

Dairy and dairy products (90 calories): 1 serving =

Low Fat (90 calories/serving): 1 serving =

Cottage Cheese (nonfat) - 1/2 cup
Buttermilk (fat free or low fat) - 1 cup
Dry milk powder (fat free) - 1/3 cup
Evaporated skim milk - 1/2 cup
Milk (nonfat and 1%) - 1 cup
Mozzarella cheese - 2 ounces
Pudding (sugar free, made with skim milk) - 1/2 cup
Yogurt (fat free, made with sugar substitute) - 2/3 cup (6 ounces)
Yogurt (plain, fat free) - 2/3 cup (6 ounces)

Reduced fat (120 calories/serving): 1 serving =

Milk (2%) - 1 cup
Natural Cheese - 1.5 ounces
Soy milk (plain) - 1 cup
Yogurt (plain, reduced fat) - 3/4 cup

Whole milk products (150 calories/serving): 1 serving =

Cottage Cheese - 3/4 cup
Buttermilk, full fat - 1 cup
Evaporated whole milk - 1/2 cup
Milk (whole) - 1 cup

Nonstarchy Vegetable Group (25kcal/serving): 1 serving =

Alfalfa - 1/2 cup cooked or 1 cup raw
Artichoke - 1/2 cup cooked or 1 cup raw
Artichoke hearts - 1/2 cup cooked or 1 cup raw
Asparagus - 1/2 cup cooked or 1 cup raw
Bamboo shoots - 1/2 cup cooked or 1 cup raw
Beans: green, Italian, yellow or wax - 1/2 cup cooked or 1 cup raw
Bean sprouts - 1/2 cup cooked or 1 cup raw
Beets - 1/2 cup cooked or 1 cup raw
Broccoli - 1/2 cup cooked or 1 cup raw
Brussels sprouts - 1/2 cup cooked or 1 cup raw
Cabbage - 1/2 cup cooked or 1 cup raw
Carrots - 1/2 cup cooked or 1 cup raw
Cauliflower - 1/2 cup cooked or 1 cup raw
Celery - 1/2 cup cooked or 1 cup raw
Chicory - 1/2 cup cooked or 1 cup raw
Chinese cabbage - 1/2 cup cooked or 1 cup raw
Cucumber - 1/2 cup cooked or 1 cup raw
Eggplant - 1/2 cup cooked or 1 cup raw
Green onions or scallions - 1/2 cup cooked or 1 cup raw
Greens (beet, collard, dandelion, kale, mustard, or turnip) - 1/2 cup cooked or 1 cup raw
Jicama (Mexican potato) - 1/2 cup cooked or 1 cup raw
Kohlrabi - 1/2 cup cooked or 1 cup raw
Leeks - 1/2 cup cooked or 1 cup raw
Lettuce (endive, escarole, leafy varieties, romaine, iceberg) - 1/2 cup cooked or 1 cup raw
Mixed vegetables without corn, peas, or pasta - 1/2 cup cooked or 1 cup raw
Mushrooms - 1/2 cup cooked or 1 cup raw
Okra - 1/2 cup cooked or 1 cup raw
Onions - 1/2 cup cooked or 1 cup raw
Peppers (all varieties) - 1/2 cup cooked or 1 cup raw
Radishes - 1/2 cup cooked or 1 cup raw
Rhubarb - 1/2 cup cooked or 1 cup raw
Rutabaga - 1/2 cup cooked or 1 cup raw
Sauerkraut - 1/2 cup cooked or 1 cup raw

Snow peas or pea pods - 1/2 cup cooked or 1 cup raw
Spinach - 1/2 cup cooked or 1 cup raw
Summer squash (yellow or green) - 1/2 cup cooked or 1 cup raw
Swiss chard - 1/2 cup cooked or 1 cup raw
Tomato, raw - 1/2 cup cooked or 1 cup raw
Tomato, cherry - 1/2 cup cooked or 1 cup raw
Tomato juice - 1/2 cup cooked or 1 cup raw
Tomato paste - 1/2 cup cooked or 1 cup raw
Tomato sauce - 1/2 cup cooked or 1 cup raw
Turnips - 1/2 cup cooked or 1 cup raw
Vegetable juice (e.g., tomato, V8) - 1/2 cup juice (4 ounces)
Water chestnuts - 1/2 cup cooked or 1 cup raw
Watercress - 1/2 cup cooked or 1 cup raw
Zucchini - 1/2 cup cooked or 1 cup raw

