Food Selection List & Shopping Guide

FRUIT	VEGETABLES	PROTEIN	
Each Option= 1 Fruit Serving	Serving Size:	Each Option=1 Serving	
(Approx. 60 cal/serving)	1 Cup Raw OR ½ Cup Cooked	ı Ç	
(FF	(Approx. 25 cal/serving)	"VERY LEAN"	"LEAN"
Apple, small (4 oz)		(<5 grams of fat per serving)	(9 grams of fat per serving)
Applesauce (1/2 cup)	Asparagus	(Approx. 140 cal/serving.)	(Approx. 170 calories/serving)
Apricots, fresh (5 oz)	Beans (green/yellow) Beets		
Banana, small (4 oz)	Broccoli	4 oz Turkey (white meat, no	3 oz Beef (sirloin, flank
Blackberries (3/4 cup)	Brussels Sprouts	skin)	steak, tenderloin, roast,
	Cabbage	4 oz Chicken (white meat,	round)
Blueberries (3/4 cup)	Carrots	no skin)	3 oz Veal (chop, roast)
Cherries or Grapes (3 oz)	Cauliflower	4 oz Fish (cod, flounder,	3 oz Pork (center chop,
Grapefruit (1/2)	— Celery	trout, halibut, tuna in water)	tenderloin, lean ham)
Melon (1 cup)	Cucumber	4 oz Shellfish (clams,	3 oz Seafood (salmon,
Orange, small (6 oz)	Eggplant	scallops, crab, lobster,	catfish)
Peach, med. (4 oz)	Greens	shrimp)	3 oz Cheese , Low Fat
Pear, small (4 oz)	Lettuce	4 oz Cheese, Fat Free	(≤3 grams fat per oz)
Pineapple (3/4 cup)	Mushrooms	8 oz Cottage Cheese, Fat	3 oz Deli Meat, Low Fat
Plum, 2 small (5 oz)	— Okra	Free or 1% (nonfat or low-	(≤3 grams fat per oz)
Prunes, dried (3)	— Onions Pea Pods	fat)	3 Eggs, Medium
Raspberries (1 cup)	Peppers (green/red)	8 oz Egg Substitute, Egg	(Limit 3 Eggs/week)
Strawberries (1-1/4 cup)	Radishes	Beaters	
Tangerine (8 oz)	Scallions	8 Egg Whites , or 8 oz Liquid	
	Spinach		
	Sprouts		
DAIRY/MILK	Summer Squash		
(Approx. 50 cal/serving)	Tomato		
4 91: 25:12	Turnips]
4 oz Skim Milk, Nonfat	Watercress	STARCH	NOTES:
4 oz Yogurt, Nonfat fruit flavored yogurt	Zucchini	(Approx. 80 cal/serving)	
3 oz Plain Yogurt, Fat Free			
		Whole Grain Cereal (1/2 cup)	
	OPTIONAL	Diet Bread (2 slices)	
BEVERAGES	(<20 cal/serving)	Whole Wheat Bread (1 slice)	
(Non-Caloric)	N. C. C. Cl. (1	1/2 Bagel (1 oz)	
,	Nonfat Cream Cheese (1	1/2 English Muffin	
Spring Water (with or with	Tbsp) Nonfat Margarine (4 Tbsp)	1 Low-fat Waffle	
-out flavoring or	Reduced Fat Margarine (1	1/2 Pita Bread 6"	
carbonation)Bouillon (low sodium)	Tsp)	Roll (1 oz)	
Sugar Free Drink Mixes	Nonfat Sour Cream (1	1/2 oz Low-fat Cracker	
Club Soda or Diet Soda	Tbsp)	Pretzels (3/4 oz)	
Black Coffee or Tea	Nonfat Salad Dressing (2	Popcorn, air-popped (3 cups)	
Herbal Teas (omit if	Tbsp) Salsa (1/4 cup)	Rice Cakes 2 - 4 inch dia	
nursing)	Taco Sauce (1 Tbsp)	Pasta, cooked (1/3 cup)	
	Catsup (1 Tbsp)	Brown Rice, cooked (1/3 cup)	
	Sugar Free Syrup (2 Tbsp)	Corn or Peas, frozen (1/2 cup)	
	Low-Sugar Jam/Jelly (2 tsp)	Potato or Yam, small (3 oz)	
	Artificial Sweetner (1 Pckt)	(baked or mashed)	