

CHOOSE THESE ...

INSTEAD OF THESE ...

BEANS, NUTS, SEEDS

- Dried beans, peas and lentils: garbanzo, soy, pinto, kidney, black, lima, split, black-eyed, etc.
- Tofu, tempeh, soy nuts, soy butter
- Low fat meatless patty (*less than 6 grams of fat*)
- Natural style nut butters
- Unsalted walnuts, almonds, peanuts, pecans
- Unsalted sunflower seeds

- Peanut butter with hydrogenated oil
- Boiled peanuts

MEAT/ PROTEIN

- Fish: grilled or baked
 - Canned fish: water-packed tuna, salmon, trout, sardines
 - Seafood: broiled, grilled, boiled
 - Egg whites, cholesterol free egg substitutes
 - Chicken, turkey, Cornish hens: skinless
- LIMIT TO 3 SERVINGS/ WEEK:
- Beef/ Pork: round, flank steak, sirloin, tenderloin, ground round
 - Wild Game: venison
 - Low fat lunch meat (3 grams of fat or less per ounce)
 - Low fat cheese and cottage cheese (3 grams of fat or less per ounce)
 - Frozen dinners (no more than 600 mg sodium and 10 grams of fat or less)

- Fish: deep fried
- Creamed herring
- Seafood: deep fried
- Egg yolks (limit 3 per week)
- Organ meats
- Beef/ Pork: spareribs, blade, center loin steak, whole ham, shoulder, prime rib, ribeye, brisket, 80/20 and 70/30 ground meat
- Processed meats: pepperoni, salami, hot dogs, sausage, bacon, liver sausage (high sodium)
- Full fat cheese

DAIRY PRODUCTS

- Skim (fat free) or 1% low fat milk
- Low fat soy, oat or almond milk
- Fat free or low fat yogurt
- Evaporated skim milk

- Whole or 2% milk
- Chocolate drinks
- Whole milk yogurt
- Evaporated whole milk

FATS AND OILS

- Oils: extra virgin olive, canola, sesame, soybean, safflower, corn, peanut
- Tub style margarine made with liquid oil, with no hydrogenated fat/ trans fat
- Olives, avocados
- Reduced fat margarine, salad dressings, mayonnaise, cream cheese, sour cream
- Unlimited: cooking sprays

- Other vegetable oils, lard, butter, palm kernel oil, cocoa butter, coconut oil, bacon fat, salt pork
- Stick margarine
- Regular margarine, salad dressings, mayonnaise, cream cheese, sour cream
- Shortening / Crisco

CHOOSE THESE . . .

INSTEAD OF THESE . . .

FRUITS	<ul style="list-style-type: none"> • Fresh or frozen • Canned fruit in its own juice 	<ul style="list-style-type: none"> • Fruit juice, dried fruit • Canned fruit in syrup
VEGETABLES	<ul style="list-style-type: none"> • Fresh or frozen • Canned vegetables or juices with no added salt 	<ul style="list-style-type: none"> • Any vegetables with butter, cream or seasoned sauces • Canned vegetables or high sodium vegetable juice
SOUPS	<ul style="list-style-type: none"> • Broth or tomato based soup 	<ul style="list-style-type: none"> • Soup made with whole milk, 2% milk, cream or butter • Soup with greater than 300 mg sodium per serving
SWEETS/ DESSERTS	<ul style="list-style-type: none"> • Dark chocolate • Pumpkin pie • Angel food cake • Whipped cream/ Reddi-Wip/ Cool Whip • Fresh fruit • Frozen yogurt bar, fruit popsicle • Portion-controlled, low-fat ice cream • Low sugar or low fat pudding (<i>fat free does not mean calorie free</i>) • Sugar free Jello 	<ul style="list-style-type: none"> • Candy bars, milk chocolate • Fruit or cream pies • Cake • Cookies • Ice cream bars, sandwiches • Ice cream • Pudding
BREAD, CEREAL AND GRAINS	<ul style="list-style-type: none"> • Whole wheat or whole grain foods for more fiber. Bread: pita, bagel, English muffin, buns, dinner rolls • Rice cake, low fat crackers (saltines) • Corn or flour tortilla • Unsalted pretzels, popcorn and baked chips • Brown or wild rice • Hot cereals and whole grain cold cereals • Whole grain, high protein, high fiber pastas 	<ul style="list-style-type: none"> • Croissants, pastries, doughnuts, coffee cake, commercial muffins, pancakes, waffles, biscuits • Higher fat snack crackers (butter, cheese or peanut butter) • Fried tortillas • Potato chips, corn chips • White rice • Ramen type noodles, egg noodles, pasta made with enriched white flour • Pasta, grain, and potato dishes made with cream, butter or cheese