FRUIT (60 kcal/serving): 1 serving =

Apple - 1 small (4 ounces or 2" across)
Apple, dried - 4 rings
Applesauce, unsweetened - 1/2 cup
Apricots - 4 medium
Apricots, canned or frozen, unsweetened - 1/2 cup
Apricots, dried - 8 halves
Banana - 1/2 small (4 ounces)
Blackberries - 3/4 cup
Blueberries - 3/4 cup
Cantaloupe - 1/3 small (1 cup cubed)
Cherries - 12 large
Cherries, canned or frozen, unsweetened - 1/2 cup
Dates - 3 medium
Figs, dried - 1 1/2 medium
Figs, fresh - 2 medium or 1 1/2 large
Fruit cocktail, canned or frozen, unsweetened - 1/2 cup
Fruit juice (100% juice) - 1/2 cup (4 ounce)
Grapefruit - 1/2 large
Grapes - 17 small (3 ounces)
Grapes, canned or frozen, unsweetened - 1/2 cup
Guava - 1 medium
Honeydew melon - 1/8 medium (1 cup cubed)
Kiwi - 1 large
Kumquats - 5 medium
Mango - 1/2 small
Nectarine - 1 small
Orange - 1 small (2 1/2" across, or 6 1/2 ounces)
Papaya - 1/2 medium (1 cup)
Passion fruit - 3 medium
Peach - 1 medium
Peaches, canned or frozen, unsweetened - 1/2 cup
Pear - 1/2 large (4 ounces)
Pears, canned or frozen, unsweetened - 1/2 cup
Persimmons - 2 medium
Pineapple, canned or frozen unsweetened - 1/2 cup
Pineapple, fresh or canned in own juice - 3/4 cup
Plums - 2 small (5 ounces)
Plums, canned or frozen unsweetened - 1/2 cup
Pomegranate - 1/2 medium
Prickly Pear - 1 large

Prunes - 3 medium
Raisins - 2 TBS
Raspberries - 1 cup
Strawberries - 1 1/4 cup
Tangelo - 1 medium
Tangerines - 2 small (8 ounces)
Watermelon, cubed - 1 1/4 cup

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Starches: Bread, Cereal, Rice & Pasta Group: (80kcal/serving)-1 Carbohydrate Serving

Angel food cake - 1 1/2" slice (1 ounce)
Animal crackers - 8
Bagel - 1/2 (1 ounce)
Baked beans - 1/3 cup
Barley, bulgur (cooked) - 1/2 cup
Biscuit (2 1/2" across) - 1 small
Bran cereal (e.g, Fiber One, All Bran, etc) - 1/2 cup
Bread (reduced calorie, lite) - 2 slices
Bread (whole wheat, rye, white, pumpernickel) - 1 slice
Breadsticks (4 " long by 1/2" across) - 4
Broth-based - 1 cup
Cake doughnut (plain) - 1 small
Chow mein noodles - 1/2 cup
Cookies - 2 small
Corn (fresh or frozen) - 1/2 cup
Corn muffin (2" across) - 1 (2 ounces)
Corn on the cob - 1 small ear
Cornbread (2" square) - 1 piece (2 oz)
Couscous (cooked) - 1/3 cup
Cream based (low-fat or made with skim milk) - 1 cup
Croissant - 1 small
Croutons - 3/4 cup
Dinner roll - 1 small (1 ounce)
English muffin - 1/2 (1 ounce)
French fries - 16 to 25 (1/2 of a small order)
Frozen yogurt - 1/2 cup
Frozen yogurt (fat free) - 1/3 cup
Gelatin (sugar sweetened) - 1/2 cup
Gingersnaps - 3
Graham crackers (2 1/2 inch squares) - 3
Grape nuts, muesli, low-fat granola - 1/4 cup
Grits - 1/2 cup
Hamburger or hot dog bun - 1/2 (1 ounce)
Hot cereal, cooked (oatmeal, Cream of Wheat, oat bran) - 1/2 cup
Ice cream (fat free and no sugar added) - 1/2 cup
Matzo - 3/4 ounce
Melba toast - 4
Mixed vegetables with corn, peas, or pasta - 1/2 cup
Muffin (cupcake size) - 1 small (1 ounce)
Oyster crackers - 24
Pancake (4" across) - 1
parsnips - 1/2 cup
Pasta, cooked (spaghetti, noodles, macaroni) - 1/3 cup
Peas (green) - 1/2 cup
Pita bread (6" across) - 1/2
Plantain - 1/2 cup
Popcorn (low-fat microwave or popped with no added fat) - 3 cups
Potato (baked or broiled) - 1 small (3 ounces)
potato (mashed) - 1/2 cup
Pretzel sticks - 3/4 ounce
Pudding (sugar free) - 1/2 cup
Pudding (sugar sweetened) - 1/4 cup
puffed cereal (unfrosted) - 1 1/2 cups
pumpkin - 1 cup
Quick bread: banana, pumpkin, zucchini - 3/8 inch slice (1 ounce)

