

**100 Low-Fat Diet
Food List with
Nutrients & Benefits**

Vegetables

1. **Spinach:** Rich in iron, vitamin K, and antioxidants; supports bone health and reduces inflammation.
2. **Broccoli:** High in vitamin C, fiber, and folate; aids digestion and boosts immunity.
3. **Carrots:** Contains beta-carotene and vitamin A; good for eye health and immune function.
4. **Zucchini:** Low in calories and rich in vitamin C; helps with hydration and skin health.
5. **Cauliflower:** Provides vitamin C and fiber; supports digestion and immune health.
6. **Cucumber:** High in water content and vitamin K; promotes hydration and bone health.
7. **Green Beans:** Rich in vitamins A, C, and K; supports heart health and provides fiber.
8. **Asparagus:** Contains folate and vitamin K; good for digestion and helps reduce bloating.
9. **Bell Peppers:** Loaded with vitamin C and antioxidants; boosts immune system and skin health.
10. **Mushrooms:** Low in calories and rich in B vitamins; supports brain function and immune health.

Fruits

11. **Apples:** High in fiber and vitamin C; promotes digestion and heart health.
12. **Oranges:** Rich in vitamin C and potassium; supports immune function and heart health.
13. **Berries (strawberries, blueberries):** Loaded with antioxidants; promotes brain health and reduces inflammation.
14. **Grapefruit:** High in vitamin C and fiber; aids weight loss and boosts metabolism.
15. **Kiwi:** Rich in vitamin C and potassium; supports digestion and immune health.
16. **Peaches:** Provides vitamins A and C; good for skin health and digestion.
17. **Pears:** High in fiber and vitamin C; supports gut health and immune function.
18. **Watermelon:** High water content and vitamin A; helps with hydration and skin health.
19. **Pineapple:** Contains bromelain and vitamin C; aids digestion and boosts immunity.
20. **Mango:** Rich in vitamins A and C; promotes eye health and supports the immune system.

Grains & Cereals

- 21. Oats:** High in fiber and protein; supports heart health and provides sustained energy.
- 22. Quinoa:** Complete protein with essential amino acids; great for muscle repair and energy.
- 23. Brown Rice:** Rich in fiber and magnesium; aids digestion and supports heart health.
- 24. Barley:** High in beta-glucan; lowers cholesterol and supports gut health.
- 25. Whole Wheat Bread:** Provides fiber and B vitamins; supports digestion and energy levels.
- 26. Bulgur:** Rich in fiber and protein; aids weight management and digestive health.
- 27. Cornmeal:** Provides iron and fiber; supports energy and digestive health.
- 28. Couscous:** Low in fat and rich in selenium; good for immune function and metabolism.
- 29. Millet:** Rich in magnesium and fiber; supports heart health and digestive function.
- 30. Rye Bread:** High in fiber and B vitamins; aids digestion and provides sustained energy.

Protein Sources

- 31. Chicken Breast (Skinless):** Lean protein source; supports muscle growth and repair.
- 32. Turkey Breast (Skinless):** Low in fat and high in protein; great for maintaining lean muscle.
- 33. White Fish (Cod, Tilapia):** High in protein and omega-3s; supports heart health and brain function.
- 34. Shrimp:** Low in fat and rich in protein; supports muscle repair and brain health.
- 35. Egg Whites:** High in protein and low in calories; ideal for muscle growth and repair.
- 36. Tofu:** Plant-based protein with essential amino acids; supports heart health and weight management.
- 37. Lentils:** Rich in protein, iron, and fiber; promotes heart health and aids digestion.
- 38. Chickpeas:** High in protein and fiber; supports digestive health and helps with weight management.
- 39. Black Beans:** Provides protein, iron, and fiber; good for heart health and blood sugar control.
- 40. Edamame:** High in protein and fiber; supports muscle growth and digestion.

Nuts, Seeds & Health Fats

- 41. Flaxseeds (In Moderation):** High in omega-3s and fiber; good for heart health and digestion.
- 42. Chia Seeds (In Moderation):** Packed with omega-3s and fiber; supports heart health and weight management.
- 43. Pumpkin Seeds (In Moderation):** Provides zinc and magnesium; supports immune health and muscle function.
- 44. Walnuts (In Moderation):** Rich in omega-3s; promotes heart health and brain function.
- 45. Almonds (In Moderation):** High in vitamin E and magnesium; supports skin health and muscle function.
- 46. Sunflower Seeds (In Moderation):** Rich in vitamin E; supports skin health and immune function.
- 47. Peanuts (Unsalted, In Moderation):** Provides protein and healthy fats; supports heart health and muscle repair.
- 48. Cashews (In Moderation):** High in magnesium and iron; good for bone health and energy production.
- 49. Pistachios (In Moderation):** Rich in protein and healthy fats; supports heart health and weight management.
- 50. Pine Nuts (In Moderation):** Provides vitamin E and healthy fats; supports skin health and energy.

