










HEALTHY FOOD GUIDE - *Beta Version*

Produced by the Tufts Nutrition Advisory Committee (NAC)

To learn more about the NAC and their work, visit nutrition.tufts.edu/nac

	★★★★	★★★	★★	★
 FRUITS	All fruits (fresh, frozen, or canned; no added sugar)	Dried fruits (no added sugar) Canned fruits (in own juice)	Dried, canned, or other fruits with added sugar	
 VEGETABLES	All non-starchy vegetables (fresh, frozen, or canned; no added salt or sugar)	Starchy and non-starchy vegetables with added salt or sugar	White potatoes	White potatoes with added salt or sugar (e.g., potato chips, fries)
 NUTS, SEEDS, & BEANS/LEGUMES	Nuts, seeds, peanut/nut butters (no added salt or sugar) Legumes/beans & their spreads (e.g., hummus, tofu, tempeh)	Nuts, seeds, peanut/nut butters, or legumes/beans with added salt	Nuts, seeds, peanut/nut butters, or legumes/beans with added sugar	
 FATS & OILS	Soybean, canola, corn, sunflower, safflower, extra virgin olive oils; spreads from these oils	Other liquid plant oils (except tropical oils)	Tropical oils (e.g., coconut, palm) Butter, lard	Products containing partially hydrogenated oils (<i>trans</i> fats)
 GRAINS & STARCHES*	Minimally processed 100% whole grains (e.g., coarsely milled wheat, oats, brown rice, barley, quinoa, millet)	Finely milled 100% whole grains (e.g., most commercial whole grain breads, crackers, pasta, breakfast cereals)	Refined grains (e.g., white bread, white rice, white pasta, crackers, tortillas)	Refined grains or starches with added salt or sugar (e.g., cakes, pies, cookies, sweet muffins/breads)
 DAIRY	Plain yogurt, milk, fermented milk or cheese (reduced fat)†	Plain yogurt, milk, fermented milk or cheese (whole fat)	Most sugar-sweetened yogurts, ice creams, shakes and milks Cream, cream cheese, sour cream	Highly processed cheese products
 MEAT, EGGS, & SEAFOOD	Fish, shellfish (except battered) Chicken, turkey (skinless, uncured)	Eggs Chicken with skin Lean beef or pork (little visible fat)	Smoked or salted fish Beef or pork (with visible fat) Battered fish or poultry	Processed or cured poultry/red meats (e.g., bacon, baloney, sausage, deli meats)
 SWEETS		Dark chocolate, higher cocoa (>50%, best if 70%+)	Dark chocolate (<50%), milk chocolate, ice cream	Candy
 DRINKS	Water, seltzer Milk (non-fat/low-fat) Soy/nut milks with no added sugar Unsweetened coffee, tea	Milk (reduced-fat, whole fat) Vegetable juice (no added salt)	Sweetened milk 100% fruit juice Soy/nut milks with added sugar	Sugar sweetened beverages (sodas, energy drinks, sports drinks, sweet teas, fruit drinks, pre-sweetened and flavored coffees)‡

RATING SYSTEM

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These foods are the best for maintaining general health, recommended for frequent use. They naturally provide nutrients and bioactives, may contain pre and probiotics, are generally more slowly digested and absorbed, and also have few negative nutrient factors.

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These foods are also healthy. They may have some less healthy features that four star (e.g., higher salt or added sugar, higher in certain fats, faster digestion, lower nutrients/bioactives) which is why they do not receive a four-star rating.

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These foods may contain some healthful nutrients/bioactives, although often not in high concentrations. These typically have negative factors such as higher starch or sugar, or low fiber or healthy fats, that make them less-ideal choices than three- and four-star rated foods.

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These foods may have little nutritional benefit in terms of essential nutrients not provided via fortification. These foods have negative factors such as saturated fat, sugar, high sodium and/or high energy density that make it desirable to substantially limit their consumption in terms of frequency and/or quantity.

NOTES

*For grains/starches, extent of processing (intact food structure) is important. Minimally processed grains (e.g., barley, millet) and coarsely milled grains (e.g., stone ground wheat) generally have slower digestion and absorption than finely milled grains (e.g., most commercially available whole wheat products).

†Fortified soy milks with calcium and vitamin D and no added sugar are alternatives to milk.

‡Artificial and low-calorie sweeteners are preferable to added sugars but should generally be minimized. If choosing a sugar sweetened beverage, lower sugar versions are preferable.