

SKIM AND VERY LOWFAT MILK

Milk, Skim	1 cup
Milk, 1/2%	1 cup
Milk, 1%	1 cup
Lowfat Buttermilk	1 cup
Evaporated Skim Milk	1/2 cup
Dry Nonfat Milk	1/3 cup
Plain Nonfat Yogurt	8 oz.
Diet Fruit Yogurt	6-8 oz.

VEGETABLES

	Cooked	Raw
Artichoke	1/2 Med.	same
Asparagus	1/2 cup	1 cup
Beans	1/2 cup	1 cup
Bean Sprouts	1/2 cup	1 cup
Beets	1/2 cup	1 cup
Broccoli**	1/2 cup	1 cup
Brussels Sprouts**	1/2 cup	1 cup
Cabbage**	1/2 cup	1 cup
Carrots**	1/2 cup	1 cup
Cauliflower	1/2 cup	1 cup
Eggplant	1/2 cup	1 cup
Greens	1/2 cup	1 cup
Kohirabi	1/2 cup	1 cup
Leeks	1/2 cup	1 cup

	Cooked	Raw
Okra	1/2 cup	1 cup
Onions	1/2 cup	1 cup
Pea Pods**	1/2 cup	1 cup
Peppers (green)	1/2 cup	1 cup
Rutabaga**	1/2 cup	1 cup
Salsa	1/4 cup	
Sauerkraut**/*	1/2 cup	1 cup
Spinach	1/2 cup	1 cup
Summer Squash	1/2 cup	1 cup
Tomato**	One Lg.	One Lg.
Tomato Juice *	1/2 cup	1/2 cup
Turnips	1/2 cup	1 cup
Vegetable Juice*	1/2 cup	1/2 cup
Water Chestnuts	1/2 cup	1 cup

*** Higher in Sodium**

**** High Fiber Foods**

CEREALS/PASTA

Bran Cereals, Concentrated (such as Bran Buds®, All Bran®)	1/3 cup
Bran Cereals, flaked**	1/2 cup
Cooked cereals	1/2 cup
Cornmeal (dry)	2 1/2 Tbsp.
Grape-Nuts®	3 Tbsp.
Grits (cooked)	1/2 cup
Other ready-to-eat (unsweetened cereals)	3/4 cup
Pasta (cooked)	1/2 cup
Puffed cereal	1 1/2 cup
Rice, White or Brown (cooked)	1/3 cup
Shredded Wheat	1/2 cup
Wheat Germ	3 Tbsp.

DRIED BEANS/PEAS/LENTILS

Beans and peas (cooked) (such as kidney, white, split, blackeye)**	1/3 cup
Beans Baked**	1/4 cup
Lentils (cooked)**	1/3 cup

VEGETABLES

Corn**	1/2 cup
Corn on Cob, 6 in.**	1
Lima Beans**	1/2 cup
Peas, Green**	1/2 cup
(canned or frozen)	
Potato, baked**	1 small
Potato, mashed	1/2 cup
Potato, mashed w/gravy	1/3 cup
Squash, winter**	1 cup
(acorn, butternut)	
Yam, sweet potato, plain**	1/3 cup

BREADS

Bagel	1/2
Bread Sticks, Crisp	2
Bun, Hamburger or Hot Dog	1/2
Croutons, Lowfat	1 cup
English Muffin	1/2
Pita, 6 in. across	1/2
Raisin, Unfrosted	1 slice
Roll, Plain, Small	1
Rye, Pumpernickel	1 slice
Tortilla, 6 in. across	1
White (including French, Italian)	1 slice
Whole Wheat**	1 slice

CRACKERS/SNACKS

Air Crisp	14
Animal Cookies	8
Breads, crisp	2-4 slices
Graham Crackers, 2 1/2 in.	3
Matzoh	3/4 oz.
Melba Toast	5 slices
Oyster Crackers	24
Popcorn (popped)	3 cups
Pretzels	3/4 oz.
Rye Crisp 2x3 1/2**	4
Saltine Crackers*	6
Wheat Thins	10

*** Higher in Sodium**

**** High Fiber Foods**

OCCASIONAL SELECTIONS

Biscuit, 2 1/2 in.	1
Corn Bread, 2 in cube	1 (2 oz.)
Cracker, round butter type	6
French Fried Potatoes	10 (1 1/2 oz.)
Muffin, Plain, small	1
Pancake, 4 in across	2
Stuffing, Bread	1/4 cup
Waffle, 4 1/2 in. square	1
Angel Food Cake	1 oz.
Cupcake, plain	1
Pudding (regular)	1/3 cup
Sherbet (regular)	1/4 cup
Ice Milk (regular)	1/2 cup
Frozen Yogurt	1/3 cup
Vanilla Wafers	6
3" Sugar Cookie	1

