

# Healthy Eating Handbook

**TIME-SAVING TIPS,  
RECIPES & TECHNIQUES,  
MEAL PLANNER & MORE!**

**EASY WAYS TO EAT BETTER**



# You Can Do It!

## 4 KEYS TO A HEALTHIER YOU

We've done the research so you can jump right in and enjoy the results.

### Focus on Whole Foods

Unprocessed whole foods retain more nutrients than processed, packaged foods. Create meals from "whole foods," which are foods in their most essential, pure and basic forms.

### Eat Plant-Strong™

Phytonutrients and fiber are only found in plants. Eat plant-based foods to get your fill of these vital nutrients.

### Choose Healthy Fats

Whole plant foods contain healthy fats and more nutrients than extracted oils and other concentrated fats. Get your fats from whole food sources such as nuts, seeds and avocados.

### Consider Nutrient Density

Nutrients—such as vitamins, minerals and phytonutrients—are essential for good health. Eat a rainbow of fruits and vegetables along with a variety of whole grains, beans and other unrefined whole plant foods.

## HOW TO EAT YOUR WAY TO



Start simply, start now and let us help!

Whether you're jump-starting a lifetime of better eating or just looking for a few new ideas, our stores have the foods and friendly faces to support you. Behind the scenes, our recipe developers and board of health and medical experts work on tools to make healthy eating easy.

## THE RIGHT TOOLS MAKE EVERYTHING EASIER

Consider this handbook your toolkit full of time-saving tips, easy recipes and simple cooking techniques to help you eat your way to better health. Keep it in your kitchen drawer and refer back whenever you need information, inspiration and support.



Health Starts Here® is a mindful approach to healthy eating that's rooted in simple ways to build better meals.



Find step-by-step cooking videos at [wholefoodsmarket.com/healthyeating](https://www.wholefoodsmarket.com/healthyeating).

# BUILD A Better Plate



## LEAFY GREENS & COLORFUL VEGETABLES

- Lettuce, spinach, cabbage, collards, kale, bok choy, watercress, chard
- Asparagus, broccoli, Brussels sprouts, carrots, cauliflower, green beans, corn, mushrooms, onions, green peas, peppers, tomatoes, zucchini



## WHOLE GRAINS, STARCHY VEGETABLES & LEGUMES

- Rice, oats, quinoa, barley, buckwheat, millet, spelt, whole grain pasta
- Potatoes, beets, parsnips, pumpkin, sweet potatoes, winter squash
- Adzuki beans, cannellini beans, kidney beans, lima beans, lentils, navy beans, soybeans, split peas, tofu, tempeh



## HEALTHY FATS

Nuts, seeds, avocados and olives. Minimize or eliminate extracted oils and processed fats (such as margarine).



## LEAN MEAT, POULTRY & FISH

(optional)



## FRUIT

Apples, oranges, bananas, stone fruit, berries, melons, pineapple, pears, grapes, lemons, limes, grapefruit



## WATER

Choose water as your primary beverage.



## SWEETENER

Sweeten foods naturally with fresh and dried fruits. Use honey and other whole food sweeteners sparingly.



## SALT

Minimize salt intake by using no/low sodium ingredients when cooking meals and salt sparingly, if at all, at the table to taste.

Healthy  
TIP

Stay inspired! Keep your meals tasty and interesting with herbs, spices, vinegars, lemon and lime. They don't rely on fat, sugar or salt for flavor.

# Prep for Success

There are no two ways about it—when you eat mostly whole foods, you spend more time preparing meals than you would heating up frozen dinners. The good news is that the extra time in the kitchen is a great investment in your health. And there are always time-saving tips!



## TIME-SAVING TIP

Shop and then wash, chop and store veggies once or twice a week to minimize cooking time on other days.

## Cook ahead to get ahead

|  |       |
|--|-------|
| Big batches of whole grains                      | p. 9  |
| Loads of roasted veggies                         | p. 13 |
| Delicious and easy salad dressings               | p. 14 |
| Crisp fresh veggies and leafy greens for salads  | p. 14 |
| Big batches of favorite dishes like Lentil Chili | p. 19 |
| Big batches of beans                             | p. 20 |



## TIME-SAVING TIP

Get “fast” food and feel great about it! We offer a delicious selection of prepared Health Starts Here® labeled foods in our salad bar, hot bar, self-serve cases and full-serve cases.

## Plan Your Meals for Deliciousness

Before your weekly shopping trip, spend a few minutes surveying your refrigerator and pantry. And then let your tastebuds take the lead as you plan meals for the next seven days and make your shopping list. Get a head start using our meal plans on page 17.

