

## Understanding Food Lists by Food Type

This information is presented to serve as a guideline as you enter Phase 3. You can use the examples to establish a plan for eating a **minimum of 1500 recommended Calories** during the 3 weeks of Phase 3. **This information will give you a starting point to healthy eating and help you understand what foods to add and which foods to avoid during this 21-day Stabilization period.**

We each have different overall metabolisms and activity levels. Your best friend is now your scale. Use it daily to manage your caloric intake. This information is provided to serve as a guide to making your own choices and is not medical advice. Your choices for food combinations are much broader now.

Carbohydrate-heavy foods, bad fats, and sugar-filled foods and desserts are restricted. But other food groups and combinations of foods are far less restricted.

Most of all, don't worry! Stay away from breads and starches for the next 3 weeks. Enjoy larger servings of the allowable foods and enjoy mixing vegetables with almost no limit. Add more fruits and combinations of fruits. Add fruits and a few nuts to your salads or cooking. Enjoy additional condiments and other allowable food preferences. Be sure to eat enough to reach a good sense of healthy fullness, and always weigh daily. Enjoy putting foods back into your diet and enjoy how good things taste!

**A WORD OF CAUTION:** Be sure you are following **Phase 3 by eating a minimum of 1,500 calories**. It will seem difficult at first and you will worry you have eaten too much. Trust the process again! You may find the first couple of days to be the most difficult. But after a day or two you will begin to trust that you can eat. As an example, Mikki found her daily intake was 1800 calories to stay within 2 pounds of her lowest set weight. Manage by the scale and follow food rules.

This is all critical as you have lost weight and now you are setting your hypothalamus to know this new weight and the caloric intake you can eat to maintain it. You don't want your hypothalamus to think you can get by on less than 1500 calories. If you eat only 1100 calories you will set that as a limit and your body will strive to meet your weight on only that much. Which would mean you could begin to gain weight on higher caloric amounts. So as you can see, the next 3 weeks will be a reverse effort of seeing how many good calories (no carbs, low fat) you can eat while maintaining within your 2 lbs. required by Dr. Simeons' protocol. Refer back to your Pounds and Inches document at this point to refresh on his teachings.

# BestChoiceChanges

## Food Lists by Food Type

For Phases 3 and 4

### Meat/Protein Food Group

Both proteins and fat from meats are vital to normal health.

The list is divided into three parts based on the amount of fat and calories. One ounce of protein includes:

**Lean Meat and Proteins contain 3 grams of fat and 55 calories per serving**

Beef	USDA Select or Choice grades of lean beef, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump), and chipped beef †
Pork	Lean pork, such as fresh ham; canned, cured or boiled ham †; Canadian bacon †, tenderloin, center loin chop
Veal	All cuts are lean except for veal cutlets (ground or cubed). Examples of lean veal are chops and roasts.
Poultry	Chicken, turkey, Cornish hen (without skin)
Lamb	Roast, chop, leg
Fish	All fresh and frozen fish
	Crab, lobster, scallops, shrimp, clams(fresh or canned in water)
	Oysters
	Tuna ‡ (canned in water)
	Herring ‡ (un-creamed or smoked)
	Sardines (canned)
Wild Game	Venison, rabbit, squirrel
	Pheasant, duck, goose (without skin)
Cheese	Any cottage cheese ‡

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

	Grated Parmesan
	Diet cheese †" (with less than 55 calories per ounce)
Other	95% fat-free luncheon meat †
	Egg whites
	Egg substitutes with less than 55 calories per 1/2 Cup

### Medium-Fat Meat and Proteins contain 5 grams of fat and 75 calories per serving

Beef	Most beef products fall into this category. Examples are: all ground beef, roast (rib, chuck, rump), steak (cubed, Porterhouse, T-bone), and meatloaf.
Pork	Most pork products fall into this category. Examples are: chops, loin roast, Boston butt, cutlets
Lamb	Most lamb products fall into this category. Examples are: chops, leg, and roast.
Veal	Cutlet (ground or cubed, unbreaded)
Poultry	Chicken (with skin), domestic duck or goose (well drained of fat), ground turkey
Fish	Tuna ‡ (canned in oil and drained) Salmon ‡ (canned)
Cheese	Skim or part-skim milk cheeses, such as: Ricotta, mozzarella, and diet cheeses†" (with 56-80 calories per ounce)
Other	86% fat-free luncheon meats
	Egg (high in cholesterol, limit to 3 per week)

