

## **HEALTHY FOOD CHOICES**

### **FRESH FRUIT = 15 g Simple Carbohydrate (3-4 fruit choices/day)**

- Apple – 1 small (4 oz.) = 60 Calories
- Unsweetened Applesauce – ½ c. = 52 Calories
- Apricot – 4 whole (5.5 oz.) = 67 Calories
- Blackberries – ¾ c. = 56 Calories
- Blueberries – ¾ c. = 56 Calories
- Cantaloupe – 1/3 small or 1 c. cubed = 56 Calories
- Cherries – 12 (3 oz.) = 55 Calories
- Figs – 1 ½ large or 2 med. (3.5 oz.) = 66 Calories
- Grapes – 17 small (3 oz.) = 60 Calories
- Grapefruit – ½ large (11 oz.) = 68 Calories
- Honeydew – 1 slice (10 oz.) or 1 c. cubed = 60 Calories
- Kiwi – 1 large (3.5 oz.) = 61 Calories
- Mango – ½ small (5.5 oz.) or ½ c. = 54 Calories
- Nectarines – 1 small (5 oz.) = 64 Calories
- Oranges – 1 small (6.5 oz.) = 63 Calories
- Papaya – ½ (8 oz.) or 1 c. cubed = 55 Calories
- Peaches – 1 medium (4 oz.) = 64 Calories
- Pears – ½ large (4 oz.) = 62 Calories
- Plums – 2 small (5 oz.) = 73 Calories
- Raspberries – 1 c. = 60 Calories
- Strawberries – 1 ¼ c. whole berries = 57 Calories
- Tangerines – 2 small (8 oz.) = 61 Calories
- Watermelon – 1 slice or 1 ¼ c. cubed = 61 Calories

### **DAIRY = 15 grams Simple Carbohydrate (2-3 milk/yogurt choices/day)**

- Buttermilk (Low-Fat or Nonfat) – 1 c. = 96 Calories
- Milk (Nonfat/ 1%) – 1 c. = 90 Calories
- Milk (1%) – 1 c. = 120 Calories
- Soy Milk, Unflavored – 1 c. = 80 Calories
- Yogurt, Low-Fat or Nonfat (Plain)
  - ¾ c. (6 oz.) = 110 Calories (Low-Fat)
  - 100 Calories (Nonfat)
- Yogurt, Low-Fat or Nonfat (Fruit-flavored)
  - ¾ c. (6 oz.) = 140 Calories (Cascade Fresh Low-Fat)
  - 110 Calories (Cascade Fresh Nonfat)
- Yogurt, Low-Fat or Nonfat (Fruit-flavored)  
Sweetened with Alternative Sweetener
  - ¾ c. (6 oz.) = 90 Calories (Dannon Light & Fit Nonfat)
  - 100 Calories (Yoplait Light)

### **BREAD / STARCH / BEANS = 15 grams Complex Carbohydrate (4-9 bread/starch/bean choices/day)**

#### **WHOLE GRAINS = 15 grams Complex Carbohydrate**

- Amaranth, Whole Grain
  - 2 Tbsp. uncooked = 90 Calories
- Barley (Pearled) – 1/3 c. cooked = 64 Calories
- Bread (Whole-Grain, 100% Whole Wheat, 100% Whole Rye)
  - 1 slice (1 oz.) = 70 Calories
- Buckwheat Groats – ½ c. cooked = 77 Calories
- Bulgur (Cracked Wheat) – ½ c. cooked = 76 Calories
- Cereal (Whole Grain, High Fiber, Unsweetened)
  - Grape Nuts – ¼ c. = 113 Calories
  - Kashi Go-Lean – ½ c. = 70 Calories
  - Fiber One – ½ c. = 60 Calories
  - All Bran – ½ c. = 80 Calories
  - Optimum – ½ c. = 90 Calories
- Couscous – ½ c. cooked = 88 Calories
- Crackers: Whole Grain Rye or Wheat, No Fat Added  
(Ryvita Sesame Rye, WASA Lite Rye, Fiber Wheat)
  - 2 to 5 (¾ oz.) = 80 Calories
- Millet – 1/3 c. cooked = 69 Calories
- Oats (Whole) – ½ c. (3 Tbsp. uncooked) = 73 Calories
- Pasta (Whole Wheat, Spelt, Kamut)
  - ½ c. cooked (¼ to 1/3 c. uncooked) = 87 Calories
- Pita Bread (Whole Wheat) – ½ 6-inch = 80 Calories
- Quinoa – 1/3 c. cooked = 58 Calories
- Rice (Brown) – 1/3 c. (2 Tbsp. uncooked) = 72 Calories
- Rice (Wild) – 1/3 c. (2 Tbsp. uncooked) = 55 Calories
- Teff – 1/3 c. cooked = 68 Calories
- Tortillas (Whole Wheat or La Tortilla Brand)
  - 1 small (6-inch) = 80 Calories