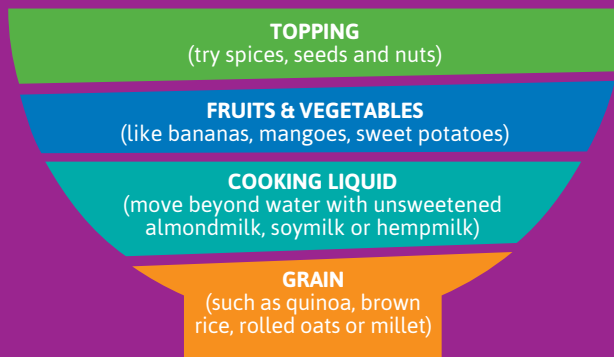
|     | BREAKFAST | LUNCH | DINNER | SNACK |
|-----|-----------|-------|--------|-------|
| SUN |           |       |        |       |
| MON |           |       |        |       |
| TUE |           |       |        |       |
| WED |           |       |        |       |
| THU |           |       |        |       |
| FRI |           |       |        |       |
| SAT |           |       |        |       |

**TIME-  
SAVING  
Tip**

No prep needed if you shop the frozen aisle for greens, vegetables and fruits. Plus, you can use as little as you need and return the package to the freezer.

# Energize

## YOUR BREAKFAST BOWL



### LAYER YOUR OWN BREAKFAST BOWL OR CHOOSE ONE OF THESE FLAVOR FAVORITES

#### Blueberry Almond

Quinoa + almondmilk + blueberries + toasted almonds

#### Jazzy Raspberry

Steel-cut oats + soymilk + raspberries + ginger + toasted sunflower seeds

#### Vanilla Fig

Millet + vanilla almondmilk + dried figs + toasted walnuts

#### Tex Mex

Brown rice + vegetable broth + diced tomato + avocado + cilantro

#### Savory Sun-dried Tomato

Bulgur + vegetable broth + garbanzo beans + sun-dried tomatoes + green onions + toasted cashews

#### Nutty Sweet Potato

Barley + almondmilk + diced sweet potato + toasted pecans

#### Apple Spiced Oats

Steel-cut oats + almondmilk + diced apples + currants + nutmeg + toasted pecans

## GET COOKING WITH WHOLE GRAINS



Choose your grain and boil the noted amount of water.



Add chosen grain, return the pot to a boil, cover, reduce heat and simmer until liquid is absorbed and grain is tender.



Fluff with a fork before serving.

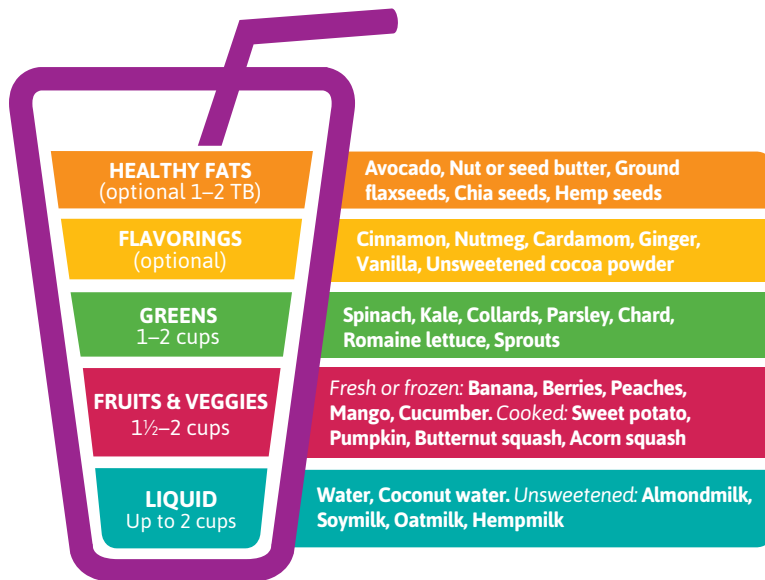
| GRAIN      | GRAIN:LIQUID RATIO | TIME      |
|------------|--------------------|-----------|
| Barley     | 1:3½ cups          | 50–60 min |
| Brown rice | 1:2 cups           | 40–45 min |
| Bulgur     | 1:2½ cups          | 20–25 min |
| Millet     | 1:2½ cups          | 20–25 min |
| Quinoa     | 1:2 cups           | 15–20 min |

### TIME- SAVING Tip

Cook extra grains and store portioned leftovers in the freezer for up to a month—you'll be ready when you need a healthy meal in a hurry.