DAILY MEAT CHOICES

Beef: Lean beef, round, sirloin, 90-10 ground beef, flank steak, tenderloin and chipped beef*	1 oz.
Pork: Lean pork, fresh ham; canned, cured or boiled ham*, Canadian bacon*, tenderloin.	1 oz.
Veal: Lean chops and roasts.	1 oz.
Poultry: Chicken, turkey, Cornish Hen (without skin).	1 oz.
Fish: All fresh and frozen fish	1 oz.
Crab, lobster, scallops, shrimp,	2 oz.
Clams (fresh or canned in water)	
Oysters	6 medium
Tuna (canned in water)	2 Tbsp.
Herring (uncreamed or smoked)	1 oz.
Sardines (canned)	2 medium

Wild Game: Venison, rabbit, squirrel	1 oz.
pheasant, duck, goose (without skin)	
Cheese: 2% cottage cheese	1/4 cup
Grated parmesan	2 Tbsp.
Diet cheeses* (less than 55 cal. per oz.)	1 oz.
Other: 95% fat-free meats &	1 1/2 oz.
luncheon meats	
97% fat-free hot dogs	1 1/2 oz.
Egg whites	3 whites
Egg substitutes (less than 55	1/2 cup
calories per 1/2 cup)	

*** Higher in Sodium**

MEAT CHOICES
2 OR 3 TIMES WEEKLY

Beef: Examples are: all ground beef, 1 oz.
roast (rib, chuck, rump), steak (cubed,
Porterhouse, T-bone).

Pork: Lean chops, loin roast, 1 oz.
Boston butt, cutlets.

Lamb: Lean chops, leg, and roast. 1 oz.

Veal: Cutlet (ground or cubed, 1 oz.
unbreaded)

Poultry: Chicken (with skin), 1 oz.
domestic duck or goose (well
drained of fat), ground turkey.

Fish: Tuna* (canned in oil and 2 Tbsp.
drained)

Salmon* 1 oz.

Cheeses: Skim or part-skim milk cheeses

such as:

Ricotta	1/4 cup
Mozzarella*	1 oz.
Diet cheeses* (with 56-80 cal./oz)	1 oz.
Other: 86% fat-free luncheon meat	1 oz.
Egg	
(high in Cholesterol, limit 3 per week)	1
Egg substitutes with 56-80 cal.	1/4 cup
Tofu (2 1/2 x 2 3/4 x 1 in.)	4 oz.
Liver, heart, kidney, sweetbreads	1 oz.

*** Higher in Sodium**

OCCASIONAL MEAT CHOICES

Beef: Most Prime cuts of beef.	1 oz.
Pork: Spareribs, ground pork, pork sausage (patty or link)*	1 oz.
Lamb: Patties (ground lamb)	1 oz.
Fish: Any fried fish product	1 oz.
Cheese: All regular cheeses, (such as American*, Blue*)	1 oz.
Cheddar*, Monterey Jack*, Swiss	1 oz.
Other: Luncheon meat* (such as bologna, salami, pimento loaf)	1 oz.
Sausage, such as Polish*, Italian* smoked	1 oz.
Knockwurst*	1 oz.
Bratwurst*	1 oz.
Frankfurter*	1 frank
Peanut butter	1 Tbsp.

FAVORITE FOODS

Spaghetti Sauce **2/3 cup**

2 selections tan card, 1 selection green card

Chili **3/4 cup**

1 selection yellow cards, 2 selections tan cards,

1 selection green cards

Hot Dishes (Pasta) **3/4 cup**

1 selection yellow cards, 2 selections tan cards,

1 selection blue cards

Pizza **1-4" slice**

1 1/2 selection yellow cards, 1 selection tan cards,

2 selections blue cards

Soups, Homemade **3/4 cup**

1/2 selection yellow cards, 1 selection tan cards,

1 selection green cards

Stir Fry w/Meat **1 cup**

1 selection green card, 1 selection tan card,

1 selection blue card

FRESH, FROZEN
JUICE-PAC CANNED FRUIT

Apple (raw, 2 in. dia.)**	1 apple
Applesauce (unsweetened)	1/2 cup
Apricots (medium, raw)	4 apricots
Banana (9 in. long)**	1/2 banana
Blackberries (raw)**	3/4 cup
Blueberries (raw)**	3/4 cup
Cantaloupe (5 in. dia.)	1/3 melon
(cubes)	1 cup
Cherries (large, raw)	12 cherries
Cherries (canned)	1/2 cup
Figs (raw, 2 in. dia.)	2 figs
Fruit cocktail (canned)	1/2 cup
Grapefruit (medium)	1/2 fruit
Grapefruit (segments)	3/4 cup

