

(This list may contain foods options not on your meal plan – ask your counselor for advice when needed)

<b>STARCH</b> _____ servings per week (Approx. 80 cal/serving)	<b>FRUITS (fresh)</b> _____ servings per week (Approx. 60 cal/serving)	<b>VERY LEAN MEAT = _____ oz</b> (≤1 gram of fat per oz) _____ servings per week (Approx. 35 cal/serving)	<b>LEAN MEAT = _____ oz</b> (3 grams of fat per oz) _____ servings per week (Approx 55 cal/serving)
___ Cereal (1/2 cup) ___ Diet Bread (2 slices) ___ Regular Bread (1 slice) ___ ½ Bagel (1 oz) ___ ½ English Muffin ___ 1 Low-fat Waffle ___ ½ Pita Bread 6” ___ Roll (1 oz) ___ ½ oz Low-fat Cracker ___ Melba Toast (4) ___ Pretzels (3/4 oz) ___ Popcorn, air-popped (3 cups) ___ Pasta, cooked (1/2 cup) ___ Rice, cooked (1/3 cup) ___ Corn, frozen (½ cup) ___ Peas, frozen (½ cup) ___ Potato, small (3 oz) (baked or mashed)	___ Apple, small (4 oz) ___ Applesauce (1/2 cup) ___ Apricots, fresh (5 oz) ___ Banana, small (4 oz) ___ Blackberries (3/4 cup) ___ Blueberries (3/4 cup) ___ Cherries or Grapes (3 oz) ___ Grapefruit (1/2) ___ Melon (1 cup) ___ Orange, small (6 oz) ___ Peach, med. (4 oz) ___ Pear, small (4 oz) ___ Pineapple (1/2 cup) ___ Plum, 2 small (5 oz) ___ Prunes, dried (3) ___ Raspberries (1 cup) ___ Strawberries (1 cup)	___ Turkey Breast (no skin) ___ Chicken Breast (no skin) ___ Fish (cod, flounder, trout, halibut, tuna in water) ___ Shellfish (clams, scallops, crab, lobster, shrimp) ___ Nonfat Cheese (1 oz) ___ Cottage Cheese (1/4 cup) (nonfat or low-fat) ___ Egg Substitute (1/4 cup)	___ Beef (sirloin steak, tenderloin, roast) ___ Veal (chop, roast) ___ Pork (center chop) ___ Seafood (salmon, oysters) ___ Low-fat Cheese (≤ 3 grams fat per oz) ___ Low-fat Lunchmeat (≤ 3 grams fat per oz) ___ Medium Egg = 1 oz (limit 3 eggs/week)
		<b>FATS</b> _____ servings per week (Approx. 45 cal/serving)	<b>MILK/DAIRY</b> _____ servings per week (Approx. 100 cal/serving)
		___ Margarine (1tsp) ___ Mayonnaise (1 tsp) ___ Reduced-fat Mayo (1 Tbsp) ___ Low-fat Dressing (2 Tbsp) ___ Peanut Butter (2 tsp) ___ Oil (Canola, Olive) (1 tsp) ___ Ripe Olives (8 large)	___ Milk, 1% or nonfat (skim) (1 cup) ___ Yogurt, nonfat or low-fat fruit flavored yogurt sweetened with aspartame (1 cup) ___ Nonfat Plain Yogurt (3/4 cup)
<b>VEGETABLES</b> Serving Size: 1 cup raw OR 1/2 cup cooked _____ servings raw per week _____ servings cooked per week (Approx. 25 cal/serving)		<b>OPTIONAL FOODS</b> _____ servings per week (<20 cal/serving)	
___ Asparagus ___ Beans (green/yellow) ___ Beets ___ Broccoli ___ Brussels Sprouts ___ Cabbage ___ Carrots ___ Cauliflower ___ Celery ___ Cucumber ___ Eggplant ___ Greens ___ Lettuce ___ Mushrooms ___ Okra ___ Onions ___ Pea Pods ___ Peppers (green/red) ___ Radishes ___ Scallions ___ Spinach ___ Sprouts ___ Summer Squash ___ Tomato ___ Turnips ___ Watercress ___ Zucchini		___ Nonfat Cream Cheese (1 Tbsp) ___ Nonfat Margarine (4 Tbsp) ___ Reduced Fat Margarine (1 tsp) ___ Nonfat Sour Cream (1 Tbsp) ___ Nonfat Salad Dressing (2 Tbsp) ___ Salsa (1/4 cup) ___ Taco Sauce (1 Tbsp) ___ Catsup (1 Tbsp) ___ Sugar Free Syrup (2 Tbsp) ___ Low-Sugar Jam/Jelly (2 tsp) ___ Spring Water (with or without flavoring or carbonation) ___ Bouillon (low sodium) ___ Sugar Free Drink Mixes ___ Club Soda or Diet Soda ___ Decaf Coffee or Tea ___ Herbal Teas (10 cal/serving) ___ <b>AHS Fiber Plus</b> (Mixed Fruit or Iced Tea)	
<b>NUTRITIONAL SUPPLEMENTS</b> _____ boxes per week		_____ supplements per day	
___ <b>Familybariatric.com Drinks</b> (Strawberry Kiwi, Mixed Berry, Tropical Peach, Orange, Lemon, Pineapple Apricot) ___ <b>Familybariatric.com Soups</b> (Chicken Noodle, Cream of Chicken, Creamy Chicken soup with Veggies, Creamy Tomato Soup, Cream of Mushroom) ___ <b>Familybariatric.com Puddings</b> (Double Chocolate, Vanilla Crème, Chocolate Marshmallow with Choc.Chips, Custard Crème with toffee bits, Dulce de Leche, Lemon Chiffon Pudding) ___ <b>Familybariatric.com 10 gm Protein Bars</b> (Butter Pecan with Caramel, Brownie with Caramel, Lemon Crunch, Peanut Butter Crunch, Dbl. Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Toffee, Cookies and Cream, Variety pack and Peanut Butter) ___ <b>Familybariatric.com 15 gm Protein Bars</b> (Crisp'n Crunch Brand Cinnamon, Peanut Butter, Chocolate Fudge, Double Berry and Cocoa Café Breakfast bar.		___ <b>Familybariatric.com Hot Drinks</b> (Hot Cocoa, Mint Hot Cocoa, Raspberry Hot Cocoa, Café Au Lait, Café Amaretto Hot Chocolate Meal replacement.) ___ <b>Familybariatric.com Shakes</b> (Chocolate Almond, Creamy Chocolate, Creamy Vanilla, Island Fruit Smoothie, Berry Crème Smoothie and Strawberry Crème Smoothie) ___ <b>Familybariatric.com Pudding/Shakes</b> (Chocolate, Vanilla, Strawberry, Choc. Mint, Mocha, and Wildberry)	
<b>EXCHANGE ALTERNATIVES:</b> ___ <b>Familybariatric.com Pasta</b> = 2 starch and 1 meat (Macaroni & Cheese, Fettucini Alfredo, Creamy Chicken Pasta) ___ <b>Familybariatric.com Cereal</b> = 1 starch and ½ dairy (Apple Cinnamon Oatmeal, Crisp & Crunchy Cereal w/milk)		<b>ADDITIONAL SUPPLEMENTS MAY BE SUBSTITUTED FOR:</b> <b>1 Dairy = 1 Familybariatric.com Pudding or Shake</b> <b>1 oz Lean Meat = 1 Familybariatric.com Drink or Soup</b>	