# SLURP A SMARTER Smoothie

For a quick breakfast or snack, smoothies hit the spot. They're also a tasty way to add greens to your morning routine. For 2 servings, choose at least one item from each row and blend your way to bliss.



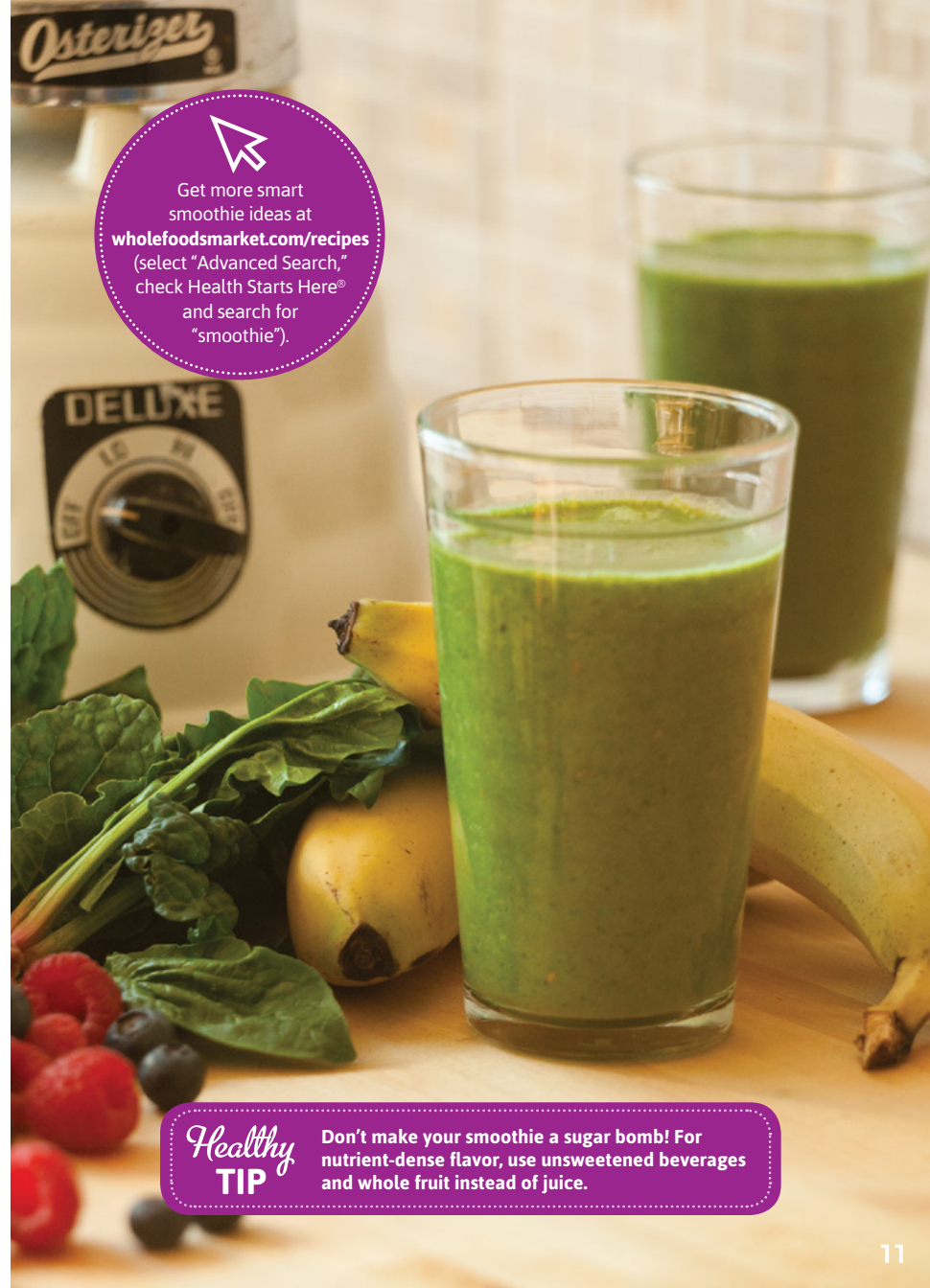
## DOUBLE GREEN SMOOTHIE

Serves 2

- |   |                               |
|---|-------------------------------|
| 1½ cups unsweetened almondmilk, ricemilk or soymilk | 1 cup chopped kale leaves     |
| 2 dried apricots or 4 pitted dates                  | 1 cup baby spinach leaves     |
| 1 ripe banana                                       | ¾ cup fresh or frozen berries |

Combine almondmilk, apricots, banana, kale, spinach and berries in a blender and blend until smooth.

