



ASTRA[®]
— Astra Pharmaceuticals —



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Meats & Fats

Lean Meats

- 1 oz. USDA "select" or "choice" grades of lean beef such as top loin steaks, round & tenderloin
- 1 oz. chicken, turkey (without skin)
- 1 oz. Canadian bacon, lean pork & tenderloin
- 1 oz. veal
- 1 oz. fish (fresh or frozen)
- 1/4 c. tuna in water
- 2 oz. crab, lobster, shrimp or clams; fresh or in water
- 6 medium oysters
- 1/4 c. cottage cheese
- 1 oz. diet cheese: 55 calories/oz.
- 2 tblsp. parmesan cheese
- 3 egg whites
- 1/2 c. egg substitute: 55 calories/4 oz.
- 1 oz. 95% fat free lunch meat

Medium Fat Meats

- 1 oz. most beef products such as ground beef, roast and steak
- 1 oz. chicken, turkey (with skin)
- 1 oz. most pork products such as chops, roast & cutlets
- 1 oz. most lamb products
- 1/4 c. tuna in oil
- 1/4 c. canned salmon
- 1 oz. skim or part-skim mozzarella & ricotta cheese
- 1 oz. diet cheese: 55-80 calories/oz.
- 1 whole egg
- 1/4 c. egg substitute: 55-80 calories per 1/4 oz.

- 1 oz. lunch meat: 86% fat free
- 1 oz. liver, heart, kidney

High Fat Meats

- 1 oz. USDA "prime" grades of beef such as ribs
- 1 oz. pork sausage, spareribs and ground pork
- 1 oz. fried fish
- 1 oz. regular cheese
- 1 oz. Polish, bratwurst or Italian sausage
- 1 frankfurter (chicken or turkey)
- 1 tblsp. peanut butter

Fat List

Saturated

- 1 tsp. butter
- 1 strip bacon
- 2 tsp. coconut
- 4 tsp. coffee whitener, powder
- 2 tblsp. cream; light or coffee
- 2 tblsp. cream, sour
- 1 tblsp. cream cheese

Unsaturated

- 1/8 med. avocado
- 1 tsp. margarine/mayonnaise
- 1 tsp. oil: corn, olive, safflower, sunflower
- 2 tblsp. salad dressing: mayo type
- 1 tblsp. salad dressing: oil type
- 1 tblsp. regular dressing
- 2 tblsp. reduced calorie dressing
- 1 tblsp. diet margarine/mayonnaise

Fruits, Juices, Vegetables & Dairy

Fruits

- 1 small: apple, kiwi, pear, orange, nectarine, peach
- 1/2 banana
- 3/4 c. blackberries, blueberries
- 1/3 cantaloupe
- 12 large raw cherries
- 1/2 grapefruit
- 15 small grapes
- 1/8 medium size honeydew melon
- 3/4 c. raw pineapple
- 1/3 c. canned pineapple
- 2 plums
- 1-1/4 c. strawberries or watermelon
- 1/2 c. canned, unsweetened fruits

Dairy

- 1 c. milk: skim, 1/2%, 1%, 2%, lowfat, buttermilk, whole
- 8 oz. yogurt: plain, non-fat, lowfat, whole
- 1/2 c. evaporated milk: skim or whole

Juices

- 1/2 c. of the following:
apple juice/cider
grapefruit juice
orange juice
pineapple juice
vegetable juice
- 1/3 c. of the following:
cranberry juice
grape juice
prune juice

Vegetables

The serving sizes for vegetables are:

- 1/2 c. cooked vegetables
- 1 c. raw vegetables
- * Starchy vegetables are counted as a bread and are found under the "Bread and Starch" list
- * Free vegetables are great to snack on and can be found on the "Free Food" list

Daily Checklist

Use this checklist to keep track of your daily food consumption. When you consume a food from a certain group check a circle for that day.

Day Three		Day Four		
Breads (7) ○○○○○	Meats (5) ○○○○○	Breads (7) ○○○○○	Meats (5) ○○○○○	Breads (7) ○○○○○
Fruits (3) ○○○	Fats (3) ○○○	Fruits (3) ○○○	Fats (3) ○○○	Fruits (3) ○○○
Milks (2) ○○	Vegetables (3) ○○○	Milks (2) ○○	Vegetables (3) ○○○	Milks (2) ○○

Breads & Starchs

Breads (1 oz.)

- 1/2 bagel
- 1 slice bread: white, rye, wheat, French
- 1/2 English muffin
- 1/2 hamburger bun
- 1/2 pita (6" across)
- 1 small roll

Cereals (unsweetened)

- 1/2 c. flaked bran
- 1/2 c. cooked oatmeal
- 3 tblsp. grape nuts
- 3/4 c. ready-to-eat
- 1-1/2 c. puffed rice or wheat

Crackers/Snacks

- 8 animal crackers
- 3 graham crackers, 2-1/2" square
- 3 c. plain popped popcorn
- 3/4 oz. pretzels
- 6 saltine crackers
- 6 vanilla wafers

Miscellaneous

- 1/3 c. cooked beans, peas, lentils
- 1/2 c. cooked pasta

Starchy Vegetables

- 1/2 c. corn
- 1/2 c. green beans
- 1/2 c. lima beans
- 1 small baked potato
- 1/2 c. mashed potatoes
- 1/3 c. plain sweet potatoes
- 1 c. winter squash

