

Proteins	Breads & Grains	Vegetables	Fruits	Free Foods
<u>7gms Protein 3gms Fat ~55 Calories</u> <i>*Choose lean meats</i>	<u>15gms CHO 3gm Protein ~80Calories</u> <i>*Choose whole grain products</i> <i>>2gms fiber per serving</i>	<u>5gms CHO 2gm Protein ~25 Calories</u> <i>*Vegetables contain 2-3 gms of fiber</i>	<u>15 gms CHO ~60 Calories</u> <i>*Fruits contain ~2gms fiber/serving</i> <i>Fruit juices contain little fiber</i> <i>Limit to 1serving (1/2 c) /day or less...</i>	<i>*A free food is any food or drink that contains less than 20 calories</i>
Beef lean beef flank, 1oz ie.round, sirloin, and tenderloin	Cereals Bran cereals(ie All Bran) 1/3 c Grains Bran cereals, flaked 1/2 c Pasta Cooked cereals 1/2 c	Serving Size for Vegetables: 1/2c cooked or 1c of raw or 1/2 c juice (unless otherwise noted)	Fresh, Apple (2" across) 1 ea Frozen & Applesauce 1/2 c Unsweet Apricots (med, raw) 4 ea Canned Banana (9in. long) 1/2 ea	Drinks Boullion or broth (no fat) Club soda
Pork Pork, fresh ham, 1 oz Canadian bacon, tenderloin	Unsweetened cereals 3/4 c Pasta (cooked) 1/2 c Rice, Brown (cooked) 1/3 c Shredded Wheat 1/2 c Wheat germ 3 T	Artichoke (1/2 medium) Asparagus Beans (green, wax, italain) Bean Sprouts Beets Broccoli Brussel Sprouts Cabbage, cooked Carrots Cauliflower Eggplant Greens (collard, turnip, mustard) Mushrooms Okra Onions Peppers (green,red, etc) Rutabaga Sauerkraut Spinach, cooked Summer squash Tomato (one large) Tomato/Vegetable juice Turnips Water chestnuts Zucchini, cooked	Banana (9in. long) 1/2 ea Black & Blueberries 3/4 c Cantaloupe (5"across) 1/3 Cherries (canned) 1/2 c Cherries (large, raw) 12 ea Figs (raw 2" across) 2 ea Fruit cocktail 1/2 c Grapefruit (medium) 1/2 ea Grapefruit (segments) 3/4 c Grapes (small) 15 HoneydewMelon-med 1/8 Kiwi (large) 1 ea Mandarin oranges 3/4 c Mango (small) 1/2 ea Nectarine 2 1/2" across 1 ea Orange 2 1/2" across 1 ea Papaya 1 c Peach 2 3/4" across 1 ea Peaches (canned) 1/2 c Pear (1/2 lg) 1sm Pears (canned) 1/2 c Pineapple (raw) 1/2 c Plum 2" across 2 ea Raspberries (raw) 1 cup Strawberries 1 1/4c Tangerines2 1/2"across 2 ea Watermelon 1 1/4c	Condiment Catsup Mustard Vinegar NonStick pan spray
Poultry Chicken, turkey, 1 oz cornish hen (without skin)	Beans Beans and peas (cooked) 1/3 c Peas Lentils (cooked) 1/3 c Lentils Baked beans 1/4 c		Cantaloupe (5"across) 1/3 Cherries (canned) 1/2 c Cherries (large, raw) 12 ea Figs (raw 2" across) 2 ea Fruit cocktail 1/2 c Grapefruit (medium) 1/2 ea Grapefruit (segments) 3/4 c Grapes (small) 15 HoneydewMelon-med 1/8 Kiwi (large) 1 ea Mandarin oranges 3/4 c Mango (small) 1/2 ea Nectarine 2 1/2" across 1 ea Orange 2 1/2" across 1 ea Papaya 1 c Peach 2 3/4" across 1 ea Peaches (canned) 1/2 c Pear (1/2 lg) 1sm Pears (canned) 1/2 c Pineapple (raw) 1/2 c Plum 2" across 2 ea Raspberries (raw) 1 cup Strawberries 1 1/4c Tangerines2 1/2"across 2 ea Watermelon 1 1/4c	Raw 1 c Cabbage Celery Cucumber Green Onion Mushrooms Zucchini
Fish All fresh & frozen fish 1 oz tuna (canned in water)	Starchy Corn 1/2 c Veggies Corn on cob, 6 in. long 1 Lima beans 1/2 c Peas, green 1/2 c Potato, baked 3oz Potato, mashed 1/2 c Squash, winter 1 c Yam, sweet potato, plain 1/3 c		Kiwi (large) 1 ea Mandarin oranges 3/4 c Mango (small) 1/2 ea Nectarine 2 1/2" across 1 ea Orange 2 1/2" across 1 ea Papaya 1 c Peach 2 3/4" across 1 ea Peaches (canned) 1/2 c Pear (1/2 lg) 1sm Pears (canned) 1/2 c Pineapple (raw) 1/2 c Plum 2" across 2 ea Raspberries (raw) 1 cup Strawberries 1 1/4c Tangerines2 1/2"across 2 ea Watermelon 1 1/4c	Salad Endive Greens Lettuce Romaine Spinach
Other 95% fat free luncheon 1 1/2oz meats Egg Whites 3 Egg Substitutes 1/2 c	Crackers/ Snacks Popcorn (popped, no fat 3 c added) Pretzels 3/4 oz Rye crisp, 2"x3 1/2" 4 Whole-Wheat crackers 2-4 ea (no fat added)		Papaya 1 c Peach 2 3/4" across 1 ea Peaches (canned) 1/2 c Pear (1/2 lg) 1sm Pears (canned) 1/2 c Pineapple (raw) 1/2 c Plum 2" across 2 ea Raspberries (raw) 1 cup Strawberries 1 1/4c Tangerines2 1/2"across 2 ea Watermelon 1 1/4c	Seasoning: Garlic Herbs/Spices Lemon Hot Pepper Sauce Soy Sauce
Milk <u>12gm CHO 8gm Protein~90 calories</u> <i>*Choose only very low-fat products</i>	Bread Bagel 1 oz English Muffin 1/2 Hot Dog or Hamburger 1/2 Bun Pita, 6in. across 1/2 Rye, Pumpnickel 1oz sl Tortilla, 6 in across 1 Whole Wheat 1oz sl		Dried Fruit Apples 4 rings Apricots (halves) 7 Dates (medium) 2 1/2 figs 1 1/2 Prunes 3 med Raisins 2 T	
Fats <u>5gm fat ~45 calories</u>				
Avocado (medium) 1/8 Almonds, dry roasted 6 Pecans (whole) 2 Seeds, pine nuts, flax 1 T sunflower (without shells) Pumpkin seeds 2 t				