Get more smart smoothie ideas at [wholefoodsmarket.com/recipes](http://wholefoodsmarket.com/recipes) (select "Advanced Search," check Health Starts Here® and search for "smoothie").



## Healthy TIP

Don't make your smoothie a sugar bomb! For nutrient-dense flavor, use unsweetened beverages and whole fruit instead of juice.

# Mighty Bowls

## OF GOODNESS

### The Combinations are Endless!

Bowls are an easy way to layer nutritious whole foods into a satisfying, simple meal. With all the options, you'll never run out of tasty combinations, but you're bound to develop some favorites.



## A WORLD OF FLAVOR IN YOUR BOWL



**STEP 1**  
Start by choosing a grain, bean and/or starchy vegetable.



**STEP 2**  
Add raw, steamed or roasted vegetables and, if desired, soy or animal protein.



**STEP 3**  
Experiment with flavorful toppings and the spice blends below.

|                 | HERBS & SPICES   | FRUITS & VEGETABLES                                   |
|-----------------|--|---|
| <b>ITALIAN</b>  | Garlic, Onion, Basil, Oregano, Thyme, Parsley, Marjoram                                | Lemon, Tomato, Spinach, Bell pepper, Artichoke        |
| <b>THAI</b>     | Garlic, Shallot, Basil, Lemongrass, Curry, Ginger, Lime leaves, Mint, Cilantro, Chiles | Lime, Peas, Zucchini, Carrot, Potato, Eggplant        |
| <b>MEXICAN</b>  | Cumin, Cilantro, Garlic, Coriander, Onion, Chiles, Cinnamon                            | Lime, Bell pepper, Tomato, Corn, Jicama, Potato       |
| <b>MOROCCAN</b> | Garlic, Onion, Cinnamon, Ginger, Cilantro, Mint, Saffron, Cumin                        | Lemon, Eggplant, Orange, Tomato, Carrot               |
| <b>ASIAN</b>    | Ginger, Garlic, Coriander, Miso, Green onions, Soy, Rice Vinegar, Sesame               | Lime, Shiitake mushroom, Cucumber, Broccoli, Bok choy |
| <b>GREEK</b>    | Garlic, Mint, Oregano, Dill, Chiles, Cinnamon, Parsley, Thyme, Marjoram                | Lemon, Spinach, Olives, Arugula, Eggplant             |
| <b>INDIAN</b>   | Garlic, Ginger, Onion, Turmeric, Cumin, Coriander, Curry blends, Garam-Masala          | Lemon, Cauliflower, Spinach, Peas, Tomato, Potato     |

For more bowlfuls of inspiration, visit [wholefoodsmarket.com/healthyeating](https://www.wholefoodsmarket.com/healthyeating).



Roast a batch of your favorite veggies at the beginning of the week. Simply cut into bite-size pieces, toss with orange juice or balsamic vinegar and black pepper, and then cook on a parchment-paper-lined baking sheet in a 450°F oven until tender.

# SATISFYING Salads

Transform a salad into a meal by adding satisfying, nutrient-rich ingredients, such as beans and seeds.