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

	Egg substitutes with 56-80 calories per cup
	Tofu (2 1/2 in X 2 3/4 in X 1 in)
	Liver, heart, kidney, sweetbreads (high in cholesterol)

### High-Fat Meat and Proteins contain 8 grams of fat and 100 calories per serving

Beef	Most USDA Prime cuts of beef, such as ribs, corned beef†
Pork	Spareribs, ground pork, pork sausages (patty or link)
Lamb	Patties (ground lamb)
Fish	Any fried fish product (unbreaded)
Cheese	All regular cheeses, such as American†, Blue†, Cheddar‡, Monterey Jack‡, Swiss
Other	Luncheon meat such as bologna, salami, pimento loaf
	Sausage†, such as Polish, Italian smoked
	Knockwurst † Bratwurst‡
	Frankfurter † (turkey or chicken)
	Frankfurter † (beef, pork, or combination) Count as One High-Fat Meat Plus One Fat Exchange
	Peanut butter (contains unsaturated fat)

# BestChoiceChanges

## Food Lists by Food Type

For Phases 3 and 4

### Vegetable List

Each vegetable serving on this list contains about 5 grams of allowable, naturally occurring carbohydrate, 2 grams of protein, and 25 calories.

**1/2 cup of cooked vegetables or vegetable juice, or 1 cup of raw vegetables, is considered a standard serving**

• Artichoke (1/2 medium)	• Mushrooms, cooked
• Asparagus	• Okra
• Beans (green, wax, Italian)	• Onions
• Bean sprouts	• Pea pods
• Beets	• Peppers (green)
• Broccoli	• Rutabaga
• Brussels sprouts	• Sauerkraut †
• Cabbage, cooked	• Spinach, cooked
• Carrots	• Summer squash (crookneck)
• Cauliflower	• Tomato (one large)
• Eggplant	• Tomato/vegetable juice †
• Greens (collard, mustard, turnip)	• Turnips
• Kohlrabi	• Water chestnuts
• Leeks	• Zucchini, cooked

*Starchy vegetables such as corn, peas, and potatoes are found on the Starch/bread List*

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

#### Fruit List

Each item on this list contains about 15 grams of carbohydrate and 60 calories. Fresh, frozen, and dried fruits have about 2 grams of fiber per serving or exchange. Fruit are major sources of vitamins A and C, potassium, folic acid, soluble and insoluble fiber.

The carbohydrates in fruits are simple, and are allowed as naturally-occurring carbs

**Unless otherwise noted, the serving size for one fruit exchange is 1/2 cup of fresh fruit or fruit juice, or 1/4 cup of dried fruit**

#### Fresh, Frozen, and Unsweetened Canned Fruit

Apple (raw, 2 in across)
Applesauce (unsweetened)
Apricots (medium, raw)
Apricots (canned)
Banana (9 in long)
Blackberries (raw)*
Blueberries (raw)*
Cantaloupe (5 in across) (Cubes)
Cherries (large, raw)
Cherries (canned)
Figs (raw, 2 in across)
Fruit cocktail (canned)
Grapefruit (medium)
Grapefruit (segments)

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

Grapes (small) (not recommended on Stabilization)
Honeydew melon (medium)
Kiwi (large)
Mandarin oranges
Mango (small)
Orange (2 ½ in across)
Papaya
Peach (2 ¾ in across)
Peaches (canned)
Pear
Pears (canned)
Persimmon (medium, native)
Pineapple (raw)
Pineapple (canned)
Plum (raw, 2 in across)
Pomegranate
Raspberries (raw)
Strawberries (raw, whole)
Tangerine (2 ½ in across)
Watermelon (cubes)

# BestChoiceChanges

## Food Lists by Food Type

For Phases 3 and 4

---

**Dried Fruit: avoid during Stabilization. May be used in small servings during Maintenance**

Apples 4 rings
Apricots 7 halves
Dates 2 ½ medium
Figs 1 ½
Prunes 3 medium
Raisins 2 tbsps.

### Fruit Juice

Apple juice/cider
Cranberry juice cocktail
Cranberry juice cocktail, reduced calorie
Fruit juice blends, 100 % juice
Grapefruit juice
Grape juice
Orange juice
Pineapple juice
Prune juice



# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

#### Milk/Dairy List

Each serving of milk or milk products on this list contains about 12 grams of allowable carbohydrates and 8 grams of protein. Milk and yogurt are the body's main source of calcium, riboflavin, protein, zinc, vitamins B12 and D. Foods in this group are good for growth, strong bones, and for convalescence. The list is divided into three parts based on the amount of fat and calories. Follow recommended serving sizes on the container.

