

Starches and Grains: 80 calories per serving

	Serving size
Cereals, Grains and Pasta	
<input type="checkbox"/> Cereal, cooked (oatmeal, cream of wheat, rice, etc.)	½ cup
<input type="checkbox"/> Cereal, dry	varies, see box
<input type="checkbox"/> Rice, cooked (white, brown)	½ cup
<input type="checkbox"/> Pasta, cooked (all kinds)	½ cup
Starchy Vegetables	
<input type="checkbox"/> Beans, cooked or canned (all kinds)	½ cup
<input type="checkbox"/> Corn, cooked or canned	½ cup
<input type="checkbox"/> Corn meal (uncooked), matzo meal	2 Tbsp.
<input type="checkbox"/> Peas (green), cooked or canned	½ cup
<input type="checkbox"/> Plantain (green, mature), cooked	½ cup
<input type="checkbox"/> Potato, baked	1 small (3 oz.)
<input type="checkbox"/> Potato (boiled or steamed), dumplings, gnocchi	½ cup
<input type="checkbox"/> Spaghetti sauce or pasta sauce	½ cup
<input type="checkbox"/> Squash (acorn, butternut, Hubbard, or winter)	1 cup
<input type="checkbox"/> Yam or sweet potato	½ cup
Breads	
<input type="checkbox"/> Bread (whole wheat, rye, white)	1 oz. slice
<input type="checkbox"/> Bagel	½ small (1 oz.)
<input type="checkbox"/> Sandwich bun/roll (hamburger, hotdog, Kaiser)	½
<input type="checkbox"/> Roll (dinner, hard)	1 small
<input type="checkbox"/> English muffin	½
<input type="checkbox"/> Pita pocket bread (6 to 8-inches across)	½
<input type="checkbox"/> Tortilla (6-inches corn or flour)	1

Fruit: Approximately 50-100 calories per serving

	Serving size
<input type="checkbox"/> Apple, raw (small)	1
<input type="checkbox"/> Applesauce (no sugar added)	½ cup
<input type="checkbox"/> Apricots, fresh/dried	4 whole/8 halves
<input type="checkbox"/> Banana (medium)	½
<input type="checkbox"/> Berries (raspberries, boysenberries, strawberries)	1 cup
<input type="checkbox"/> Berries (blackberries, blueberries)	¾ cup
<input type="checkbox"/> Dates	3
<input type="checkbox"/> Cantaloupe or honeydew melon	1 cup
<input type="checkbox"/> Cherries, raw (large)	12
<input type="checkbox"/> Fruit cocktail	½ cup
<input type="checkbox"/> Grapefruit (medium)	½
<input type="checkbox"/> Grapes (small)	15
<input type="checkbox"/> Kiwi (large)	1
<input type="checkbox"/> Mandarin oranges	¾ cup
<input type="checkbox"/> Mango, fresh (small)	½
<input type="checkbox"/> Orange (small)	1
<input type="checkbox"/> Papaya	1 cup
<input type="checkbox"/> Peach or pear (small)	1
<input type="checkbox"/> Pineapple, fresh	¾ cup
<input type="checkbox"/> Plums, raw (small 2" diameter)	2
<input type="checkbox"/> Raisins	2 Tbsp.
<input type="checkbox"/> Watermelon	1¾ cup
Fruit Juices	
<input type="checkbox"/> Apple, orange, pineapple, grapefruit (100%)	½ cup
<input type="checkbox"/> Cranberry, grape, or prune	½ cup
<input type="checkbox"/> Mixed 100% fruit juice	½ cup

Vegetables: Approximately 10-50 Calories per serving

	Serving Size
	1 cup raw or ½ cup cooked
<input type="checkbox"/> Asparagus*	
<input type="checkbox"/> Beans (green, waxed, snap, Italian)	
<input type="checkbox"/> Bean sprouts	
<input type="checkbox"/> Beets	
<input type="checkbox"/> Broccoli	
<input type="checkbox"/> Brussels sprouts	
<input type="checkbox"/> Cabbage*	
<input type="checkbox"/> Carrots	
<input type="checkbox"/> Cauliflower	
<input type="checkbox"/> Celery*	
<input type="checkbox"/> Cucumber*	
<input type="checkbox"/> Eggplant	
<input type="checkbox"/> Greens	
<input type="checkbox"/> Lettuce*	
<input type="checkbox"/> Mushrooms*	
<input type="checkbox"/> Okra	
<input type="checkbox"/> Onion	
<input type="checkbox"/> Pea pods or snow peas	
<input type="checkbox"/> Peppers*	
<input type="checkbox"/> Radishes	
<input type="checkbox"/> Sauerkraut	
<input type="checkbox"/> Spinach*	
<input type="checkbox"/> Squash (yellow, summer)	
<input type="checkbox"/> Tomato*	
<input type="checkbox"/> Tomato or vegetable juice	
<input type="checkbox"/> Water chestnuts	
<input type="checkbox"/> Zucchini	

*lower calorie choices

Meat/Meat Substitutes: 35 – 100 calories or more per serving

Each item equals 1 ounce of protein.

