

Continuum Food List

Water and Calorie Free Beverages		Non Starchy Vegetables		Protein	
Item	Serving Size				
Water, plain	8 oz	Aparagus	1/2 cup	Eggs/eggwhite	
Coffee	8 oz	Artichoke	1/2 cup	Eggs, whole	2 eggs
Tea	8 oz	Beets	1/3 cup	Egg Beaters	3/4 cup
Sparkling water	8 oz	Bok choy	1/2 cup	Egg white	3/4 cup
Diet soda	8 oz	Broccoli	1/2 cup	Poultry	
Flavored water	8 oz	Brussel sprouts	1/2 cup	Chicken breast	2 oz
Diet tonic water	8 oz	Cabbage	1/2 cup	Chicken dark meat	2 oz
Club soda	8 oz	Carrots	1/2 cup	Turkey, deli	2 oz
Note: limit caffeine to 400 mg per day		Cauliflower	1/2 cup	Turkey, ground 93%	2 oz
		Celery	1 cup	Turkey, roasted	2 oz
		Cucumber	1/2 cup	Fish/seafood	
		Eggplant	1/2 cup	Crab meat	3 oz
		Green beans	1/2 cup	Fish, cod	3 oz
		Green onion	1/2 cup	Fish, tilapia	3 oz
		Leeks	1/2 cup	Halibut	2 oz
		Mushrooms	1/2 cup	Lobster meat	3 oz
		Okra	1/2 cup	Salmon	2 oz
		Onion	1/2 cup	Scallops	3 oz
		Peppers	1/2 cup	Sea bass	3 oz
		Pickles	1/2 cup	Shrimp	3 oz
		Radishes	1/2 cup	Swordfish	2 oz
		Sauerkraut	1/2 cup	Tuna steak	3 oz
		Snap/snow peas	1/2 cup	Tuna, canned in water	3 oz
		Tomatoes	1/2 cup	Meat	
		Water chestnuts	1/2 cup	Beef, ground, 93% lean	2 oz
		Yellow/wax beans	1/2 cup	Beef, roast	2 oz
		Leafy greens		Beef, steak	2 oz
		Arugula	1 cup	Bison (buffalo)	3 oz
		Collards	1 cup	Ham	2 oz
		Endive	1/2 cup	Lamb	2 oz
		Kale	1 cup	Pork chops	2 oz
		Lettuce, butterhead	1 cup	Pork loin	2 oz
		Lettuce, iceberg	1 cup	Venison	3 oz
		Lettuce, leaf	1 cup	Other protein	
		Lettuce, Romaine	1 cup	Tofu	1/3 of block
		Spinach	1 cup	Cottage cheese, low fat	1/2 cup
		Swiss chard	1 cup	Protein shake	1 scoop/11 oz
		Squash		< 200 cals < 4g Fat <4g Carb >30g Prot	
		Acorn squash, cooked	1/2 cup	Protein bar	50 grams
		Butternut squash	1/2 cup	< 200 cals < 5g Fat <17g Carb >20g Prot	
		Spaghetti squash	3/4 cup		
		Yellow summer squash	1/2 cup		
		Zucchini	1/2 cup		



Dairy		Fruit		Grain / Starch	
Yogurt, low fat	3/4 cup	Fresh/frozen		Breads/crackers/pasta	
Greek yogurt	3/4 cup	Apple	1 med	Bread, whole grain	1 slice
Skim milk	1 cup	Banana	1/2 lg	Crackers, whole grain	5-6 crackers
1% milk	1 cup	Apricots	1 cup	Engilsh Muffin, whole grain	1/2 of one
2% milk	3/4 cup	Blackberries	1 cup	Pasta, cooked	1/2 cup
Dairy alternatives - Unsweetened		Blueberries	1 cup	Pita bread	1/2 of a lg
Almond milk	1 cup	Cantaloupe melon	1 cup	Rolls	1 sm
Cashew milk	1 cup	Cherries	1 cup	Sandwich buns	1/2 of a lg
Flax milk	1 cup	Clementines	2 sm	Tortillas	1 sm
Oat milk	1 cup	Cranberries, whole, fresh	1 cup	Cereals	
Soy milk	1 cup	Grapefruit	1/2 lg	Cereal, dry, whole grain	3/4 cup
Non-dairy, sugar free creamer	2 Tbls	Grapes	3/4 cup	Cornmeal, dry	1/8 cup
		Halo mandarin	2 sm	Oatmeal, cooked	1/2 cup
		Honeydew melon	1 cup	Granola, sweetened	1/8 cup
		Kiwi	3/4 cup	Other grains	
		Loganberries	1 cup	Couscous, cooked	1/2 cup
		Mango	3/4 cup	Flour, whole wheat	1/4 cup
		Nectarine	1 med	Popcorn	3 cups
		Oranges	1 med	Quinoa, cooked	1/2 cup
		Papaya	1/2 cup	Rice, brown, cooked	1/2 cup
		Peaches	1 med	Rice, white, cooked	1/2 cup
		Pears	1 med	Wild rice, cooked	1/2 cup
		Pineapple	1 cup	Starchy Vegetables	
		Plantain	1/2 cup	Corn	1/2 cup
		Plums	2 sm	Potato, cooked	1/2 cup / 1 sm
		Pomegranante	1/2 cup	Sweet potato, cooked	1/2 cup / 1 sm
		Prunes	2 lg	Peas, cooked	1/2 cup
		Raspberries	1 cup	Legumes	
		Raisins	1/4 cup	Black beans, cooked	1/2 cup
		Rhubarb	2 cups	Kidney beans, cooked	1/2 cup
		Strawberries	1 cup	Pinto beans, cooked	1/2 cup