#### Skim and Very Low-fat Milk (trace amounts of fat and 90 calories per serving)

Skim milk
1/2% Milk
1% Milk
Low-fat or nonfat buttermilk
Evaporated skim milk
Dry nonfat milk
Low-fat or nonfat fruit-flavored yogurt sweetened with aspartame or with a nonnutritive sweetener.
Plain nonfat yogurt

#### Low-fat Milk (5 grams of fat and 120 calories per serving)

2% Milk
Sweet acidophilus milk
Plain low-fat yogurt (with added nonfat milk solids)

#### Whole Milk (8 grams of fat and 150 calories per serving)

Whole milk
Evaporated whole milk

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

Whole plain yogurt
Goat's milk
Kefir

## Fats List

Choose healthy fats, and pay attention to serving size

Avocado	1/8 medium
Mayonnaise	1 tsp.
Mayonnaise, reduced-calorie ‡	1 tbsp.
Nuts and seeds	6 whole
Almonds, dry roasted	1 tbsp.
Cashews, dry roasted	
Pecans	2 whole or 4 halves
Peanuts	20 small or 10 large
Walnuts	2 whole
Other nuts	1 tbsp.
Seeds, pine nuts, sunflower (without shells), pumpkin, and sesame seeds	1 tbsp.
Tahini paste	2 tsp.
Oil (corn, cottonseed, safflower, soybean, sunflower, olive, peanut)	1 tsp.

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

Olives †	10 small or 8 large
Salad dressing, mayonnaise-type †	2 tsp.
Salad dressing, mayonnaise-type, reduced calorie	1 tbsp.
Salad dressing, reduced-calorie †	2 tbsp.
Salad dressing (oil varieties) ‡ (Two tablespoons of low-calorie salad dressing is a free food)	1 tbsp.
Margarine: stick or tub	1 tsp.
Margarine, lower-fat ‡	1 tbsp.

### Saturated Fats

Butter, stick	1 tsp.
Butter, whipped	1 tsp.
Butter, reduced-fat	2 tsp.
Bacon ‡	1 slice
Chitterlings	1/2 oz (2 tbsp.)
Coconut, shredded	2 tbsp.
Coffee whitener, liquid	2 tbsp.
Coffee whitener, powder	4 tsp.
Cream (light, coffee, table)	2 tbsp.
Cream, half and half	2 tbsp.
Cream, sour	2 tbsp.
Cream, sour, reduced-fat	3 tbsp.

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

Cream (heavy, whipping)	1 tbsp.
Cream cheese	1 tbsp.
Cream cheese, reduced-fat	2 tbsp.
Salt pork ‡	¼ oz

## Breads/Starch/Carbs List

**You will not eat these foods during Stabilization (Phase 3).** Each item in this list contains approximately 15 grams of carbohydrate, 3 grams of protein, a trace of fat, and 80 calories, per half-cup serving. Whole grain products average about 2 grams of fiber per serving. Foods in this group are a major source of thiamin, niacin, iron, fiber and zinc; and also a vital part of a healthy, balanced diet.

The carbohydrates in bread or starch are complex. These complex sugars cannot be absorbed from the intestinal tract in this form. These complex sugars must first be converted to simple sugars (in the intestine). Once the complex sugar is "broken down" into smaller parts, the simple sugar is absorbed.

## Cereals/Grains/Pasta

Bran cereals, concentrated* (such as Bran Buds, All Bran)
Bran cereals, flaked
Bulgur (cooked)
Cooked cereals
Cornmeal (dry)
Grape-Nuts
Grits (cooked)

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

---

Other ready-to-eat unsweetened cereals
Pasta (cooked)
Puffed cereal
Rice, white or brown (cooked)
Shredded wheat
Wheat germ

### Dried Beans/Peas/Lentils

Beans and peas (cooked) (such as kidney, white, split, black-eyed)
Lentils (cooked)
Baked beans

### Starchy Vegetables

Corn
Corn on cob, 6 in long
Lima beans
Peas, green (canned or frozen)
Plantain
Potato, baked
Potato, mashed

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

Squash, winter (acorn, butternut)

Yam, sweet potato, plain

### Bread

Bagel

Bread sticks, crisp,  
4 in long x ½ in

Croutons, low fat

English muffin

Frankfurter or hamburger bun

Pita, 6 in across

Plain roll, small

Raisin, unfrosted

Rye, pumpernickel

Tortilla, 6 in across

White (including French, Italian)

