

Food Group Choices

Milk

1 serving = 90-100 calories, 8g protein
(each item below is 1 serving)

Non-fat milk (8oz or 1 cup)
Soy milk (8oz or 1 cup)
Yogurt (6oz or ¾ cup)

Vegetables

1 serving = 25 calories
(1 serving is either ½ cup cooked
vegetables or 1 cup raw vegetables)

Asparagus
Beans (wax, green, Italian)
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Mushrooms
Pea Pods
Peppers
Spinach
Squash (summer, zucchini)
Tomatoes
Water Chestnuts

Fruit

1 serving = 60 calories
(each item below is 1 serving)

Apple (1 small, 2in across)
Banana (½ medium)
Cherries (12)
Canned fruit (½ cup)
Dried fruit (2 Tbsp)
Grapes (17 small)

Complex Carbohydrates

1 serving = 80 calories
(each item below is 1 serving)

Bread

Bagel or English muffin (½ or 1oz)
Bread – whole grain (1 slice or roll)
Hot dog or hamburger bun (½ or 1oz)
Tortilla – corn (1, 6in across)
Tortilla – flour (1, 6in across)

Cereals and Grains

Barley – cooked (½ cup)
Cereal – bran, shredded wheat (½ cup)
Cereal – cooked (½ cup)
Couscous – cooked (½ cup)
Pasta – cooked (½ cup)
Quinoa – cooked (½ cup)
Rice – cooked (½ cup)
Rice – wild (½ cup)

Starchy Vegetables

Corn – ½ cup
~~Hominy – canned (¾ cup)~~
Parsnips (½ cup)
Peas, green (½ cup)
Plantain (½ cup)
Potato – white, sweet, yam (½ cup or
¼ large)

Beans, Peas, and Lentils

Baked beans (½ cup)
Beans, cooked – black, garbanzo, lima,
kidney, navy, pinto,
white (½ cup)
Lentils, cooked (½ cup)
Peas, cooked – black-eyed, split (½ cup)

Crackers and Snacks

Animal Crackers (8)
~~Crackers – whole wheat (2-5)~~
Graham crackers (3 squares)
Popcorn – popped (3 cups)
Pretzels (¾ oz)
Rice cakes (2, 4in across each)

Meat and Meat Substitutes

1 serving = 45 calories, 7g protein
(each item below is 1 serving)

Beef – flank, round, sirloin (1oz)
Beef jerky (½ oz)
Cheese – low-fat (1oz)
Cottage cheese – low-fat (¼ cup)
Egg substitute (¼ cup or 2 egg
whites)
Fish (1oz)
Pork – Canadian bacon, rib or loin
chop, ham, tenderloin (1oz)
Poultry – chicken, turkey, Cornish
hen (1oz)
Shellfish – clams, crab, imitation
shellfish, lobster, scallops,
shrimp (1oz)
Tofu – light (4oz or ½ cup)

Fats

1 serving = 45 calories, 5g fat
(each item below is 1 serving)

Avocado (2 Tbsp)
Nuts
Almonds (6)
Brazil (2)
Cashews (6)
Macadamia (3)
Peanuts (10)
Pecans (4 halves)
Pistachios (16)
Oil – olive or canola (1 tsp)
Margarine – low-fat (1 Tbsp)
Mayonnaise
Reduced-fat (1 Tbsp)
Regular (1 tsp)
Salad Dressing
Reduced-fat (2 Tbsp)
Regular (1 Tbsp)
Seeds – flaxseed, pumpkin,
sunflower, sesame (1 Tbsp)
Peanut Butter (1 ½ tsp)