	Serving size
Very Lean - Lean (35-55 calories per serving)	
<input type="checkbox"/> Cheese (with <3 grams fat per ounce)	1 ounce
<input type="checkbox"/> Chicken or turkey, skin removed	1 ounce
<input type="checkbox"/> Cottage cheese (fat-free or low-fat)	¼ cup
<input type="checkbox"/> Egg substitutes, plain	¼ cup
<input type="checkbox"/> Egg whites	2
<input type="checkbox"/> Fish, fresh or frozen	1 ounce
<input type="checkbox"/> Game (duck or pheasant, skinless, venison, buffalo, ostrich, goose)	1 ounce
<input type="checkbox"/> Lean beef: extra lean ground round*, roast* (chuck, rib, rump), round, sirloin, steak* (cubed, flank, porterhouse, T-bone), tenderloin* *Choice or Select* cuts, trimmed of fat	1 ounce
<input type="checkbox"/> Lean pork (Canadian bacon, ham, loin chop, tenderloin)	1 ounce
<input type="checkbox"/> Shellfish (clams, crab, lobster, shrimp, squid, octopus, imitation shellfish)	1 ounce
<input type="checkbox"/> Tuna or salmon, canned in water (very lean) or oil (lean)	¼ cup
Medium-Fat (75 calories per serving)	
<input type="checkbox"/> Beef (corned, ground, meatloaf, prime trimmed of fat, short ribs, tongue)	1 ounce
<input type="checkbox"/> Cheese (with 4-7 grams fat per ounce)	1 ounce
<input type="checkbox"/> Egg	1
<input type="checkbox"/> Fish, any fried fish product	1 ounce
<input type="checkbox"/> Lamb (ground, rib roast)	1 ounce
<input type="checkbox"/> Pork (cutlet or shoulder roast)	1 ounce
High-Fat (100 calories per serving)	
<input type="checkbox"/> Turkey bacon	3 slices
<input type="checkbox"/> Pork bacon	2 slices
<input type="checkbox"/> Cheese (regular)	1 ounce
<input type="checkbox"/> Hot dog (regular)	1
<input type="checkbox"/> Pork (ground, sausage, spare ribs)	1 ounce

	Serving size
Plant-based	
Calories, fat, & carbohydrates vary according to food item * = Higher calorie choice	
<input type="checkbox"/> Baked beans	½ cup
<input type="checkbox"/> Beans, cooked	½ cup
<input type="checkbox"/> Edamame	½ cup
<input type="checkbox"/> Hummus*	½ cup
<input type="checkbox"/> Peanut butter*	2 Tbsp.
<input type="checkbox"/> Peas, cooked: black-eyed and split peas	½ cup
<input type="checkbox"/> Refried beans, canned	½ cup
<input type="checkbox"/> Tempeh*	¼ cup
<input type="checkbox"/> Tofu, light	½ cup
<input type="checkbox"/> Tofu*	½ cup

Milk and Milk Products: 90-170 calories per serving

	Serving size
Low-fat Milk Products (90-110 calories per serving)	
<input type="checkbox"/> Skim, ½ %, or 1% milk	8 ounces
<input type="checkbox"/> Low-fat or fat-free soy milk	8 ounces
<input type="checkbox"/> Buttermilk, low-fat	8 ounces
<input type="checkbox"/> Yogurt (non-fat, plain or artificially sweetened)	¾ cup
Reduced-fat Milk Products (120-150 calories per serving)	
<input type="checkbox"/> 2% milk	8 ounces
<input type="checkbox"/> Regular soy milk	8 ounces
<input type="checkbox"/> Yogurt (low-fat, plain or artificially sweetened)	8 ounces
Whole Milk Products (150-170 calories per serving)	
<input type="checkbox"/> Whole milk	8 ounces
<input type="checkbox"/> Goat's milk	8 ounces
<input type="checkbox"/> Yogurt (made from whole milk, regular or plain)	8 ounces

Fats: 45 calories per serving

	Serving size
Unsaturated Fats	
<input type="checkbox"/> Avocado	2 Tbsp.
<input type="checkbox"/> Nuts (almonds or cashews)	6 nuts
<input type="checkbox"/> Nuts (peanuts)	10 nuts
<input type="checkbox"/> Nuts (pecans or walnuts)	4 halves
<input type="checkbox"/> Margarine, stick or tub	1 tsp
<input type="checkbox"/> Margarine, diet	1 Tbsp.
<input type="checkbox"/> Mayonnaise, regular	1 tsp
<input type="checkbox"/> Mayonnaise, reduced calorie	1 Tbsp.
<input type="checkbox"/> Pesto sauce	2 tsp
<input type="checkbox"/> Salad dressing	1 Tbsp.
<input type="checkbox"/> Salad dressing, reduced calorie	2 Tbsp.
<input type="checkbox"/> Oil (canola, corn, peanut, olive, safflower, soybean, sesame, sunflower)	1 tsp
<input type="checkbox"/> Olives, black	8 large
<input type="checkbox"/> Seeds (pumpkin, sunflower, sesame, whole flaxseed)	1 Tbsp.
Saturated Fats	
<input type="checkbox"/> Bacon	1 slice
<input type="checkbox"/> Butter	1 tsp
<input type="checkbox"/> Chicken fat, pork fat, or beef fat	1 tsp
<input type="checkbox"/> Cream (half & half or whipped)	2 Tbsp.
<input type="checkbox"/> Cream (light)	½ Tbsp.
<input type="checkbox"/> Creamer (heavy)	1 Tbsp.
<input type="checkbox"/> Cream cheese (regular)	1 Tbsp.
<input type="checkbox"/> Cream cheese (light)	½ Tbsp.
<input type="checkbox"/> Lard	1 tsp
<input type="checkbox"/> Non-dairy creamer, liquid	2 Tbsp.
<input type="checkbox"/> Non-dairy creamer, powdered	4 tsp
<input type="checkbox"/> Sour cream (regular)	2 Tbsp.
<input type="checkbox"/> Sour cream (light, reduced-fat)	3 Tbsp.