Day One

Breads (7) ○○○○○	Meats (5) ○○○○○
Fruits (3) ○○○	Fats (3) ○○○
Milks (2) ○○	Vegetables (3) ○○○

Day Two

Breads (7) ○○○○○	Meats (5) ○○○○○
Fruits (3) ○○○	Fats (3) ○○○
Milks (2) ○○	Vegetables (3) ○○○

Day Five

Meats (5) ○○○○○
Fats (3) ○○○
Vegetables (3) ○○○

Day Six

Breads (7) ○○○○○	Meats (5) ○○○○○
Fruits (3) ○○○	Fats (3) ○○○
Milks (2) ○○	Vegetables (3) ○○○

Day Seven

Breads (7) ○○○○○	Meats (5) ○○○○○
Fruits (3) ○○○	Fats (3) ○○○
Milks (2) ○○	Vegetables (3) ○○○

Tips

- Avoid Saturated Fats.
Replace with polyunsaturated or monounsaturated fats.
- Saturated Fats - meat, poultry, whole milk dairy products, coconut oil, palm oil and cocoa butter.
- Polyunsaturated Fats - sunflower oil, safflower oil, corn oil, vegetable oil and soybean oil.
- Monounsaturated Fats - olive oil, canola (rapeseed) oil.
- Hydrogenated oils - more solid and saturated than regular vegetable oils and should be avoided.
- Limit eggs yolks to 2-3 per week. Two egg whites can be used in baking.
- Choose as many meats from the Lean Meat column as possible. Remove skin and trim visible fat off meat. Bake, broil, roast or grill instead of frying and set meats on a rack when cooking to allow fat to drop off meat.
- Limit liver to one 3 oz. serving per month as it is high in cholesterol but a good source of iron.
- Choose skim milk and non-fat dairy products.
- Total milligrams of cholesterol in sample meal plan is 185 mg and 30% of calories are from fat.
- For sodium restricted diets, limit salt intake.

Free Foods

Free foods are low in calories (<20 calories/serving) and you can eat as much of them as you want, unless otherwise indicated.

Condiments

1 tblsp. ketchup or mustard
Unsweetened pickles
2 tblsp. low cal. salad dressing
3 tblsp. taco sauce

Drinks

Bouillon (no fat,) sugar free
soda, club soda, coffee/tea,
sugar free drink mixes

Fruit

1/2 c. unsweetened
cranberries

Vegetables (1 cup raw)

cabbage, celery, cucumbers,
endive, green onion, hot
pepper, lettuce, mushrooms,
radishes, romaine lettuce,
spinach, zucchini

Sugar Substitutes (ALL sugar free)

Hard candy & gum, gelatin,
jam/jelly, 1-2 tblsp. pancake
syrup, Sweet 'n Low® or
Equal®, 2 tblsp. whipped
topping

Portion Sizes and School-Age Children

What's in a Serving Size?

Finding it hard to picture a serving size? Everyday examples can help you compare your portion size with the standard Food Guide Pyramid serving size. **Note: hands and finger sizes vary from person to person! These are GUIDES only.**

The Bread, Cereal, Rice, and Pasta Group

- 1 pancake..... is a compact disc (CD)
- $\frac{1}{2}$ cooked cup rice, pasta..... is a cupcake wrapper full or a rounded handful
- 1 piece of cornbread..... is a bar of soap
- 1 slice of bread..... is an audiocassette tape
- 1 cup of cereal..... is a fist or a tennis ball
- 1 roll..... is a bar of soap

The Vegetable Group

- 1 cup green salad..... is a fist or a tennis ball
- 1 baked potato..... is a fist or a tennis ball
- $\frac{3}{4}$ cup tomato juice..... is a small Styrofoam cup
- $\frac{1}{2}$ cup cooked broccoli..... is a scoop of ice cream or a light bulb
- $\frac{1}{2}$ cup serving..... is 6 asparagus spears/7 or 8 baby carrots/1 ear of corn

The Fruit Group

- $\frac{1}{2}$ cup of grapes (15 grapes)..... is a light bulb
- $\frac{1}{2}$ cup of fresh fruit..... is 7 cotton balls
- 1 medium size fruit..... is a fist or a tennis ball
- 1 cup of cut-up fruit..... is a fist or a tennis ball
- $\frac{1}{4}$ cup raisins..... is a large egg or a golf ball

The Milk, Yogurt, and Cheese Group

- $1\frac{1}{2}$ ounces cheese..... is a 9-volt battery or your index and middle fingers
- 1 ounce of cheese..... is a pair of dice or your thumb
- 1 cup of ice cream..... is a large scoop the size of a tennis ball

The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

- 2 tablespoons peanut butter..... is a Ping-Pong ball
- 3 ounces cooked meat, fish, poultry..... is a palm, a deck of cards or a cassette tape
- 3 ounces grilled/baked fish..... is a checkbook
- 3 ounces cooked chicken..... is a chicken leg and thigh or a breast
- 1 cup cooked dried beans..... is a fist or a tennis ball
- 1 ounce of nuts..... is one handful

Fats, Oils and Sweets

- 1 teaspoon butter, margarine..... is the size of a stamp the thickness of your finger
- 2 tablespoons salad dressing..... is a Ping-Pong ball
- 1 ounce of chocolate..... is one package of dental floss
- 1 ounce of small candies..... is one handful
- 1 ounce of chips or pretzels..... is two handfuls
- $\frac{1}{2}$ cup of potato chips, crackers or popcorn..... is one handful