

the weight is over.

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Healthy Food List*

* Food selections and suggested portions adapted from food exchange plans developed by the American Dietetic Association and the American Diabetes Association.

Fruits

Fresh and Dried Fruit

Apple	1 small
Apple, dried	4 rings
Apricots	4 medium
Apricots, dried	8 halves
Banana	1/2
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe	1/3 small (1 cup cubed)
Cherries	12 large
Dates	3 medium
Figs, dried	1 1/2 medium
Figs, fresh	2 medium or 1 1/2 large
Grapefruit	1/2 large
Grapes	17 small
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
Papaya	1/2 medium (1 cup)
Passion fruit	3 medium
Peach	1 medium
Pear	1/2 large
Persimmons	2 medium
Pineapple, fresh	3/4 cup
Plums	2 small (5 ounces)
Pomegranate	1/2 medium
Prickly pear	1 large
Prunes	3 medium
Raisins	2 tablespoons
Raspberries	1 cup
Strawberries	1 1/4 cup
Tangelo	1 medium
Tangerines	2 small
Watermelon, cubed	1 1/4 cup
Canned or frozen fruit (unsweetened)	
Applesauce, apricots, cherries, fruit	

cocktail, grapes, peaches, pears, pineapple or plums	1/2 cup
Grapefruit or mandarin oranges	3/4 cup
Fruit juice (unsweetened)	
Apple cider, apple juice, apricot nectar, grapefruit juice, orange juice, peach nectar, pear nectar, pineapple juice or tangerine juice	1/2 cup
Cranberry juice cocktail, grape juice, prune juice or fruit juice blends of 100% juice	1/3 cup
Cranberry juice cocktail (reduced calorie)	1 cup

Grains & Starches

Whole grains are nutritionally superior and add fiber, which helps you feel full longer.

Breads

Bagel or English muffin	1/2
Bread (whole-wheat, rye, white, pumpernickel)	1 slice
Bread (reduced-calorie)	2 slices
Breadsticks (4" long by 1/2" across, crisp)	4
Dinner roll	1 small
Hamburger or hot dog bun	1/2
Pita bread (6" across)	1/2
Tortilla (6" across)	1

Cereal

Bran cereal	1/2 cup
Grits	1/2 cup
Grape-Nuts®, muesli, low-fat granola	1/4 cup
Hot cereal (oatmeal, Cream of Wheat®)	1/2 cup
Other ready-to-eat cereals (unsweetened)	3/4 cup
Puffed cereal (unfrosted)	1 1/2 cups
Shredded wheat	1 biscuit
Shredded wheat (spoon size)	1/2 cup
Sugar frosted cereal	1/2 cup

Other starches

Barley, bulgur (cooked)	1/2 cup
Couscous	1/3 cup

Pasta, (cooked)	1/3 cup
Rice: white or brown (cooked)	1/3 cup
Wheat germ	3 tablespoons

Peas, beans and lentils

Baked beans	1/3 cup
Dried beans, peas (cooked)	1/2 cup
Lentils	1/2 cup
Lima beans	2/3 cup

Starchy vegetables

Corn	1/2 cup
Corn on the cob (fresh or frozen)	1 small ear
Mixed vegetables with corn, peas or pasta	1 cup
Parsnips	1/2 cup
Peas (green)	1/2 cup
Plantain	1/2 cup
Potato (baked or boiled)	1 small
Potato (mashed)	1/2 cup
Pumpkin	1 cup
Winter squash (acorn, butternut, buttercup)	1 cup
Yam, sweet potato (fresh or without added sugar)	1/2 cup

Crackers and snacks

Animal crackers	8
Graham crackers (2 1/2")	3
Melba toast	4
Matzo	3/4 board
Oyster crackers	24
Popcorn (low-fat microwave or popped with no added fat)	3 cups
Pretzel sticks	3/4 oz.
Rice or popcorn cakes (4")	2
Rice or popcorn minicakes	5
Ry-Krisp	4
Saltine crackers	6
Snack chips (tortilla, potato either fat-free or baked)	15 to 20