#### **BEANS AND STARCHY VEGETABLES (Dried/Canned) = 15 grams Complex Carbohydrates**

- Black Beans – 1/3 c. = 66 Calories (canned); 76 Calories (dry)
- Garbanzo Beans – 1/2 c. = 100 Calories
- Green Soy Beans – ½ c. = 127 Calories
- Hummus – 1/3 c. = 138 Calories
- Kidney Beans – ½ c. cooked = 73 Calories
- Lentils (Brown, Green, Red) – ½ c. = 77 Calories
- Lima Beans – 2/3 c. = 95 Calories (canned); 108 Calories (dry)
- Mung Beans – ½ c. = 94 Calories
- Navy Beans – ½ c. = 70 Calories (canned); 86 Calories (dry)
- Pinto Beans – ½ c. = 69 Calories (canned); 78 Calories (dry)
- Potato – ½ c. = 80 Calories
- Split Peas (Yellow, Green) – 1/3 c. = 77 Calories
- Sweet Green Peas – ½ c. = 60 Calories
- Refried Beans, Fat-Free – ½ c. = 100 Calories
- Low-Fat, Low-Sodium Prepared Bean Soups
  - ½ c. = 85 – 100 Calories
- Squash (Winter) – 1 c. cooked = 80 Calories
- Squash (Spaghetti) – 1 c. cooked = 42 Calories
- Sweet Potatoes – ½ c. cooked = 103 Calories
- White Beans – 1/3 c. = 102 Calories (canned); 83 Calories (dry)
- Yam – ½ c. cooked = 79 Calories

#### **MISCELLANEOUS**

- Basil, Fresh or Dried
- Cilantro, Fresh
- Cinnamon
- Cumin
- Extracts (Vanilla, Almond, etc.)
- Ginger, Whole or Ground Spices
- Herbs of Your Choice, Fresh or Dried
- Lemon Juice
- Lime Juice
- Mustard, Dry or Dijon
- Nutmeg
- Oregano, Fresh or Dried
- Salsa, Unsweetened
- Vegetable or Chicken Broth, Low-Sodium
- Vinegar (Apple Cider, Balsamic, Wine, Rice)
- Mrs. Dash Salt-Free Seasoning Blends

#### **BEVERAGES**

- Tea (Herbal, Green, White, or Red)
- Plain Water (Mineral, Spring, Sparkling, Seltzer)
- Pure, Freshly-Juiced, Vegetable Juices, Tomato, or V8 Juice

