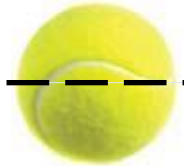


STARCH



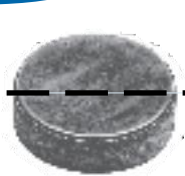
1/2 tennis ball=
1/2 cup

- Cereals
- Pasta
- Corn
- Potatoes
- Beans
- Peas
- Lentils
- Winter squash



Computer Mouse=

- White potato
- Sweet potato
- Yam



1/2 Hockey Puck=

- Bagel
- English muffin
- Hamburger
- Bun
- Roll



CD Case=

- Bread slice

CD=

- Waffle
- Pancake
- Rice cake

FRUIT



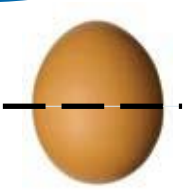
Tennis Ball=

- 1 small whole fruit
- 1 cup cut fruit



Light Bulb=

- 1 small whole fruit
- 1/2 cup canned fruit



1/2 Large Egg=
1 serving
dried fruit



Cone Cup=
4 oz. juice

MILK



8 fl. oz. milk=
1 serving

- Skim
- 1% Cow milk
- Soy milk



6 oz. container=
1 serving

Light
fat-free yogurt



4 oz. container=
1 serving

Regular
lowfat yogurt



7 oz. bottle=
1 serving

Light
yogurt smoothie

FOOD AND BEVERAGE CHOICES

Breads

- ∞ 1 slice whole-grain bread; 2 slices reduced-cal bread; 1/2 of whole: English muffin, bagel, hot dog bun, hamburger bun, 6" pita
- ∞ Whole: 6" corn tortilla, 7-8" low-fat flour tortilla, small dinner roll, 4" square (reduced fat) waffle/pancake

Starchy Vegetables

- | | | |
|--------------------|------------------|------------------|
| ∞ Corn | ∞ Winter squash | ∞ Black beans |
| ∞ Green peas | ∞ Garbanzo beans | ∞ Black-eye peas |
| ∞ Sweet potato/Yam | ∞ Kidney beans | ∞ Lima beans |
| ∞ White potato | ∞ Pinto beans | ∞ Lentils |

Crackers - Snacks

- ∞ Graham crackers (1 1/2 shts)
- ∞ Melba toast (4 slices)
- ∞ Low-fat popcorn (3 cups)
- ∞ Fat-free mini pretzels (17)
- ∞ Rice cakes (2)
- ∞ Saltine crackers (6)
- ∞ Fat-free chips (~14)

Cereals/Grains

- ∞ Hot cereals (cooked)
- ∞ Ready-to eat cereals
- ∞ Pasta (cooked)
- ∞ Rice (cooked)

Whole Fresh - Frozen - Canned Fruits or 100% Fruit Juice

- | | | |
|--------------------|------------------|----------------|
| ∞ Apple/applesauce | ∞ Grapes (~17) | ∞ Pineapple |
| ∞ Apricots | ∞ Honeydew melon | ∞ Plum (~2) |
| ∞ Banana | ∞ Kiwi | ∞ Prune (~3) |
| ∞ Blackberries | ∞ Mango | ∞ Raisins |
| ∞ Blueberries | ∞ Nectarine | ∞ Raspberries |
| ∞ Cantaloupe | ∞ Orange | ∞ Strawberries |
| ∞ Cherries (~12) | ∞ Papaya | ∞ Tangerine |
| ∞ Fruit Cocktail | ∞ Peach | ∞ Watermelon |
| ∞ Grapefruit | ∞ Pear | |

Fluid Milk

- ∞ Skim milk
- ∞ 1% low-fat milk
- ∞ Plain soy milk
- ∞ Light flavored soy milk
- ∞ Low-fat buttermilk

Yogurt

- ∞ 3/4 cup plain, fat-free
- ∞ 6 oz. light, fat-free fruit-flavored (artificially sweetened w / aspartame or sucralose)
- ∞ 4 oz. fat-free fruit-flavored regular (sweetened w/ sugar)

Smoothie

- ∞ 7 oz. bottle light, fat-free fruit-flavored (artificially sweetened with aspartame or sucralose)
- ∞ 3-4 oz. bottle regular fruit-flavored (sweetened w/ sugar)

TIPS

- Select 100% whole-grain products. Whole grain should be listed as the first ingredient.
- Look for ≥ 2 grams fiber per serving on the nutrition label.

VISUAL GUIDE
TO PROTION
SIZE

- Select whole, unprocessed fruits (with skin) to ↑ fiber.
- Select canned fruit in juice or light syrup.
- Monitor juice & dried fruit.