## Black Bean Salad with Avocado-Lime Dressing

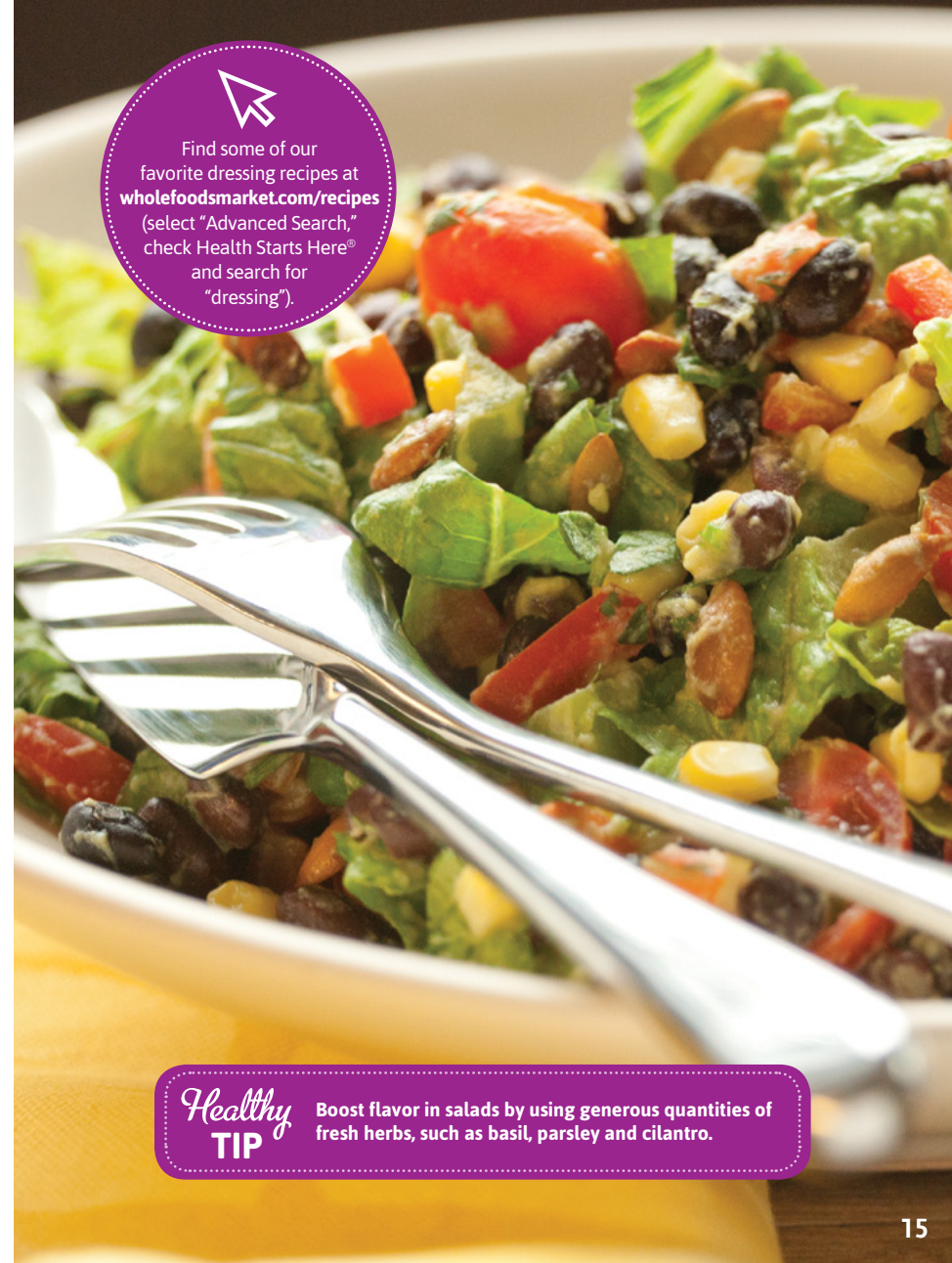
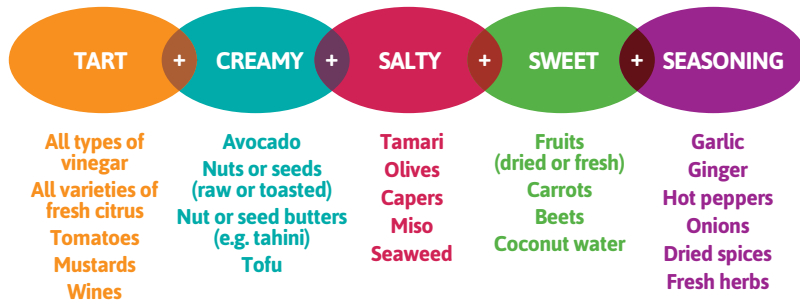
Serves 4

- |   |   |
|---|---|
| 1 ripe avocado, mashed  | 1 cup grape tomatoes, halved                  |
| ¼ cup chopped fresh cilantro                                    | 1 cup corn kernels, fresh or thawed if frozen |
| 2 tablespoons lime juice  | 1 small red bell pepper, chopped              |
| 2 (15-ounce) cans no-salt-added black beans, rinsed and drained | ½ cup toasted pumpkin seeds                   |
| 4 cups shredded romaine lettuce                                 |   |

In a large bowl, whisk together avocado, cilantro and lime juice until blended. Add beans, lettuce, tomatoes, corn, pepper, pumpkin seeds and toss until evenly coated.

## ADD FLAVOR WITH DRESSINGS & MARINADES

It's easy to make super-tasty salad dressings with healthy fats. When you choose one or more ingredients from each category below, it adds up to healthy and delicious!



Find some of our favorite dressing recipes at [wholefoodsmarket.com/recipes](https://www.wholefoodsmarket.com/recipes) (select "Advanced Search," check Health Starts Here® and search for "dressing").

