

# Healthy Food Guide

Use this guide to help you make healthy food and beverage choices

and develop long lasting healthy eating habits.

<b>Proteins</b> Select _____ oz per meal	<b>Carbohydrates</b> Select _____ servings per meal	<b>Fats</b> Select _____ servings per meal	<b>Freebies</b>
<b>EVERYDAY CHOICES – Eat/drink these several times daily, but still monitor portions</b>			<b>Unlimited Servings Daily</b>
<p><b>Dairy:</b> low-fat and non-fat cheese  <b>Deli:</b> reduced-sodium, ≥96% fat-free meats  <b>Egg:</b> whole (1=1 oz), whites (2=1 oz), substitute  <b>Fish:</b> cod, flounder, haddock, halibut, tilapia, trout, tuna, salmon, catfish; sardines, oysters  <b>Poultry:</b> skinless chicken/turkey (light/dark), ≥90% lean ground  <b>Pork:</b> center loin chop, tenderloin  <b>Shellfish:</b> clams, crab, lobster, scallops, shrimp  <b>Soy:</b> soybeans, tofu</p>	<p><b>Beans, peas, and legumes</b> like black, black-eyed peas, garbanzo, kidney, pinto, split, white  <b>Fresh/unsweetened frozen fruit</b> apple, banana, berries, cherries, grapefruit, grapes, kiwi, melon, orange, peach/nectarine, pear, pineapple, plum, tangerine  <b>Milk:</b> 1% or fat-free, cow, light soy, or lactose-free (1 serving=8 fl oz)  <b>Yogurt:</b> plain or no-sugar added (1 svg=6 oz container), Greek yogurt (1 svg= 4oz or ½ cup)</p>	<p>Avocado            Flaxseed (ground)            Hummus  <b>Nuts:</b> Almonds, cashews, mixed, pistachios, peanuts, pecans, walnuts  <b>Oils:</b> canola, olive, peanut, corn            Olives (1 serving = 8 olives)            Peanut butter (smooth or crunchy)  <b>Reduced-fat spreads:</b> margarine, mayonnaise, Miracle Whip            Reduced-fat salad dressing  <b>Seeds:</b> flax, pumpkin, sesame, sunflower</p>	<p><b>Non-starchy vegetables</b> like asparagus, green beans, broccoli, cabbage, carrots, cauliflower, celery, cucumber, greens, mushrooms, onions, peppers, squash, tomatoes  <b>For cooking and seasoning:</b> broth/bouillon, herbs and spices (fresh/dried), hot pepper sauce, mustard, non-stick cooking spray, vinegar, wine  <b>For beverages:</b> flavoring extracts (e.g., vanilla), lemon and lime juice, sugar substitutes, sugar-free drink mixes            Sugar-free gum</p>
<b>SOMETIMES CHOICES – Eat/drink these up to once daily, but aim for less than 4 times weekly</b>			<b>Up to 2 servings daily</b>
<p><b>Beef/lamb/game (lean):</b> roast (rib, chuck, rump); steak T-bone, cubed, flank, round, sirloin, tenderloin; ≥90% lean ground  <b>Dairy:</b> 2% reduced-fat cheese  <b>Deli:</b> ≥96% fat-free meats  <b>Pork:</b> lean ham; Canadian bacon            Low-fat sausage and hot dogs</p>	<p><b>Starchy vegetables:</b> corn, peas, potatoes  <b>Dairy:</b> coconut or almond milk, unsweetened</p>	<p>Butter            Regular half and half            Regular mayonnaise            Regular salad dressings            Reduced-fat / light sour cream</p>	<p>Pickles, dill—1 ½ medium            Sugar-free gelatin dessert—2 snack cups            Sugar-free Popsicle—2 each            Salsa—¼ cup            Light/sugar-free whipped topping—2 tbsps.            Sugar-free syrups—2 tbsps.</p>
<b>RARELY CHOICES – Eat/drink these very seldom, but not more than once weekly</b>			<b>Up to 1 serving daily</b>
<p><b>Beef/lamb/game:</b> &lt;90% lean ground, prime rib, short ribs  <b>Dairy:</b> whole and 2% milk, full-fat cheese, full-fat yogurt  <b>Deli:</b> full-fat meats  <b>Pork:</b> spareribs, bacon  <i>Breaded meats/fish/poultry</i>  <i>Deep-fried meats/fish/poultry</i>  <i>Full-fat sausage and hot dogs</i></p>	<p><b>Beverages:</b> sugar-sweetened fruit drinks and flavored milk  <b>Dairy:</b> sugar-sweetened yogurt, ice cream, flavored creamers  <b>Fruits:</b> dried or juices, canned with added sugar or syrup  <b>Starches (white or whole grain):</b> bread, pasta, rice, tortillas (6-inch), cereals, desserts  <i>Deep-fried vegetables, potatoes</i></p>	<p>Cream            Regular margarine* (*containing hydrogenated oils)            Regular/reduced fat cream cheese            Regular sour cream            Shortening/lard</p>	<p>Barbecue sauce—2 tsp.            Fat-free mayo, salad dressing, liquid <i>sugar-free creamer</i> /pickle relish—1 tbsps.            Ketchup—1 tbsps.            Light/sugar-free jam/jelly—2 tsp.            Soy or teriyaki sauce—1 tbsps.            Sugar-free hard candy—1 candy</p>