Tangerine	1 lg	Chickpeas/garbanzo	1/2 cup
Watermelon	1 cup	Lentils, cooked	1/2 cup
		Blackeyed peas, cooked	1/2 cup
Dried, no added sugar		Navy beans, cooked	1/2 cup
Apricots	4 sm	Lima beans, cooked	1/2 cup
Cranberries	1/8 cup	Edamame, cooked	1/2 cup
Dates	2 lg		
Figs	2 lg		
Raisins	1/8 cup		

Fats		Sometimes Foods		Condiments (limit to 3 per day)	
Nuts/nut butters/seeds		Baked Goods/Candy		Barbeque sauce, regular 1 Tsp	
Almond butter	1 Tbl	Banana bread, prepared	1/2 of a slice	Barbeque sauce, sugar free	1 Tbl
Almonds	15	Brownies	1 (two-inch square)	Catsup, regular	1 Tsp
Cashews	7-8	Candy, chocolate	2 sm pieces	Catsup, sugar free	1 Tbl
Chia seeds	2 Tbls	Candy, hard	3 sm pieces	Cocktail sauce	1 Tsp
Flax seed, ground	2.5 Tbls	Cake, bakery	1/16 of whole cake	Horseradish	1 Tsp
Peanut butter	1 Tbl	Cheesecake	1/12 of whole cake	Hot sauce	2 Tsp
Peanuts	1/8 cup	Cookies, bakery	1/3 of one	Mustard	1 Tbl
Pistachios	25	Donuts	1/4 of one	Salsa	2 Tbls
Pumpkin seeds	1/3 cup	Muffins, bakery	1/2 of a sm size	Siracha hot sauce	1/2 Tsp
Sunflower seeds, chopped	1/8 cup	Pancakes, restaurant	3/4 to 1 pancake	Steak sauce	1 Tbl
Walnuts	1/8 cup	Pastries, fruit filled	1/3 of one	Soy sauce	1 Tsp
Other		Pie	1/3 of a slice	Tomato paste	1 Tbl
Avocado	1/8 of one			Vinegar (cider, white, wine)	2 Tbls
Coconut, unsweetened, shredded	1/3 cup	Frozen Sweets/Desserts		Vinegar, balsamic	1 Tbl
Cheese, hard	1 oz	Frozen Yogurt	1/2 cup	Teriyaki sauce	1 Tbl
Cream cheese	2 Tbls	Ice cream, vanilla	1/3 cup	Worcestershire sauce	1 Tbl
Cream, heavy	2 Tbls	Custard, sugar added	1/3 cup	Free Foods	
Half and Half	1/3 cup	Popsicles, sugar added	2 singles	Herbs	
Hummus	2 Tbls	Pudding, sugar added	1/3 cup	Seasonings	
Olives	10-12	Sherbet	1/2 cup	Spices	
Sour cream	1/4 cup	Jello, sweetened	1/2 cup	Sugar free Jello	
				Sugar free popsicles	
Dressings/oils/butter		Fried and Fast Foods		Sugar free syrups	
Avocado oil	1 Tbl	French fries, fast food	1/2 of sm	Sugar free gum	
Butter	1 Tbl	Pizza, frozen, 14"	1/3 of a slice	Sugar free sweeteners	
Coconut oil	1 Tbl	Pizza, restaurant, large	1/4 of a slice		
Mayonnaise	1.5 Tbls	Potato chips	about 10 chips		
Miracle Whip	2 Tbls	Sweet potato fries	1/3 cup		
Olive oil	1 Tbl	Tater tots	4-5 tots		
Salad dressings	1 Tbl	Tortilla chips	about 8 chips		
Vegetable oil	1 Tbl	High Fat Processed Meats			
		Bacon	2 slices		
		Bratwurst, with bun	1/4 of one		
		Hot dogs, with bun	1/2 of one		
		Salami/pepperoni	4 sm slices		
		Sausage	1/2 of one link		
		Beverages			
		Beer, light	12 oz		
		Hard seltzer	12 oz		
		Liquor	1 oz/shot		
		Juice, sugar added	3/4 cup		
		Soda, sugar added	3/4 can		
		Wine	4 oz		