- Select low-fat or fat-free milk products.
- Check for added sugars in yogurts & smoothies. These products have smaller serving sizes than their light counterparts.

VEGGIES



Cone Cup = 4 oz. juice

- Tomato
- Vegetable

MEAT



Deck of Cards, Cassette Tape, Hockey Puck, or Checkbook = 3 oz. lean meat

- Chicken breast
- Pork chop
- Fish
- Ground meat patty

Large Egg = 1/4 cup = 1 oz.

- Shredded cheese
- Cottage cheese

4 dice or 3.5" computer disk = 1 oz.

- Cheese
- Lean deli meat

FAT



1 Die = 1 tsp.

- Margarine (reg)
- Mayo (reg)
- Oils

2 Die = 2 tsp.

- Peanut butter

1/2 Golf Ball = 1 Tbsp.

- Reduced fat margarine/mayo
- Regular salad dressing

1 Golf Ball = 2 Tbsp.

- Reduced fat Salad dressing

FOOD AND BEVERAGE CHOICES

Whole Fresh - Frozen - Canned Vegetable or 100% Vegetable Juice

- ∞ Artichoke
- ∞ Asparagus
- ∞ Beans (green/wax/ital)
- ∞ Beets
- ∞ Broccoli
- ∞ Brussel sprouts
- ∞ Cabbage
- ∞ Carrots
- ∞ Cauliflower
- ∞ Celery
- ∞ Cucumber
- ∞ Eggplant
- ∞ Greens (eg. collard, kale)
- ∞ Leeks
- ∞ Lettuce
- ∞ Mushrooms
- ∞ Okra
- ∞ Onions
- ∞ Peppers
- ∞ Radishes
- ∞ Snow peas
- ∞ Spinach
- ∞ Summer Squash
- ∞ Tomato
- ∞ Turnips
- ∞ Zucchini

Poultry Eggs

- ∞ Skinless chicken / turkey (light/dark) ≥ 90% lean ground
- ∞ Egg (1 whole = 1 oz)
- ∞ Egg whites (2 whites = 1 oz.)
- ∞ Egg substitute (1/4 cup = 1 oz.)

Fish - Shellfish Pork

- ∞ Cod
- ∞ Flounder
- ∞ Haddock
- ∞ Halibut
- ∞ Tilapia
- ∞ Trout
- ∞ Tuna
- ∞ Salmon
- ∞ Catfish
- ∞ Clams
- ∞ Crab
- ∞ Lobster
- ∞ Shrimp
- ∞ Lean ham
- ∞ Tenderloin
- ∞ Canadian bacon
- ∞ Center loin chop

Beef-Lamb-Veal Luncheon Processed Meats

- ∞ Beef-tenderloin roast (rib, chuck, rump); steak (T-bone, cubed, flank, porterhouse, sirloin, round) ≥ 90% lean ground
- ∞ Lamb-roast, leg, chop
- ∞ Veal-roast chop
- 97% - 99% FF meats such as
- ∞ Turkey
- ∞ Roast beef
- ∞ Ham
- ∞ Chicken
- ∞ Hot dogs
- ∞ Sausage

Oils Spreads/Dressing Cheese

- ∞ Canola
- ∞ Olive
- ∞ Peanut
- ∞ Corn
- ∞ Safflower
- ∞ Soybean
- ∞ Margarine trans fat-free
- ∞ Peanut butter
- ∞ Mayonnaise
- ∞ Miracle Whip
- ∞ Salad dressing
- Non-fat or low-fat (≥ 3 grams fat/ounce)
- sliced or hard
- Shredded or cottage cheese (1/4 cup = 1 oz)

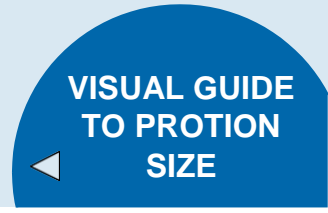
Nuts - Seeds Other

- ∞ Almonds/cashews (6)
- ∞ Pecans/walnuts (4 halves)
- ∞ Pumpkin/sunflower seeds (1 Tbsp.)
- ∞ Avacado (1/8 medium)
- ∞ Green olives (10 large)
- ∞ Black olives (8 large)

TIPS

- Fresh & frozen veggies are best but canned are okay. Rinse to remove salt.
- For extra nutrition, choose deep, colorful veggies.

- Select a variety of lean meat to obtain different key nutrients.
- Trim fats off before eating for weight management & heart health.
- Select canned meats (such as tuna or salmon) in water or vacuum packed.



- Choose "healthy" fats (avocados, nuts, & oils).
- Choose low-fat dressings & spreads in small amounts – they still add calories!