**Healthy TIP** Boost flavor in salads by using generous quantities of fresh herbs, such as basil, parsley and cilantro.





# Seven Days of Delicious

**HEALTHY IDEAS FOR  
EVERY DAY OF THE WEEK**

|             | LUNCH   | DINNER  | SNACK  |
|-------------|---|---|--|
| <b>SUN</b>  | Roasted veggie & hummus wraps; 100% fruit popsicles               | Lentil Chili (p.19); green salad; Cornbread Muffins (online)  | Kale Chips (online)                              |
| <b>MON</b>  | Lentil Chili over sweet potatoes & mixed greens                   | Soba noodles with greens, shredded carrots, tofu or shrimp and Almond and Chile Dressing (online)                   | Apple slices with nut butter                     |
| <b>TUES</b> | Roasted veggie & hummus wraps; fresh fruit                        | Black Bean Salad with Avocado-Lime Dressing (p.14); Cornbread Muffin  | Carrot Cashew Spread (online) with celery sticks |
| <b>WED</b>  | Whole grain wrap with Black Bean Salad with Avocado-Lime Dressing | Bulgur with asparagus, roasted tomatoes and balsamic vinegar dressing; green salad                                  | Veggie sticks with hummus                        |
| <b>THUR</b> | Lentil Chili over brown rice                                      | Whole Wheat Pasta with Kale & Sun-Dried Tomatoes (online); green salad; fresh fruit                                 | Baked tortilla chips with homemade salsa         |
| <b>FRI</b>  | Whole Wheat Pasta with Kale & Sun-Dried Tomatoes; apple           | Salmon & wilted greens over quinoa (for a vegan option, substitute cooked beans for salmon); roasted sweet potatoes | Kale Chips (online)                              |
| <b>SAT</b>  | Big salad; Carrot Cashew Spread on whole grain toast              | Quinoa with baby spinach, red bell peppers, garbanzos and No-Oil Balsamic Dressing; Raw Apple Crisp (p.22)          | Double Green Smoothie (p.10)                     |



Transform dinner leftovers into tomorrow's lunch. Tuck cooked ingredients in a whole grain wrap or burrito. Give beans and grains a new spin over a sweet potato or salad greens.



## REINVENTING

# Family Favorites

Satisfy everyone at the table by serving healthier versions of suppertime stand-bys. For example, replace all or part of the ground beef in recipes with beans or lentils for plant-based protein. Serve with brown rice, whole grain pasta or whole grain bread.

### Lentil Chili

Serves 8

- 1 large yellow onion, chopped
- 1 large red bell pepper, chopped
- 8 cups low-sodium vegetable broth, divided
- 5 cloves garlic, finely chopped
- 4 teaspoons salt-free chili powder
- 1 (16-ounce) package brown lentils (about 2¼ cups lentils)
- 2 (15-ounce) cans no-salt-added diced tomatoes
- ¼ cup chopped fresh cilantro

Heat a large pot over medium-high heat. When hot, add onion and bell pepper; cook, stirring frequently, until vegetables brown and begin to stick to the bottom of the pot, about 6 minutes. Stir in 3 tablespoons of broth and continue to cook, stirring, until onion is soft and lightly browned. Stir in garlic and chili powder and cook 1 minute, stirring constantly. Add lentils, tomatoes and remaining broth. Bring to a boil, reduce heat to medium-low and simmer, partially covered, 30 minutes or until lentils are almost tender. Uncover and cook 10 minutes longer. Stir in cilantro and serve.

### Healthy TIP

Steam fry! Instead of oil, add a splash of water, stock, fresh juice, vinegar or coconut water to your skillet. Watch a demo at [wholefoodsmarket.com/healthyeating](http://wholefoodsmarket.com/healthyeating).

### TIME- SAVING Tip

For healthy meals in minutes, stock up on shortcut staples, such as cans or cartons of no-salt-added lentils, beans, broth and tomatoes.

# Bring On the Beans

Beans and lentils deliver flavor, fiber and protein. Plus, they're satisfying and super affordable. If your body is not used to beans, start slowly and eat them regularly.



Spread beans in a single layer on a large sheet tray; pick through to remove small stones or debris. Rinse well.




In a large pot, cover the beans in 3 inches of water and soak for 8 hours to overnight.



Rinse well, then place the beans in a large pot of cold, fresh water. Bring to a simmer and cook until tender.

