



HOW TO USE:

We emphasize choosing a variety of foods. Each food group plays an essential role in overall health. Each food group is important and none should be excluded.



Each food is ranked by its nutrient density.

Foods within the five star categories contain the most nutrients per calorie.

Two-star foods do not necessarily need to be eliminated completely from your diet. These foods contain less nutrients for their caloric density. They can still be consumed in your diet if done so sparingly.


Meat & Meat Alternatives

Supplies: Iron, Protein, Niacin, Thiamin, Zinc, B12
General Guidelines 2-3 servings/day

Serving in your meal plan:

Serving size = 3 oz.
0 grams of carbs (unless noted)



- Fatty fish (tuna, salmon, mackerel, sardines)
- Shellfish
- Poultry (light meat, skinless)
- Turkey
- Eggs
- Soybean (meat alternatives)
- Beans, Peas, Lentils (½ cup = 15 grams carb)
- Tofu
- Low fat cottage cheese
- Nuts 
- Lean pork
- Lean red meats
- Lean ham
- Extra lean hamburger
- Veal
- Peanut butter (no hydrogenated oils)
- Cheese
- Lunch meats
- Canadian bacon
- Poultry sausage
- Bologna/salami/pepperoni
- Bacon
- Beef Jerky
- Hot dogs
- Sausage (beef/pork)
- Fish sticks (carbs, check pkg)
- Chicken nuggets (carbs, check pkg)



Vegetables

Supplies: Folic Acid, Vitamin A, C & Fiber
General Guidelines 5-6 servings/day

Serving in your meal plan:

Serving size = ½ cup cooked/1 cup raw
5 grams of carbs



- Artichoke
- Asparagus
- Baby corn
- Green beans
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Daikon radish
- Eggplant
- Gourd
- Green Beans
- Green onion
- Greens (collards, kale, mustard, turnip)
- Hearts of palm
- Jicama
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Sauerkraut
- Spinach
- Squash (summer, crookneck, zucchini)
- Sugar snap peas
- Tomatoes
- Turnips
- Water chestnuts
- Frozen vegetables
- Coleslaw
- Vegetable juices
- Canned vegetables
- Packaged vegetables with sauces and gravies



Fats

Supplies: Vitamin E, Essential fatty acids and aids in absorption of vitamins A, D, E, K
General Guidelines = 3-5 servings/day

Serving in your meal plan:

Serving size = 1 tsp., unless noted
0 grams of carbs



- Avocados, ¼ each
- Olive oil, Extra virgin
- Coconut oil
- Olives, 5 each
- Nuts, 1 oz.
- Seed and nut oil
- Sesame
- Flax
- Peanut
- Canola
- Soybean oil
- Palm oil
- Butter
- Margarine
- Sour cream, 2 Tbsp.
- Cream cheese, 2 Tbsp.
- Trans fats
- Partially hydrogenated oils (listed on ingredient list)
- Coffee creamers with hydrogenated oils



Fruit

Supplies: Folic Acid, Vitamin A, C & Fiber
General Guidelines 3-4 servings/day

Serving in your meal plan:

*Serving sizes listed below
 15 grams of carbs*

★ ★ ★ ★ ★	<i>Serving Sizes</i>
Apple, small	1 (4 oz.)
Apricots	½ cup
Banana	½ (4 oz.)
Blackberries	1 cup
Cantaloupe	1 cup
Cherries (fresh)	12 each
Grapefruit, large	½ each
Grapes, small	17 each
Honeydew	1 cup
Kiwi	1 each
Mango	½ each
Mandarin oranges	2 (2.5 oz each)
Nectarine	1 each
Orange	1 (6 oz.)
Papaya	1 cup
Peaches	1 (6 oz.)
Pear, small	1 each (4 oz.)
Plum	¾ cup
Pineapple	½ cup
Raspberries	1 cup
Rhubarb	3 cup
Strawberries	1 cup
Watermelon	1 cup
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Dried fruit	1 small piece (½ oz.)
Frozen fruit	½ cup
Canned fruit in water	½ cup
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Fruit juices	4-6 oz.
Juice bars	4 oz.



Dairy Products

Supplies: Calcium, Riboflavin, Protein, Vitamin D
General Guidelines 2-3 servings/day

Serving in your meal plan:

*Serving size = 2/3 to 1 cup, consult label
 12 grams of carbs*

★ ★ ★ ★ ★
Skim & 1% milk
Buttermilk
Soy milk - Plain
Nonfat/Lowfat Kefir - Plain
Nonfat yogurt - Plain
Almond milk (0 carbs)
Unsweetened coconut milk (0 carbs)
★ ★ ★ ★
2% milk
★ ★ ★
Low fat frozen yogurt
Low fat ice cream
Smoothies
Whole milk
Flavored yogurt
Puddings
★ ★
Regular ice cream
Milk shakes



Starch

Supplies: Fiber, Complex Carbohydrates, Thiamin, Iron, Niacin
General Guidelines = 3-8 servings/day

Serving in your meal plan:

*Serving sizes listed are cooked/prepared
 15 grams of carbs*

★ ★ ★ ★ ★	<i>Serving Sizes</i>
Barley	½ cup
Dry Split peas, beans, lentils	½ cup
Buckwheat	½ cup
Bulgur	½ cup
Edamame	1 cup
Quinoa	½ cup
Oats	½ cup
Potatoes/sweet potatoes/yams	½ cup
Corn	½ cup
Green peas	½ cup
Brown & wild rice	⅓ cup
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Multigrain, stone ground, cracked wheat, 7-grain breads	1 slice, 1 oz.
Whole grain tortillas	1 oz.
Pasta, el dente	½ cup
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Whole grain crackers	1 oz.
Multigrain crackers	1 oz.
Enriched white breads	1 oz.
Popcorn, plain, popped	3 cups
Bagel	¼ each
White rice	⅓ cup
Flour tortillas	1 oz.
Soft & hard pretzels	1 oz.
Graham crackers	3 squares
Saltines, cracker square	6 crackers
Breadsticks	1 oz.
Stuffing	⅓ cup
English muffin	½ each
★ ★	
<i>(These have added fat and/or sugar and calories)</i>	
Pancakes	4 ½ inch diameter, 1 each
Waffles	4 ½ inch diameter, 1 each
Corn bread	2 inch square, 1 each
Fruit and nut breads	varies, see label
Sweetened cereals	⅓ cup
Biscuits	2 ½ inch round, ½ each
Croissants	1 oz.
Cookies	1 small
Cake, no frosting	2 inch square, 1 each
Brownies,	2 inch square, 1 each