Milk & Dairy

Fat-free and low-fat milk products

Buttermilk (fat-free or low-fat)	1 cup
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Cheese (2% Cheddar, Colby, Jack, etc.) 1 oz.
 Cheese (Light or fat-free American) 1 oz.
 Cottage Cheese (fat-free, 1%) 1/2 cup
 Dry milk powder (fat-free) 1/3 cup
 Evaporated skim milk 1/2 cup
 Hot chocolate mix (sugar-free, made with water) 1 cup
 Milk (skim, 1/2% and 1%) 1 cup
 Pudding (sugar-free, made with skim milk) 1/2 cup
 Yogurt (fat-free, sugar free) 2/3 cup
 Yogurt (plain, fat-free) 2/3 cup

Reduced-fat milk products

Cheese (feta, mozzarella or others with less than 5 grams of fat per ounce) 1 oz.
 Cottage Cheese (2%) 1/4 cup
 Milk (2%) 1 cup
 Ricotta cheese 1/4 cup
 Soy milk (plain) 1 cup
 Yogurt (plain, reduced-fat) 3/4 cup

Protein

Choose visibly lean cuts and trim off excess fat and skin before cooking. Look for cuts from the "loin," "round," and "leg."

Leaner Meat Selections

Beef:

Bottom and top round roast
 Bottom and top sirloin steak
 Eye of round roast
 Flank steak
 Filet mignon
 Round steak
 Round tip steak and roast
 Sirloin steak
 T-bone steak
 Tenderloin steak and roast
 Top loin steak
 Top sirloin roast

Lamb:

Leg roast
 Loin chop or roast
 Sirloin chop

Pork:

Canadian-style bacon
 Ham, lean
 Loin chop or roast
 Sirloin chop
 Sirloin cutlet
 Tenderloin roast

Poultry:

Chicken breast
 Ground chicken breast
 Turkey
 Ground turkey

Veal:

Cutlet
 Loin chop or roast

Fish and Shellfish:

Bass, striped
 Blue fish
 Catfish
 Clams
 Cod
 Crab
 Eel
 Flounder
 Grouper
 Haddock
 Halibut
 Herring
 Lobster
 Mahi-mahi
 Oysters
 Perch
 Pike
 Pollack
 Sardines
 Scallops
 Shrimp
 Snapper
 Sole
 Swordfish
 Tilapia
 Trout
 Tuna, fresh
 Tuna, canned, packed in water

Meat Substitutes:

Dried beans and legumes
 Tofu, any type
 Vegetarian burger, frozen

Eggs and Egg Substitutes:

Limit whole eggs to 3 per week
 Egg 1 lg.
 Egg substitute 1/4 cup = 1 egg
 Egg whites 2 = 1 egg

Vegetables

A serving of vegetables equals 1/2 cup cooked, 1 cup raw or 1/2 cup vegetable juice.

Alfalfa sprouts
 Artichoke
 Artichoke hearts
 Asparagus
 Bamboo shoots
 Beans (green, Italian, yellow or wax)
 Bean sprouts
 Broccoli
 Brussels sprouts

Cabbage
 Carrots
 Cauliflower
 Celery
 Chicory
 Chinese cabbage
 Cucumber
 Eggplant
 Green onions or scallions
 Greens (beet, collard, dandelion, kale, mustard or turnip)
 Jicama (Mexican potato)
 Kohlrabi
 Leeks
 Lettuce (endive, escarole, leafy varieties, romaine or iceberg)
 Mixed vegetables without corn, peas or pasta
 Mushrooms
 Okra
 Onions
 Parsley
 Peppers (all varieties)
 Radishes
 Rhubarb, artificially sweetened
 Rutabaga
 Sauerkraut
 Snow peas or pea pods
 Spinach
 Summer squash
 Swiss chard
 Tomato, raw
 Tomato, cherry
 Tomato juice
 Tomato paste
 Tomato sauce
 Turnips
 Vegetable juice cocktail
 Water chestnuts
 Watercress
 Zucchini

