

STARCH Each Starch is 1 Serving (Approx. 80 cal/serving)	FRUITS (fresh) Each Fruit is 1 Serving (Approx. 60 cal/serving)	PROTEINS Each Protein is 1 Serving	
Smart Choice: Choose Whole Grain or Wheat Where Applicable ___ *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, Sweet Potato (3 oz) (baked or mashed) *Cereal Use ½ cup of Fat Free or 1% milk (additional 50 calories) with cereal.	___ Apple, small (4 oz) ___ Apricots, dried (8 halves) ___ 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)	VERY LEAN (<4 gram of fat per serving) (Approx. 140 cal/serving) ___ 4 oz. Turkey Breast white meat, (no skin) ___ 4 oz. Chicken Breast (white meat, no skin) ___ 4 oz. Fish (cod, flounder, trout, halibut, fresh tuna, canned tuna in water) ___ 4 oz. Shellfish (clams, scallops, crab, lobster, shrimp) ___ 4 oz. Nonfat Cheese ___ 8 oz. Cottage Cheese (nonfat or low-fat) ___ 8 oz. Egg Substitute (Egg Beaters) ___ 8 Egg Whites or 8 oz Egg White Liquid	LEAN (9 grams of fat per serving) (Approx. 170 cal/serving) ___ 3 oz. Beef (sirloin, tri-tips, tenderloin, roast, flank steak, london broil) ___ 3 oz. Veal (chop, roast) ___ 3 oz. Pork (center chop, tenderloin) ___ 3 oz. Seafood (salmon, oysters) ___ 3 oz. Cheese – Low Fat (< 9 grams fat per serving) ___ 3 oz. Deli Meat Low Fat (Turkey Breast, Roast Beef) (< 9 grams fat per serving) ___ 3 Medium Eggs (limit 3 eggs/week)
VEGETABLES Single Serving Size: 1 cup raw OR 1/2 cup cooked (Approx. 25 cal/serving)	FATS Each Fat is 1 Serving (Approx. 45 cal/serving) ___ Oil (Canola, Olive) (1Tbsp) ___ Margarine (1 Tsp) ___ Mayonnaise (1 Tsp) ___ Reduced-fat Mayo (1 Tbsp) ___ Low-fat Dressing (2 Tbsp) ___ Peanut Butter (2 Tsp) ___ Ripe Olives (8 large) OPTIONAL Each Optional is 1 Serving (< 20 cal/serving) ___ Nonfat Cream Cheese (1 Tbsp) ___ Nonfat Margarine (4 Tbsp) ___ Reduced Fat Margarine (1 Tsp) ___ Reduced 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 (1 Tsp)	MILK / DAIRY Each Milk / Dairy Selection is 1 Serving (Approx. 50 cal/serving) ___ Milk - 1%, Nonfat or Skim Milk (1/2 cup) ___ Yogurt, Nonfat or low-fat fruit flavored yogurt (1/2 cup) ___ Nonfat Plain Yogurt (1/2 cup) BEVERAGES (Non-Caloric, Caffeine-free) ___ 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	Vitamins Recommended daily as part of a healthy diet. ___ Solaray Once Daily High Energy (1 capsule with breakfast) ___ Solaray Omega-3 Fish Oil (1 gelcap twice a day with a meal)