 105	Eat regularly; freeze for snacks

Proteins (eat regularly)

Item	Typical serving	Approx. calories	Tag and tip
Eggs	1 large	about 70 to 80	Eat regularly; fast breakfast protein
Chicken breast	3 oz cooked	about 140	Eat regularly; skinless, not breaded
Salmon	3 oz cooked	about 150 to 175	Eat regularly; rich in omega-3s
Canned tuna in water	3 oz	about 80 to 110	Eat regularly; light tuna is lower mercury
Ground turkey, 93% lean	3 oz cooked	about 170 to 180	Eat regularly; tacos and bowls
Plain Greek yogurt	6 oz nonfat	about 100	Eat regularly; skip sweetened cups
Black beans	1/2 cup cooked	about 115	Eat freely; rinse canned beans
Lentils	1/2 cup cooked	about 115	Eat freely; no soaking needed
Chickpeas	1/2 cup cooked	about 135	Eat freely; roast for crunch

Whole grains and starchy vegetables (eat regularly)

Item	Typical serving	Approx. calories	Tag and tip
Rolled oats	1/2 cup dry	about 150	Eat regularly; plain, not flavored packets
Brown rice	1/2 cup cooked	about 110 to 125	Eat regularly; cook a big batch
Quinoa	1/2 cup cooked	about 110	Eat regularly; rinse before cooking
100% whole wheat bread	1 slice	about 70 to 100	Eat regularly; whole wheat listed first
Sweet potatoes	1 medium baked	about 100	Eat regularly; microwave in minutes
Potatoes	1 medium baked	about 160	Eat regularly; skin adds fiber
Air-popped popcorn	3 cups	about 90 to 95	Eat regularly; skip butter-flavored bags

Healthy fats, nuts and seeds (moderation)

Item	Typical serving	Approx. calories	Tag and tip
Extra virgin olive oil	1 tbsp	about 120	Moderation; measure, don't pour
Avocado	1/3 medium	about 80	Moderation; adds creaminess
Almonds	1 oz (about 23)	about 165	Moderation; unsalted or lightly salted
Walnuts	1 oz	about 185	Moderation; plant omega-3 fats
Natural peanut butter	2 tbsp	about 190	Moderation; peanuts and salt only
Chia seeds	1 tbsp	about 60	Moderation; stir into oats
Ground flaxseed	1 tbsp	about 35	Moderation; ground beats whole seeds

Pantry and flavor staples

Item	Typical serving	Approx. calories	Tag and tip
Canned tomatoes, no salt added	1/2 cup	about 20 to 25	Eat freely; sauces and soups
Low-sodium broth	1 cup	about 10 to 20	Eat freely; check the sodium
Herbs and spices	1 tsp	under 10	Eat freely; skip salty blends
Vinegar	1 tbsp	about 3 to 15	Eat freely; easy dressings
Milk or unsweetened soy milk	1 cup	about 80 to 120	Eat regularly; choose unsweetened
Honey or maple syrup	1 tbsp	about 50 to 65	Moderation; still added sugar

Foods to limit (not banned)

- **Sugary drinks:** soda, sweet tea, energy drinks, sweetened coffee drinks.
- **Processed meats:** bacon, hot dogs, salami and most deli meats.
- **Packaged sweets:** cookies, pastries, candy and frosted cereals.
- **Fried fast food:** fries, fried chicken and breaded snacks.
- **Sweetened snack bars:** many "healthy" bars are mostly sugar.

Calories are rounded approximations based on USDA FoodData Central values. They vary by brand, size and cooking method.