Raisin bread - 1 slice
Ready to eat cereals (e.g., Cheerios, flake cereal, etc) - 3/4 cup
Rice cakes or popcorn cakes (4" across) - 2
Rice minicakes or popcorn minicakes - 5
Rice, cooked (white or brown) - 1/3 cup
Ry-krisp - 4
Saltine crackers (2" squares) - 6
Sherbert - 1/4 cup
Shredded wheat - 1 biscuit
Shredded wheat (spoon size, regular or whole wheat) - 1/2 cup
Snack chips: tortilla, potato (fat free or baked) - 15 to 20
Sorbet - 1/4 cup
Stuffing (bread) - 1/3 cup
Sugar frosted cereal - 1/2 cup
Sweet potato (fresh, without added sugar) - 1/2 cup mashed, 1 small
Taco shells, hard (6" across) - 2
tortilla (6" across) - 1
Unfrosted cake - 2" square
Vanilla wafers - 5
Waffle (4" across) - 1
Wheat germ - 3 TBS
Winter squash (acorn, butternut, buttercup, Hubbard) - 1 cup
Yam (fresh, without added sugar) - 1/2 cup mashed, 1 small

Protein: Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

Lean protein and meat substitutes (0 to 3 grams of fat and 35-55 calories/serving)

Beef roasts (rib, chuck, rump) - 1 ounce
Beef, sirloin, flank, T-bone, porterhouse steak - 1 ounce
Buffalo - 1 ounce
Cheese (less than 3 grams of fat per ounce) - 1 ounce
Chicken, without skin - 1 ounce
Clams - 1 ounce
Cornish hen, without skin - 1 ounce
Crab - 1 ounce
Dried beans, peas, lentils (cooked) - 1/2 cup
Duck, without skin - 1 ounce
Egg substitute - 1/4 cup
Egg whites - 2
Elk - 1 ounce
Fish (fresh or frozen) - 1 ounce
Goose, without skin - 1 ounce
Herring - 1 ounce
Hot dog, fat free or low fat - 1 small
Imitation shellfish - 1 ounce
Lamb (roast, chop, leg) - 1 ounce
Lobster - 1 ounce
Luncheon meat, fat free or low fat - 1 ounce
Ostrich - 1 ounce
Oysters - 1 ounce
Parmesan cheese - 2 TBS
Pheasant, without skin - 1 ounce
Pork (tenderloin, center loin chop, ham) - 1 ounce
Rabbit - 1 ounce
Salmon, canned, drained - 1 ounce
Sardines - 2 medium
Scallops - 1 ounce

Shrimp - 1 ounce
Tuna, canned in water, drained - 1 ounce
Turkey, without skin - 1 ounce
Veal (roast, lean chop) - 1 ounce
Venison - 1 ounce

Medium fat proteins and/meat substitutes (75 calories/serving): 1 serving

Beef (meatloaf, corned beef, short ribs) - 1 ounce
Beef, ground - 1 ounce
Cheese (less than 5 grams of fat per serving) - 1 ounce
Chicken with skin - 1 ounce
Chicken, ground - 1 ounce
Cornish hen, with skin - 1 ounce
Duck, without skin - 1 ounce
Egg - 1
Fish, fried - 1 ounce
Goose with skin - 1 ounce
Lamb (rib roast) - 1 ounce
Pheasant, with skin - 1 ounce
Pork, ground - 1 ounce
Ricotta cheese - 1/4 cup
Sausage (less than 5 grams of fat/serving) - 1 ounce
Tempeh - 1/4 cup
Tofu (soybean curd) - 1/2 cup (4 ounces)
Turkey with skin - 1 ounce
Turkey, ground - 1 ounce
Veal (cutlet) - 1 ounce
Whole egg - 1