## TIME-SAVING Tip

Use the quick-soaking method instead of overnight. Cover beans with an inch of water and bring to a boil. Remove from heat, cover and let sit for one hour. Drain and cook as usual.

| BEAN                       | COOKING TIME | <b>AS A GENERAL RULE:</b><br><br>1 cup dried beans<br>=<br>2½-3 cups cooked beans |
|----------------------------|--------------|--|
| Adzuki beans               | ¾-1 hour     |  |
| Black beans                | 1½ hours     |  |
| Black eyed peas            | 1 hour       |  |
| Cannellini beans           | 1½ hours     |  |
| Garbanzo beans (chickpeas) | 1½-2 hours   |  |
| Pinto beans                | 2 hours      |  |
| Red kidney beans           | 1-1½ hours   |  |

## FOCUS ON SUCCESS WITH A FOOD JOURNAL

Recording what you eat can help you meet goals, celebrate accomplishments and stay focused on healthy changes. Use whatever style you'll actually keep using: Old school in a paper journal or techie with computer, notebook, tablet or smartphone.

|       | BREAKFAST                   | LUNCH                     | DINNER               | SNACKS                                 |
|-------|-----------------------------|---------------------------|----------------------|--|
| DAY 1 | oatmeal w/ apples + walnuts | pasta w/ chard + tomatoes | veggie enchiladas    | black bean hummus w/ red pepper strips |
| DAY 2 | cocoa almond quinoa         | veggie enchiladas         | stuffed bell peppers | green smoothie                         |
| DAY 3 |                             |                           |                      |  |
| DAY 4 |                             |                           |                      |  |
| DAY 5 |                             |                           |                      |  |
| DAY 6 |                             |                           |                      |  |
| DAY 7 |                             |                           |                      |  |

Find more healthy cooking inspiration at [wholefoodsmarket.com/healthyating](http://wholefoodsmarket.com/healthyating).



Eating out? Start your meal with a large green salad dressed in lemon juice or vinegar. Choose whole grains, vegetable sides and entrées that maximize whole plant foods and minimize extracted oils.

# Redefine Dessert

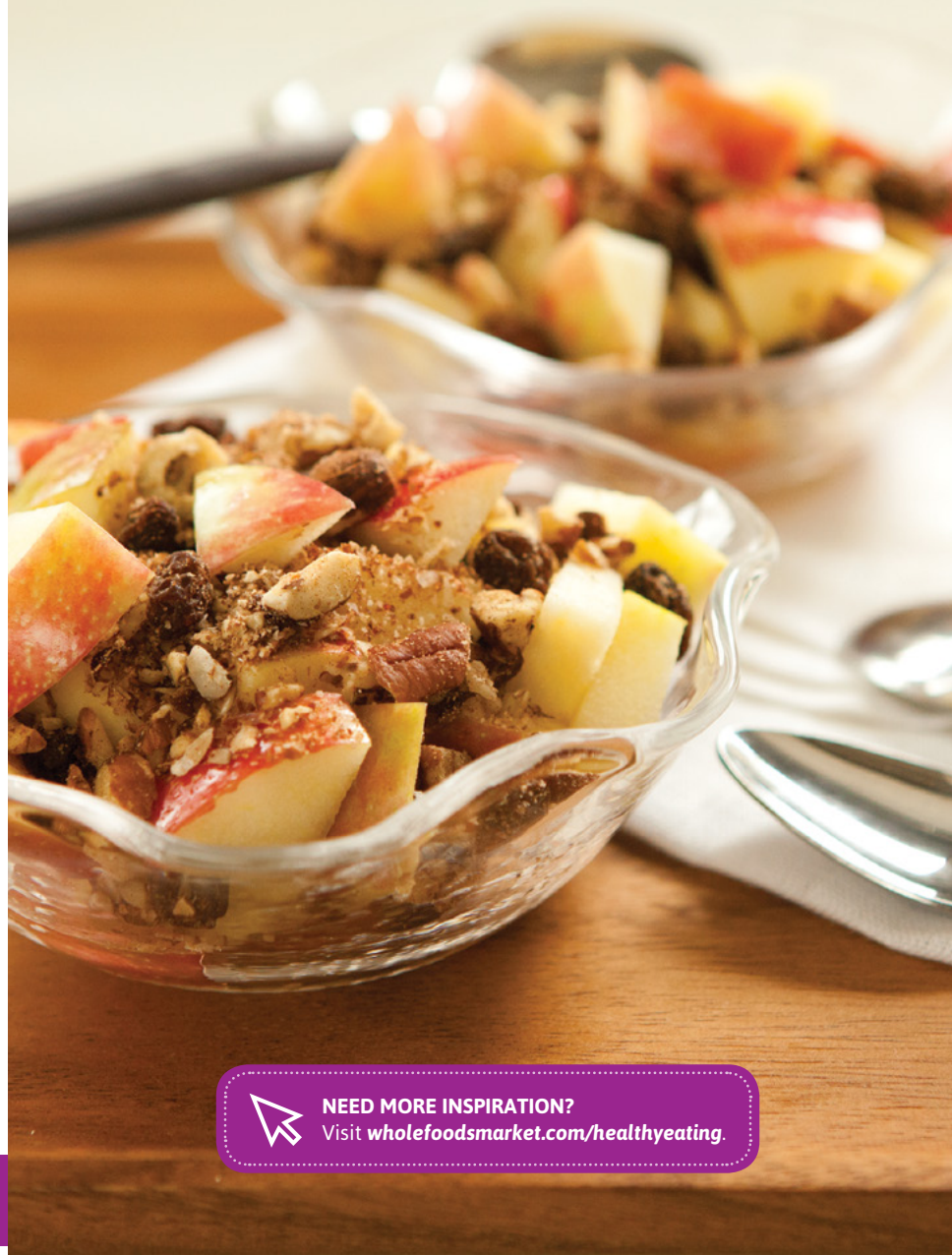
Healthy eating doesn't mean denial! Nuts provide richness and texture, spices pump up the flavor and fresh fruits satisfy your sweet tooth. Try this recipe with pears, stone fruit or fresh berries, too.

