

## *Food Guide: What to Choose & What to Limit*

	<b>Choose these more often:</b>	<b>Limit these most of the time:</b>
<b>Key Words</b>	Baked or roasted Grilled, broiled, or barbecued Steamed Poached Cooked in its own juice Marinara or tomato sauce Broth or tomato-based soups Choice or select cuts of meat	Fried or sautéed Batter-dipped or breaded Au gratin or cheesy Scampi style Cooked with butter or cream Alfredo sauce or gravy Cream-based soups Prime cuts of meat
<b>Breakfast</b>		
Breads and cereals	Wheat bread, raisin bread, bagel, English muffin, <u>small</u> muffin (preferably <u>whole</u> wheat or grain)  Whole grain hot and cold cereals (e.g. oatmeal, Cheerios, bran flakes, Shredded wheat, Kashi...)	Croissant, biscuit, donut, cinnamon roll, danish, jumbo muffin  Granola, sweetened refined cereals (e.g. Fruit loops, Captain crunch, Cocoa Krispies...)
Entrees	Poached, or hard boiled eggs Scrambled eggs or veggie omelet (preferably made with egg whites or egg beaters)  Pancakes, french toast (preferably whole grain; small portions)	Fried eggs Sausage, bacon Hash browns, tator tots  Jumbo Belgian Waffle
Spreads and toppings	Small amounts of peanut butter, honey, jam, light cream cheese, light tub margarine (trans fat-free), syrup  Fresh or canned fruit	Butter, stick margarine, regular cream cheese  Whipped cream
<b>Lunch/Dinner</b>		
Salad Bar	Veggie Base  Added Protein  Toppings	Leafy greens, all fresh veggies  Plain proteins: cottage cheese, hard boiled eggs, tuna, turkey, chicken, kidney and garbanzo beans, tofu  Vinegar, salsa, lemon, pepper Small amounts of healthy fats: olives, avocado, seeds, oil dressing
		Prepared pasta and potato salads, marinated vegetable salads  Cheese, prepared tuna and egg salads (with mayo)  Creamy dressings, croutons, bacon bits, fried noodles

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<b>Lunch/Dinner</b>			
Sandwiches/Wraps	Bread	Wheat bread, French or kaiser roll, pita, tortilla (preferably whole grain)	croissant, biscuit
	Protein Base	Turkey, roast beef, ham, grilled chicken or fish, plain tuna Plain turkey or tofu/soy burgers Grilled vegetables with small amount of cheese Hummus, beans, peanut butter	Cold cuts (bologna, salami, pastrami), meatball, grilled cheese, hot dog, hamburger, tuna or egg salad with mayo, breaded/fried fish or chicken burger
	Extras	Lots of lettuce, tomato, all veggies; Small amounts of avocado, olives, mustard, catsup, BBQ sauce	Mayonnaise, salad dressings, cheese
Hot entrees		Refer to the “key words.”  Choose entrees with lots of vegetables and a low fat protein base (e.g skinless chicken breast, turkey, fish, beans, or tofu).  Limit entrees with beef or pork, or choose leaner “round” and “loin” cuts of these meats.	Refer to the “key words.”  Limit entrees with high fat cheese, beef, and/or pork bases.  Avoid super-sized entrees of all types. Plan to share these with a friend or take half home in a take-out container.
Side dishes		Steamed vegetables Boiled beans Steamed rice (preferable brown) Plain baked potato Baked chips or pretzels Broth or tomato-based soup	Fried rice French fries, tator tots Potato chips Cream-based soups
Desserts		* A small serving of any dessert (even the richest ones) is okay! Fresh fruit or fruit bar Sorbet, sherbert, or popsicle Non fat frozen yogurt, pudding Angel food cake Ginger snaps, graham crackers Peppermint patty	* Avoid jumbo servings of any dessert (even the fat-free ones).  Pie Ice cream Cake Cookies Candy bar
Beverages		Water Fat free or 1% low fat milk 100% Fruit juice Tea	Soda Whole or 2% reduced fat milk Fruit flavored drinks, lemonade Coffee