## **VEGETABLES = 5 grams Carbohydrate Serving Size = 1 cup raw or ½ cup cooked (2-5+ vegetable choices/day)**

- ❑ Artichoke – ½ c. cooked = 38 Calories
- ❑ Arugula – 1 c. raw = 5 Calories
- ❑ Asparagus – ½ c. cooked = 22 Calories
- ❑ Bamboo Shoots – ½ c. cooked = 14 Calories
- ❑ Bean Sprouts – ½ c. cooked = 13 Calories
- ❑ Beets – ½ c. cooked = 37 Calories
- ❑ Bok Choy – 1 c. raw = 9 Calories
- ❑ Broccoflower – ½ c. cooked = 20 Calories
- ❑ Broccoli – ½ c. cooked = 26 Calories
- ❑ Brussels Sprouts – ½ c. cooked = 30 Calories
- ❑ Cabbage – 1 c. raw = 18 Calories
- ❑ Carrots – 1 c. raw = 55 Calories
- ❑ Cauliflower – ½ c. cooked = 14 Calories
- ❑ Celery – 1 c. raw = 20 Calories
- ❑ Chicory Greens – 1 c. raw = 41 Calories
- ❑ Chives – 1 c. raw = 14 Calories
- ❑ Collard Greens – ½ c. cooked = 25 Calories
- ❑ Cucumber – 1 c. raw = 14 Calories
- ❑ Dandelion Greens – ½ c. cooked = 17 Calories
- ❑ Eggplant – ½ c. cooked = 14 Calories
- ❑ Endive – 1 c. raw = 41 Calories
- ❑ Escarole – 1 c. raw = 8 Calories
- ❑ Fennel – 1 c. raw = 27 Calories
- ❑ Garlic – 1 Tbsp. = 13 Calories
- ❑ Green Beans – ½ c. cooked = 22 Calories
- ❑ Kale – ½ c. cooked = 18 Calories
- ❑ Kohlrabi – ½ c. cooked = 24 Calories
- ❑ Leeks – ½ c. cooked = 16 Calories
- ❑ Lettuce (Red, Green Leaf) – 1 c. raw = 10 Calories
- ❑ Lettuce (Romaine) – 1 c. raw = 8 Calories
- ❑ Mushrooms – 1 c. raw = 18 Calories
- ❑ Mushrooms – ½ c. cooked = 21 Calories
- ❑ Mustard Greens – ½ c. cooked = 11 Calories
- ❑ Okra – ½ c. cooked = 26 Calories
- ❑ Onions – 1 c. raw = 61 Calories
- ❑ Peppers (Bell) – 1 med. = 20 Calories
- ❑ Radicchio – 1 c. raw = 9 Calories
- ❑ Radish – 1 c. raw = 23 Calories
- ❑ Scallions (Spring, Green Onions) – 1 c. raw = 32 Calories
- ❑ Snow or Snap Peas – 1 c. raw = 26 Calories
- ❑ Snow or Snap Peas – ½ c. cooked = 34 Calories
- ❑ Spinach – 1 c. raw = 7 Calories
- ❑ Spinach – ½ c. cooked = 21 Calories
- ❑ Sprouts (Alfalfa) – 1 c. raw = 10 Calories
- ❑ Squash (Summer) – ½ c. cooked = 18 Calories
- ❑ Swiss Chard – ½ c. cooked = 18 Calories
- ❑ Tomatoes – 1 c. raw = 38 Calories
- ❑ Turnips – ½ c. cooked = 17 Calories
- ❑ Water Chestnuts – ½ c. cooked = 40 Calories
- ❑ Watercress – 1 c. raw = 4 Calories
- ❑ Zucchini – 1 c. raw = 20 Calories