Dairy and Dairy Alternatives

51. **Skim Milk:** Low in fat and high in calcium; supports bone health and hydration.
52. **Low-Fat Yogurt:** Rich in probiotics and calcium; promotes gut health and bone strength.
53. **Cottage Cheese (Low-Fat):** High in protein and calcium; supports muscle repair and bone health.
54. **Reduced-Fat Mozzarella:** Provides protein and calcium; supports muscle function and bone strength.
55. **Almond Milk (Unsweetened):** Low in calories and vitamin E; good for skin health and hydration.
56. **Soy Milk (Low-Fat):** High in protein and contains isoflavones; supports heart health and muscle growth.
57. **Ricotta Cheese (Low-Fat):** Rich in protein and calcium; aids muscle repair and bone health.
58. **Greek Yogurt (Low-Fat):** High in protein and probiotics; supports gut health and muscle recovery.
59. **Kefir (Low-Fat):** Contains probiotics and calcium; promotes digestion and bone health.
60. **Buttermilk (Low-Fat):** Low in fat and rich in calcium; supports digestion and bone strength.

Snacks & Miscellaneous

- 61. Air-Popped Popcorn:** Low in calories and high in fiber; good for digestion and snacking.
- 62. Rice Cakes:** Low in fat and calories; provides a light, crunchy snack option.
- 63. Baked Tortilla Chips:** Lower in fat compared to fried; great for snacking with fresh salsa.
- 64. Low-Fat Granola Bars:** Provides a balanced snack option; great for on-the-go energy.
- 65. Pretzels:** Low in fat and a source of quick energy; ideal for a light snack.
- 66. Fresh Salsa:** Low in calories and packed with vitamins; great for flavor without added fat.
- 67. Vegetable Sticks (Carrot, Celery):** Low in calories and high in fiber; perfect for crunchy snacking.
- 68. Hummus (Low-Fat):** Plant-based protein; great for dipping and spreading.
- 69. Low-Fat Cheese Sticks:** Provides protein and calcium; a convenient, healthy snack.
- 70. Applesauce (Unsweetened):** Low in calories and high in fiber; great for a sweet, healthy snack.

Healthy Beverages

71. **Green Tea:** Rich in antioxidants; supports metabolism and brain function.
72. **Herbal Teas:** Caffeine-free options; aids digestion and relaxation.
73. **Black Coffee:** Low in calories; boosts energy and focus.
74. **Coconut Water (Unsweetened):** Hydrates and provides electrolytes; good for post-workout recovery.
75. **Lemon Water:** Rich in vitamin C; boosts hydration and digestion.
76. **Vegetable Juices (Unsweetened):** Provides vitamins and minerals; supports hydration.
77. **Smoothies with Low-Fat Milk:** Blends of fruits and low-fat milk; great for a nutrient boost.
78. **Sparkling Water:** Zero calories; a great alternative to sugary drinks.
79. **Infused Water (with fruits):** Adds flavor to water without calories; supports hydration.
80. **Almond Milk Smoothies:** Low in calories; provides a creamy base for nutritious smoothies.

Soups & Broths

81. **Vegetable Broth (Low-Sodium)**: Low in calories; great for adding flavor to dishes.
82. **Miso Soup**: Contains probiotics; supports digestion and gut health.
83. **Tomato Soup (Low-Fat)**: Rich in antioxidants like lycopene; good for heart health.
84. **Chicken Broth (Low-Sodium)**: Low in fat and provides protein; ideal for hydration.
85. **Lentil Soup**: High in protein and fiber; supports digestion and muscle health.
86. **Butternut Squash Soup**: Rich in vitamin A and fiber; supports eye health and digestion.
87. **Mushroom Soup (Low-Fat)**: Provides B vitamins and protein; supports energy levels.
88. **Carrot Ginger Soup**: Rich in beta-carotene and antioxidants; aids digestion.
89. **Cabbage Soup**: Low in calories and high in vitamins; supports weight management.
90. **Cauliflower Soup**: Rich in vitamins C and K; supports immune health.

Healthy Beverages

91. **Mustard:** Low in calories; adds flavor without added fat.
92. **Apple Cider Vinegar:** Supports digestion and can be used as a salad dressing.
93. **Hot Sauce:** Low in calories; great for adding a kick to dishes.
94. **Low-Sodium Soy Sauce:** Adds umami flavor without excess calories.
95. **Salsa Verde:** Packed with fresh ingredients; low in calories and fat.
96. **Marinara Sauce (Low-Fat):** Made from tomatoes; rich in lycopene and vitamin C.
97. **Balsamic Vinegar:** Adds flavor to salads and veggies; low in calories.
98. **Tahini (in moderation):** Provides calcium and protein; good for dressings.
99. **Pesto (Low-Fat):** Made with herbs and nuts; provides a nutrient-dense flavor boost.
100. **Greek Yogurt Dip:** High in protein; a creamy, low-fat option for dipping.

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