

## **Carbohydrate:**

- **Milk (choose 1% fat or less)**
- **Yogurt (low fat)**
- **Fruit (Apple, Kiwi, Nectarine, Orange, Peach, Pear, Plum, Tangerine, Apricots, Cherries, Grapes, Blackberries, blueberries, Raspberries, Strawberries, Cantaloupe, Honeydew, Watermelon, Pineapple, Banana, Grapefruit, Mango, Papaya, Pomegranate, Applesauce, Mandarin Oranges, Prunes, Oranges, Dates, Figs, Raisins, 100% Juice)**
- **Bread (Look for 4-6g fiber/slice), Bun, English muffin, Pita bread, bagel, Roll, corn bread, biscuit, pancake/waffle, croutons, tortilla**
- **Cereal, Oatmeal, Grits**
- **Pasta, Rice, Stuffing, Couscous, Quinoa**
- **Corn, Peas, Potatoes, Parsnips, Acorn Squash, Butternut Squash, Rutabaga**
- **Beans (Pinto, Garbanzo, Great Northern, Navy, Lima, Black), Peas (Black-eyed, Split, Lentils), Refried Beans, Hummus, Baked Beans**
- **Broth-Based Soups With Noodles, Tomato Soup, Cream Soup, Bean/Pea/Lentil Soup**
- **Crackers, Saltines, Oyster Crackers, Rice Cakes, Matzo, 100-Calorie Snacks, Animal Crackers, Graham Crackers, Gingersnaps, Popcorn, Pretzels, Potato/Tortilla Chips**

## **Protein:**

### **LEAN**

- Beef: Trimmed Of Fat (Ground Round/Sirloin; Tenderloin; Roast (Rib, Rump); Steak (Cube, Flank, Round, Sirloin))
- Cottage Cheese, Parmesan
- Fish: Fresh, Frozen, Or Canned; Unbreaded (Catfish, Cod, Flounder, Haddock, Halibut, Herring, Orange Roughy, Salmon, Sardines, Tilapia, Trout, Tuna)
- Game: No Skin (Venison, Buffalo, Pheasant, Rabbit)
- Lamb: Chop, Leg, Roast
- Pork (Rib or Loin Chop/Roast), Tenderloin, Canadian Bacon, Cured Ham
- Poultry: No Skin (Chicken, Turkey, Cornish Hen; Ground Turkey Breast)
- Shellfish: Clams, Crab, Lobster, Oysters, Shrimp
- Veal: Chop, Roast
- Other: Egg Substitute, Egg Whites; Lunch Meat (Turkey, Ham, Turkey Ham, Turkey Pastrami, Roast Beef, Chipped Beef); Hot Dog/Sausage, Fat-Free; Turkey Kielbasa; Smoked Turkey; Greek Yogurt, Plain, Low-Fat; Soy/Veggie Burger; Tofu/Tempeh, Reduced-Fat

### **MEDIUM FAT**

- Beef: Ground Chuck/Beef; Hamburger; Corned Beef; Prime Rib; Roast (Chuck); Short Ribs; Steak (Porterhouse, T-Bone); Tongue
- Cheese: 2% Cheese, Part-Skim Mozzarella, String; Feta, Part-Skim Ricotta; Processed Cheese Slices, Light; Pasteurized Processed Cheese Spread
- Fish: Fried
- Game: No Skin, Fat Drained (Duck, Goose)
- Pork: Cutlet, Shoulder Roast
- Poultry: Chicken, With Skin Or Fried; Ground Turkey Or Chicken
- Veal: Cutlet, Unbreaded
- Lamb: Ground, Rib Roast
- Other: Eggs (Up To 5 Yolks Per Week); Hot Dog/Sausage, Reduced-Fat; Organ Meats (Liver, Heart, Kidney); Tofu/Tempeh

### **HIGH FAT**

- Cheese: American, Colby Jack, Cheddar, Swiss, Provolone, Monterey Jack, Blue, Queso, Ricotta, Processed Cheese Slices
- Pork: Spareribs, Ground Pork; Ham Hocks, Sausage
- Other: Lunch Meat (Bologna, Salami, Olive Or Pimento Loaf, Pastrami); Sausage: Smoked, Italian, Polish, Kielbasa, Bratwurst, Knackwurst, Summer, Vienna, Chorizo; Hot Dog: Turkey, Chicken; Hot Dog: Beef And/Or Pork