

VEGETABLE

Single Serving Size:

1 Cup Raw OR

½ Cup Cooked

(Approx. 25 cal/serving.)

- Asparagus
- Beans (green/yellow)
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens
- Mushrooms
- Okra
- Onions
- Pea Pods
- Peppers (green/red)
- Radishes
- Romaine Lettuce
- Scallions
- Spinach
- Sprouts
- Summer Squash
- Tomato
- Turnips
- Watercress
- Zucchini

FRUIT

Each Option = 1 Fruit Serving (Approx. 60 calories/serving.)

- Apple, small (4 oz)
- Dried Apricots (8 halves)
- Apricots (4 apricots)
- Banana, small (4 oz)
- Blackberries (¾ cup)
- Blueberries (¾ cup)
- Cherries (3 oz)
- Grapes (3 oz)
- Grapefruit (1/2)
- Melon (1 cup)
- Orange, small (6 oz)
- Peach, med. (6 oz)
- Pear, small (4 oz)
- Pineapple (¾ cup)
- Plum, 2 small (5 oz)
- Prunes, dried (3)
- Raspberries (1 cup)
- Strawberries (1 cup)
- Tangerine, 2 (8 oz)
- Watermelon (1 ¼ cup)

PROTEIN

Each Option = 1 Protein Serving

“VERY LEAN”

(≤4 grams of fat per serving)
(Approx. 140 cal/serving.)

- 4 oz Turkey Breast (white meat, no skin)
- 4 oz Chicken Breast (white meat, no skin)
- 4 oz Fish (cod, flounder, trout, halibut, mahi, tuna)
- 4 oz Shellfish (clams, scallops, crab, lobster, shrimp)
- 4 oz Cheese, Fat Free
- 8 oz Cottage Cheese, Fat Free or Low Fat
- 8 oz Egg Substitute, Egg Beaters
- 8 Egg Whites, or 8 oz Liquid
- 3 oz. Meat Alternative Crumbles (Boca, Morningstar)
- 1 Patty Black Bean Burger (Morningstar, Gardenburger)
- 4 oz Edamame Soybeans, Cooked

“LEAN”

(9 grams of fat per serving)
(Approx. 170 cal/serving.)

- 3 oz Beef (sirloin tip, flank steak, tenderloin, choice, roast round)
- 3 oz Veal (chop, roast)
- 3 oz Pork (center chop, tenderloin, lean ham)
- 3 oz Seafood (Atlantic Salmon, Catfish)
- 3 oz Cheese, Low Fat (≤ 3 grams fat per oz)
- 3 oz Deli Meat, Low Fat (≤ 3 grams fat per oz)
- 3 Eggs, Medium (Limit 3 eggs/week)
- 10 oz. Tofu (Soybean Curd-Regular)

OPTIONAL

Each Option = 1 Optional Serving (<20 calories/serving)

- Nonfat Cream Cheese (1 Tbsp)
- Nonfat Margarine (4 Tbsp)
- Reduced Fat Margarine (1 Tsp)
- Nonfat Sour Cream (1 Tbsp)
- Nonfat Salad Dressing (2 Tbsp)
- Salsa (1/4 cup)
- Taco Sauce (1 Tbsp)
- Catsup (1 Tbsp)
- Sugar Free Syrup (2 Tbsp)
- Low-Sugar Jam/Jelly (2 tsp)
- Artificial Sweetener (1 Packet)

DAIRY

Each Option = 1 Dairy Serving (Approx. 50 calories/serving.)

- Skim Milk, Nonfat (4 oz.)
- Yogurt, Nonfat fruit flavored (4 oz.)
- Plain Yogurt, Nonfat (3 oz.)
- Greek Yogurt, Nonfat (4 oz.)

FATS

Each Option = 1 Fat Serving (Approx. 45 calories/serving.)

High ALA Omega-3 Fats:

- Oil, canola or soybean (1 Tbsp)
- Margarine (4 Tbsp) w/ no trans fats
- Mayonnaise (1 Tsp)
- Reduced-fat Mayonnaise (1 Tbsp)
- Walnuts (4 half, 8g)

Other Fats:

- Butter (1 Tbsp)
- Peanut Butter (1/2 Tbsp)
- Low-fat Dressing (2 Tbsp)
- Olive Oil (1 tsp)
- Ripe Olives (8 large)

STARCH

Each Option = 1 Starch Serving (Approx. 80 calories/serving.)

- Whole Grain Cereal (1/2 cup)
- Diet Bread, Whole Wheat (2 slices)
- Whole Wheat Bread (1 slice)
- 1/2 Bagel, Whole Grain (1 oz)
- 1/2 English Muffin, Whole Grain
- 1 Low-fat Waffle, Whole Grain
- 1/2 Pita Bread 6", Whole Grain
- Roll, Whole Wheat (1 oz)
- Low-fat Crackers (6)
- Pretzels (3/4 oz)
- Popcorn, air-popped (3 cups)
- Rice Cakes (2 - 4 inch dia)
- Pasta, cooked (1/3 cup)
- Brown Rice, cooked (1/3 cup)
- Corn or Peas, frozen (1/2 cup)
- Potato, Sweet Potato, Yam, (baked or mashed) (3 oz)
- Oatmeal, Cooked (1/2 cup)
- Couscous, Whole Grain (1/3 cup)

BEVERAGES

(Non-Caloric)

- Spring Water (with or w/o flavoring or carbonation)
- Bouillon (low sodium)
- Sugar Free Drink Mixes
- Diet Soda or Club Soda
- Black Coffee or Tea
- Herbal Teas (omit if nursing)