## **PROTEIN FOODS = 7 grams Protein**

- ❑ Beef, Trimmed Lean, 7-9% Ground – 1oz. = 55 Calories
- ❑ Boca Burger or Garden Burger  
½ patty (1.25 oz.) = 43-45 Calories
- ❑ Cheese (Low-Fat or Nonfat) – 1 oz.  
Mozzarella = 72 Calories  
Feta = 61 Calories (Low-Fat); 32 Calories (Nonfat)  
Parmesan = 110 Calories
- ❑ Cheese Ricotta (Low-Fat or Nonfat)  
¼ c. (2 oz.) = 55 Calories (Low-Fat)  
40 Calories (Nonfat)
- ❑ Cottage Cheese (Low-Fat or Nonfat)  
¼ c. (2 oz.) = 45 Calories (Low-Fat)  
40 Calories (Nonfat)
- ❑ Chicken, Turkey, Cornish Hen, White Meat, Skinless  
1 oz. = 40 Calories
- ❑ Eggs – 1 med. = 66 Calories; 1 large = 75 Calories
- ❑ Egg Whites – 2 Whites = 35 Calories
- ❑ Egg Substitute (Plain) – ¼ c. = 30 Calories
- ❑ Fresh Fish – 1 oz.  
Cod = 30 Calories      Salmon = 40-60 Calories  
Haddock = 32 Calories      Sea Bass = 35 Calories  
Halibut = 40-70 Calories      Snapper = 36 Calories  
Mahi Mahi = 32 Calories      Sole = 33 Calories  
Monkfish = 27 Calories      Trout = 40-55 Calories  
Pollock = 32 Calories      Tuna = 35 Calories
- ❑ Game (Venison, Elk, Buffalo) – 1 oz. = 41 Calories
- ❑ Lamb, Lean Roast – 1 oz. cooked = 55 Calories
- ❑ Peanut Butter (Natural) – 1 Tbsp. = 100 Calories
- ❑ Shellfish – 1 oz. cooked = 25-35 Calories
- ❑ Smoked Salmon/Lox – 1 oz. = 33 Calories
- ❑ Tempeh – ¼ c. = 80 Calories
- ❑ Tofu (Fresh or Baked) – 4 oz. or ½ c. = 85 Calories
- ❑ Water-Packed Canned Tuna or Salmon – 1 oz. = 35 Calories
- ❑ Lean Ground Turkey or Chicken Breast  
1 oz. cooked = 35 Calories
- ❑ TVP (Texturized Soy Protein) – 1oz. = 100 Calories

**Fats = 5 grams fat** - good, heart, healthy; 1-2 fat choices /meal; 1 tsp fat = 5gm fat; **5gm fat = 1 choice**

## **NUTS & SEEDS = 5 grams Fat**

- ❑ Almonds – 6 nuts = 42 Calories
- ❑ Almond, Cashew, or Soy Nut Butter  
1 Tbsp. = 80-100 Calories
- ❑ Cashews – 6 nuts = 54 Calories
- ❑ Flax Seeds – 1 Tbsp. = 59 Calories
- ❑ Hazelnuts (Filberts) – 1 Tbsp. = 45 Calories
- ❑ Peanut Butter (Natural) – ½ Tbsp. = 50 Calories
- ❑ Pecans – 4 halves = 48 Calories
- ❑ Pistachio Nuts – 1 Tbsp. = 45 Calories
- ❑ Pumpkin Seeds – 1 Tbsp. = 50 Calories
- ❑ Sesame Seeds – 1 Tbsp. = 50 Calories
- ❑ Soy Nuts – 1 Tbsp. = 48 Calories
- ❑ Sunflower Seeds – 1 Tbsp. = 50 Calories
- ❑ Tahini Paste – 2 tsp. = 58 Calories
- ❑ Walnuts – 4 halves = 52 Calories

## **OIL\*/FAT = 5 grams Fat** - \*oil should be cold-pressed

- ❑ Avocado – 1/8 medium – 2 Tbsp. (1 oz.) = 46 Calories
- ❑ Cream Cheese (Low-Fat or Nonfat) 1 Tbsp.  
= 45 Calories (Low-Fat)
- ❑ Canola Oil – 1 tsp. = 40 Calories
- ❑ Flaxseed Oil – 1 tsp. = 40 Calories
- ❑ Mayonnaise (Canola Oil) – 1 tsp. = 33 Calories
- ❑ Kraft Fat-Free Mayonnaise – 1 Tbsp. = 11 Calories
- ❑ Nalley's Light Mayonnaise – 1 Tbsp. = 50 Calories
- ❑ Olives – 8 Black or 10 Green (Large) = 40 Calories
- ❑ Olive Oil (Extra Virgin) – 1 tsp. = 40 Calories
- ❑ Sesame Oil – 1 tsp. = 40 Calories
- ❑ Walnut Oil – 1 tsp. = 40 Calories