

Healthy Carbohydrates

Whole Grains, Breads & Starches

- Breakfast:
- Whole grain breads
 - Whole Wheat English Muffins, bagels
 - Waffles, pancakes
 - Fiber One
 - Bran Flakes/Cereal
 - Kashi Cereal
 - Bulgar
 - Wheat Germ
 - Special K Cereal
 - Slow-cooked Old Fashioned Oatmeal
- Lunch:
- Whole Wheat Pita Pockets
 - Whole Wheat Lavash Wraps
 - Whole Wheat rolls, breads
- Dinner:
- Potatoes
 - Brown Rice
 - Wild Rice
 - Whole Wheat Pasta
 - Couscous
- Snacks:
- Low Sodium Pretzels
 - Baked Potato Chips
 - Natural Tortilla Chips
 - Low Salt/Fat Popcorn
 - Hummus
 - Graham Crackers
 - Whole Wheat Crackers
 - Salsa
- Misc.:
- (limit to a single serving size a few times a week)
 - Sherbert
 - Jell-O
 - Pudding Snacks
 - Dark Chocolate
 - Italian Ice
 - Skinny Cow Ice Cream Sandwiches
 - Frozen Yogurt

Fruits & Vegetables

(incorporate 3-5 servings
Of fruits and vegetables daily)

Fresh Vegetables

Carrots, Sweet Potatoes
Pumpkin, Squashes
Tomatoes, Peppers
Spinach, collards, turnip
greens, kale, beets, mustard
greens, green lettuce, romaine
lettuce, peas, broccoli, celery
Onion, Corn, Asparagus,
cauliflower, etc.

Fresh Fruits

Mangos, grapefruit
cantaloupe, apricots
Oranges, strawberries,
Raspberries, blueberries
apples, bananas, pears,
watermelon, kiwi, etc.

Juices

orange, guava, papaya, tomato

Dried Fruit

raisins, apricots, bananas

Frozen Fruit:

strawberries, blueberries

Canned Fruits:

applesauce, pineapple



Fat Friendly Foods

- Breakfast: Peanut Butter
Low-fat Cottage Cheese
Low-fat Whipped Cream Cheese
Low-fat Yogurt
1-2% Milk
Low-Fat Cheese
Lean Ham (watch salt/sodium content)
Canadian Bacon (watch salt/sodium content)
Eggs (1-2)
Flaxseed
- Lunch: Albacore Tuna
Lean meats (turkey, ham, chicken, roast beef)
Chicken and Turkey
Low-fat cheese slices
Avacado
- Dinner: Fish: Salmon, Mackerel, Sardine, Anchovies
Lean cuts of Beef: Tenderloin, sirloin
Dark leafy green vegetable: kale, spinach, purslane, mustard greens,
Collards, etc.
- Snacks: Nuts: walnuts, cashew, almonds, brazil nuts, peanuts, pistachios,
Hazelnuts, etc.
Seeds: pumpkin seeds, flaxseeds, hempseeds, sesame seeds
- Misc.: Oils: Olive oil, flaxseed oil, cold-pressed Canola Oil, Soy Bean Oil,
Wheat Germ Oil, Reduced fat sour cream

Lean Protein Sources

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| Breakfast: | Protein Smoothies All whites/ Egg Whites Egg beaters Low-fat Cottage Cheese Low-fat Yogurt Wheat Germ Soy Milk Low-fat Milk Protein Rich Cereals | Oatmeal Cheerios Whole Wheat English Muffin |
| Lunch: | Boneless Chicken Breast Tuna Lean Cuts of Meat: turkey, ham, chicken, roast beef Turkey Breast Low Fat Cheeses: Swiss, cheddar | |
| Dinner: | Broiled Salmon Baked Chicken Lean Sirloin Steak Baked Haddock/Sole/Flounder/Cod Shrimp Sardines Lean Cuts of Poultry Lean Cuts of Pork Ground Turkey Burgers Baked Turkey Lean Beef Lean Cuts of Lamb | Soy Beans Navy Beans Kidney Beans Lentils Bulgar Couscous Whole Grain Breads Whole Wheat Spaghetti Brown Rice |
| Snacks: | Low Fat Protein Bars: Cliff, Luna, Lean Body Bar, Promax bar, Permalean Protein Bar Low Fat/Calorie Whey Protein Smoothie (i.e. Myoplex Shake) | Peanuts Peanut Butter Nuts: almonds, walnuts, peanuts, etc. |