High fat proteins and meat substitutes (100 calories/serving): 1 serving

Bacon - 3 slices
Bratwurst - 1 ounce
Cheese (American, cheddar, Colby, Monterey Jack, Swiss) - 1 ounce
Cheese spread - 2 TBS
Hot dog (turkey, chicken, beef, pork, or combination) - 1
Kielbasa - 1 ounce
Luncheon meat (bologna, salami) - 1 ounce
Organ meats (liver, heart) - 1 ounce
Peanut butter, smooth or crunchy - 1 TBS
Pork spareribs, ground pork - 1 ounce
Sausage (breakfast) - 1 patty or 2 links

FAT (45 calories/serving) 1 serving =

Avocado - 2 TBS or 1/8 medium avocado
Bacon fat - 1 tsp
Bacon, cooked - 1 strip
Butter - 1 tsp
Butter, reduced fat - 1 TBS
Butter, whipped - 2 tsp
Coconut, shredded - 2 TBS
Cream cheese - 1 TBS
Cream cheese, reduced fat - 1 1/2 TBS
Flax oil - 1 tsp
Gravy - 2 TBS
Half and half (light cream) - 2 TBS
Heavy cream - 1 TBS
Margarine - 1 tsp
margarine, reduced fat or light - 1 TBS

Mayonnaise - 1 tsp
mayonnaise, reduced fat - 1 TBS
Miracle Whip salad dressing - 2 tsp
Miracle Whip, reduced fat salad dressing - 1 TBS
nondairy cream substitute, liquid or powder - 1/4 cup
Nuts (pecans, almonds, or cashews) - 4 to 6
Oil (canola, olive, peanut, or sesame) - 1 tsp
Olives, black - 8 large
Olives, green - 10 large
Peanut butter, smooth or crunchy - 1/2 TBS
peanuts - 10 large
salad dress, regular - 1 TBS
salad dressing, reduced fat - 2 TBS
Salt pork - 1" cube
seeds, pumpkin, sunflower - 1 TBS
Sesame seeds - 1 TBS
Shortening or lard - 1 tsp
Sour cream - 2 TBS
Sour cream, reduced fat - 3 TBS
Tahini or sesame paste - 2 tsp
tartar sauce - 1 TBS
Tartar sauce, reduced fat - 2 TBS
Walnuts - 4 halves

Combination Foods

1 Starch/1 Fat
1 biscuit
1 corn bread (2 inches)
10 french fries
6 round butter crackers
1 plain muffin (small)
2 pancakes
granola bar
1 cup cream soup

Other Combo Foods

1 cup casserole: 2 starch, 2 meats, 1 fat
1 cup macaroni & cheese: 2 starch, 1 dairy, 2 fat
1 cup vegetable or broth soup: 1 starch
1 cup spaghetti and meatballs: 2 starch, 1 meat, 1 fat
½ ice cream: 1 starch, 1 fat

Free Foods

Beverages

Butter flavoring (fat free)
Carbonated or flavored water (sugar free)
Club soda
Coffee (regular or decaff)
Diet soft drinks (sugar free)
Drink mixes, sugar free
Flavored extracts
Tonic water (sugar free)
Mineral water

Condiments

Garlic

Herbs
Horseradish
Hot pepper sauce
Lemon juice
Lime juice
Mustard
Nonstick pan spray
Pepper
Pimento
Seasonings
Spices
Tea
Vinegar
Water
Wine in cooking
Worcestershire or soy sauce

Miscellaneous

Bouillon or broth (fat free)
Flavored gelatin (sugar free)
Gum (sugar free)
Salsa
sugar substitutes (aspartame, saccharin, acesulfame-K, etc)
Unflavored gelatin (plain)

Vegetable Protein (lean) + 1 Starch: 1 serving =

Black Beans - 1/2 cup
Kidney Beans - 1/2 cup
Red Beans - 1/2 cup
Lentils - 1/2 cup
Black Eyed Peas - 1/2 cup
Soy Beans (cooked) - 1/3 cup
White Beans (cooked) - 1/2 cup
Garbanzo Beans - 1/2 cup
Lima Beans - 1/3 cup
Navy Beans - 1/3 cup
Split Peas - 1/3 cup
Pinto Beans - 1/3 cup