Grapes (small)	15 grapes
Honeydew melon (small)** (cubes)	1/8 melon 1 cup
Kiwi (large)	1 kiwi
Mandarin oranges	3/4 cup
Mango (small)	1/2 mango
Nectarine (2 1/2 in. dia.)	1 nectarine
Orange (2 1/2 in. dia.)**	1 orange
Papaya	1 cup
Peach (2 3/4 in. dia.)	1 peach
Peaches (canned)	1/2 cup
Pear**	1/2 large
Pears (canned)	1/2 cup
Persimmon (medium)	2 persimmons
Pineapple (raw)	3/4 cup
Pineapple (canned)	1/3 cup

FRESH, FROZEN, JUICE PAC CANNED FRUIT

(continued)

Plum (raw, 2 in. dia.)	2 plums
Pomegranate**	1/2 pomegranate
Raspberries (raw)**	1 cup
Strawberries (raw, whole)**	1 1/4 cup
Tangerine (2 1/2 in. dia.)**	2 fruit
Watermelon (cubes)	1 1/4 cup

DRIED FRUIT

Apples	4 rings
Apricots	7 halves
Dates	2 1/2 medium
Figs	1 1/2
Prunes	3 medium
Raisins	2 Tbsp.

FRUIT JUICE

Apple juice/cider	1/2 cup
Cranberry juice cocktail	1/3 cup
Grapefruit juice	1/2 cup
Grape juice	1/3 cup
Orange juice	1/2 cup
Pineapple Juice	1/2 cup
Prune juice	1/3 cup

**** High Fiber Foods**

FREE FOODS
(NO LIMIT ON LIQUIDS)

Liquids

Bouillon or broth without fat*

Bouillon, Low-sodium

Diet Soda

Carbonated water

Club Soda

Cocoa Powder, unsweetened (1 Tbsp)

Coffee/Tea (no limit)

Drink mixes, sugar-free

Tonic water, sugar-free

Nonstick pan spray

(LIMIT FOLLOWING FOOD TO 3 TIMES DAILY)

Fruit

Cranberries, unsweetened (1/2 cup)

Rhubarb, unsweetened (1/2 cup)

Vegetables (raw, 1 cup)

Celery

Chinese cabbage**

Cucumber**

Green onion

Hot peppers

Mushrooms

Radishes

Zucchini

Greens

Endive

Escarole

Lettuce

Romaine

Spinach

Sweet Substitutes

Candy, hard, sugar-free

Jello, diet

Gum, sugar-free

Jam/Jelly, all fruit (less than

16 cal/tsp.)

Pancake syrup, sugar-free(1-2 Tbsp)

Card 2

Condiments

Catsup (1 Tbsp.)

Horseradish

Mustard

Pickles, dill, unsweetened*

All Herbs & Spices

Fats

Fat-Free Cream Cheese (1 Tbsp.)

Fat-Free Salad Dressing (1 Tbsp.)

Fat-Free Sour Cream (1 Tbsp.)

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UNSATURATED FATS

Avocado	1/8 medium
Margarine	1 tsp.
Margarine, extra light	1 Tbsp.
Mayonnaise	1 tsp.
Mayonnaise, (light)	1 Tbsp.
Nuts and Seeds	
Almonds, dry roasted	6 whole
Cashews, dry roasted	1 Tbsp.
Pecans	2 whole
Peanuts	20 small or 10 large
Walnuts	2 whole
Other nuts	1 Tbsp.
Seeds, Pine Nuts, Sunflower (without shells)	1 Tbsp.
Pumpkin Seeds	2 tsp.

**Oil (canola, corn, cottonseed,
safflower, soybean, sunflower,
olive, peanut) 1 tsp.**

Olives* 10 small or 5 large

**Salad Dressing 2 tsp.
(mayonnaise-type)**

**Salad Dressing 1 Tbsp.
(mayonnaise-type light)**

Salad Dressing (oil varieties) 1 Tbsp.

Salad Dressing (light) 2 Tbsp.

**(One tablespoon of fat-free salad dressing
is a free food)**

*** Higher in Sodium**

SATURATED FATS

Butter	1 tsp.
Bacon*	1 slice
Chitterlings	1/2 ounce
Coconut, shredded	2 Tbsp.
Coffee whitener, liquid	2 Tbsp.
Coffee whitener, powder	4 tsp.
Cream (light, coffee, table)	2 Tbsp.
Cream (heavy, whipping)	1 Tbsp.
Cream, Sour	2 Tbsp.
Cream, Sour, Lite	3 Tbsp.
Cream Cheese	1 Tbsp.
Cream Cheese, Lite	1 1/2 Tbsp.
Salt Pork*	1/4 ounce

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