Whole wheat

### Crackers/Snacks

Animal crackers

Graham crackers, 2 ½ in square

Matzo

# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

---

Melba toast
Oyster crackers
Popcorn (popped, no fat added)
Pretzels
RyKrisp, 2 in X 3 ½ in
Saltine-type crackers
Whole-wheat crackers, no fat added (crisp breads, such as Finn, Kavli, Wasa)

### Starch Foods Prepared with Fat

Biscuit, 2 ½ in across
Chow mein noodles
Corn bread, 2 in cube
Cracker, round butter type
French fried potatoes, 2 in to 3 ½ in long
Muffin, plain, small
Pancake, 4 in across
Stuffing, bread (prepared)
Taco shell, 6 in across
Waffle, 4 ½ in square
Whole-wheat crackers w/ fat added (such as Triscuit®)

# **BestChoiceChanges**

## **Food Lists by Food Type**

**For Phases 3 and 4**

---

### **Free Foods with 20 or less calories**

A free food is any food or drink that contains less than 20 calories per serving. You can eat as much as you want of those items that have no serving size specified. You may eat two or three servings per day of those items that have a specific serving size.

#### **Drinks**

- Bouillon or broth without fat
- Bouillon, low sodium
- Carbonated drinks, sugar-free
- Carbonated water
- Club soda
- Cocoa powder, unsweetened (1 tbsp.)
- Coffee/tea
- Drink mixes, sugar-free
- Tonic water, sugar-free
- Nonstick pan spray

#### **Fruit**

- Cranberries, unsweetened (1/2 cup)
- Rhubarb, unsweetened (1/2 cup)

#### **Vegetables (Raw, 1 cup)**

- Cabbage
- Celery
- Chinese cabbage
- Cucumber
- Green onion
- Hot peppers
- Mushrooms
- Radishes
- Zucchini

#### **Salad greens**

- Endive
- Escarole
- Lettuce
- Romaine
- Spinach

#### **Sweet Substitutes**



# BestChoiceChanges

## Food Lists by Food Type

### For Phases 3 and 4

---

- Candy, hard, sugar-free
- Gelatin, sugar-free
- Gum, sugar-free
- Jam/jelly, sugar-free (less than 20 cal/2 tsp.)
- Pancake syrup, sugar-free (1-2 tbsp.)
- Sugar substitutes (saccharin, aspartame)
- Whipped topping (2 tbsp.)

### Condiments

- Catsup (1 tbsp.)
- Horseradish
- Mustard
- Pickles dill, unsweetened
- Salad dressing, low-calorie (2 tbsp.)
- Taco sauces (3 tbsp.)
- Vinegar
- Basil (fresh)
  
- Celery seeds
- Chili powder
- Chives
- Cinnamon
- Curry
- Dill
- Flavoring extracts (vanilla, almond, walnut, peppermint, butter, lemon, etc)
- Garlic, Garlic powder
- Herbs
- Hot pepper sauce
- Lemon, Lemon juice
- Lemon pepper
- Lime, Lime juice
- Mint
- Onion powder
- Oregano
- Paprika
- Pepper
- Pimento
- Spices
- Soy sauce , Soy sauce, low-sodium
- Wine, used in cooking (1/4 C)
- Worcestershire sauce

# BestChoiceChanges

## Food Lists by Food Type

For Phases 3 and 4

### Foods for Occasional Use / Fast Foods List

Moderate amounts of some foods can be used in your meal plan, in spite of their sugar and fat content, as long as you maintain calorie and weight control. The following list includes average carbs and fats for some of these foods. Because they are concentrated sources of carbohydrate, and in some cases fat, you will notice that the portion sizes are very small.

Angel food cake , 1/12 cake	2 carbs
Cake, no icing, 1/12 cake, or a 3 in square	2 carbs, 1 fat
Cookies, 2 small (1 ¾ in across)	1 carb, 1 fat
Frozen fruit, 1/3 cup yogurt	1 carb
Gingersnaps, 3	1 carb
Granola, 1/4 cup	1 carb, 1 fat
Granola bars 1 small	1 carb, 1 fat
Ice cream, 1/2 cup any flavor	1 carb, 1 fat
Ice milk, 1/2 cup any flavor	1 carb, 1 fat
Sherbet, 1/4 cup any flavor	1 carb
Snack chips, 1 oz. all varieties	1 carb, 2 fat
Vanilla wafers, 6 small	1 carb