



FOOD LISTS

Pick foods from each category to be placed in their respective place on your plate.

Protein

Lean Protein – Eat Often

- Beef: ground (90% or higher lean/10% or lower fat); select or choice grades trimmed of fat: roast (chuck, round, rump, sirloin), steak (cubed, flank, porterhouse, T-bone), tenderloin
- Beef jerky
- Egg**

- Fish - Fresh or frozen such as catfish, cod, flounder, haddock, halibut, orange roughy, tilapia, trout
 - Salmon, fresh or canned
 - Sardines, canned
 - Tuna, fresh or canned in water or oil and drained
 - Smoked: herring or salmon (lox)
- Game: buffalo, ostrich, rabbit, venison
- Lamb: chop, leg, or roast
- Organ meats: heart, kidney, liver Note: May be high in cholesterol
- Oysters, fresh or frounces
- Pork, lean
- Ham
- Rib or loin chop/roast, tenderloin
- Poultry, without skin: chicken, Cornish hen, domestic duck or goose (well-drained of fat), turkey, lean ground turkey or chicken
- Sausage with 3 grams of fat or less per ounces
- Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp
- Veal: cutlet (no breading), loin chop, roast
- Processed sandwich meats with 3 grams of fat or less per ounce: chipped beef, thin-sliced deli meats, turkey ham, turkey pastrami
- Cottage cheese

Medium Fat Protein – Eat in Moderation

- Beef trimmed of visible fat: ground beef (85% or lower lean/15% or higher fat), corned beef, meatloaf, prime cuts of beef (rib roast), short ribs, tongue
- Fish: any fried
- Lamb: ground, rib roast
- Pork: cutlet, ground, shoulder roast
- Poultry with skin: chicken, dove, pheasant, turkey, wild duck, or goose; fried chicken
- Sausage with 4 to 7 grams of fat per ounce

High Fat Protein – Eat rarely

- Hot dog: beef, pork, or combination
- Hot dog: turkey or chicken
- Pork: sausage, spareribs
- Processed sandwich meats with 8 grams of fat or more per ounce: bologna, hard salami, pastrami
- Sausage with 8 grams fat or more per ounce: bratwurst, chorizo, Italian, knockwurst, Polish, smoked, summer

Plant-based Protein (serving size will not necessarily fit into protein compartment of 1 cup serving)

Superfirm tofu	6-8 oz	Not processed
Sweet Earth Seitan	1 serving (30g pro)	Processed
Nasoya Extra Firm Tofu	9 oz	Not processed
Vital Wheat Gluten (Bob's Red Mill)	1/4 cup	Not processed
Soy Curls	1.5 cup	Not Processed
TVP (Bob's Red Mill)	1/2 cup	Not processed
Hemp Protein	1/2 cup	Not processed
Beans/Lentils	1 cup = ½ serving protein and ½ serving carb	Not processed

** Eggs are a great source of nutrition but usually have less protein and more fat than some choices, just be aware of that.

If you choose a high fat protein, consider not adding any other fats to your meal.

Carbohydrates

Starchy Vegetables

- Breadfruit
- Cassava or dasheen
- Corn
- Hominy
- Mixed vegetables with corn or peas
- Marinara, pasta, or spaghetti sauce
- Parsnips
- Peas, green
- Plantain
- Potato
 - Baked with skin
 - Boiled, all kinds
 - Mashed, with milk and fat
- Pumpkin puree, canned, no sugar added
- Squash, winter (acorn, butternut)
- Succotash
- Yam or sweet potato, plain

Breads and Flours

- Bagel

- Biscuit
- Bread
- Bun
- Cornbread
- English muffin
- Flour, corn meal, wheat germ
- Pita bread
- Stuffing
- Tortilla (Corn or Flour)
- Waffle/Pancake

Snacks

- Crackers
- Oyster Crackers
- Popcorn
- Pretzels
- Rice cakes
- Chips

Cereal/Grain/Pasta

- Barley
- Bran, dry
- Oat
- Wheat
- Bulgur
- Kasha

- Millet
- Pasta, white or whole-wheat (all shapes and sizes)
- Polenta
- Quinoa, all colors
- Rice, white, brown, and all colors and types
- Tabbouleh (tabouli), prepared
- Wheat germ, dry
- Wild rice

Fruit

- Apples
- Apricots
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dates
- Figs
- Fruit Cocktail
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Mandarin
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

1 serving of dried fruit will be half as much as fresh/frozen fruit.

- This does not mean fill half of your compartment with dried fruit and the other half with another carbohydrate, this means that you're only allowed half of your total carbohydrate amount if you're having dried fruit. Or, you could have $\frac{1}{4}$ of the compartment dried fruit and $\frac{1}{2}$ some other carbohydrate to fill $\frac{3}{4}$ of the compartment total.

JUICE IS NOT A FRUIT!

Non-Starchy Veggies

- Amaranth or Chinese spinach
- Artichoke and Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Bean sprouts
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- Beans (green, wax, Italian)
- Beets
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- Bok choy
- Borscht
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote
- Coleslaw, no dressing
- Cucumber
- Eggplant
- Fennel
- Gourds (bitter, bottle, luffa)
- Green onions or scallions
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Kale
- Kohlrabi
- Leeks
- Mixed vegetables (without corn or peas)
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Oriental radish or daikon
- Pea pods (snow peas)
- Peppers (all varieties)
- Radishes
- Rutabaga
- Sauerkraut
- Soybean sprouts
- Spaghetti Squash
- Spinach
- Sugar snap peas
- Summer squash
- Swiss chard
- Tomato (fresh or canned)
- Turnips
- Water chestnuts
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- Yard-long beans
- Zucchini