## Raw Apple Crisp

Serves 8

- 4 crisp apples, such as Honeycrisp, chopped
- $\frac{1}{4}$  cup orange juice
- $\frac{3}{4}$  cup pecan halves
- $\frac{3}{4}$  cup hazelnuts
- $\frac{3}{4}$  cup raisins
- $\frac{3}{4}$  teaspoon ground ginger
- $\frac{3}{4}$  teaspoon ground cinnamon

Put apples in an 8-inch square baking dish or 2-quart casserole dish. Drizzle with orange juice, toss until the fruit is coated and smooth the top. In a food processor, combine pecans, hazelnuts, raisins, ginger and cinnamon and pulse just until chopped. Spoon the nut mixture over the apple mixture and serve.



**NEED MORE INSPIRATION?**  
Visit [wholefoodsmarket.com/healthyeating](https://www.wholefoodsmarket.com/healthyeating).

Healthy  
TIP

Add flavor without adding calories by using spices such as cinnamon, nutmeg and allspice in desserts.

# Shopping List

A little planning makes it easier to make healthy choices!

## PRODUCE

### Fruit

- apples
- bananas
- berries
- lemons
- limes
- pineapple
- seasonal favorites

### Vegetables

#### Leafy greens

- arugula
- bok choy
- cabbage
- collards
- kale
- lettuces
- spinach

#### Colorful vegetables

- bell peppers
- broccoli
- celery
- cauliflower
- cucumbers
- green beans
- green onions
- mushrooms
- onions
- peas
- peppers
- radishes
- tomatoes (technically fruit)
- zucchini
- seasonal favorites

### Starchy vegetables

- beets
- carrots
- potatoes
- sweet potatoes
- winter squash

### Fresh seasonings

- avocado
- garlic
- ginger
- fresh herbs

## BULK BINS & GROCERY AISLES

### Cooking liquids

- unsweetened almondmilk & soymilk
- low-sodium vegetable broth

### Grains

- rolled or steel cut oats
- whole grain hot cereal
- whole grains (brown rice, buckwheat, millet, quinoa, barley, wheat berries, whole wheat couscous)
- whole grain pasta
- Health Starts Here® bread
- no-fat-added whole grain tortillas

### Legumes & tomatoes

- dried beans & lentils
- canned no-salt-added beans
- canned no-salt-added tomatoes

## TIME-SAVING

*Tip.*

Before you shop, create a customized list on your mobile device with the shopping list feature in our Whole Foods Market® Recipes app.

### Nuts & seeds

- unsalted nuts & seeds
- unsweetened nut & seed butters (tahini, cashew)

### Seasonings

- dried herbs & spices
- nutritional yeast
- vinegars
- low-sodium tamari
- dried fruit

### FROZEN

- fruit
- greens
- vegetables
- precooked frozen rice and quinoa

**Need help navigating our aisles for healthy discoveries?**

Ask a team member or visit the Health Starts Here® information station in your local store.



[wholefoodsmarket.com/healthyating](http://wholefoodsmarket.com/healthyating)

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