Lean Proteins

Beef
one serving = 3 oz.
• Flank steak
• Ground beef, 93% lean
• Ground sirloin
• London broil
• Pastrami, 98% lean
• Sirloin Steak
• T-bone

Pork
one serving = 3 oz.
• Boiled ham
• Canadian bacon
• Loin, chop or roast
• Smoked ham, natural uncured
• Tenderloin

Poultry
one serving = 3 oz.
• Skinless chicken breast
• Ground chicken breast
• Ground turkey breast
• Turkey bacon, 4 slices
• Turkey pastrami, lean, 2 slices
• Turkey sausage, low-fat, less than 6 grams fat per 2 oz. serving

Seafood
one serving = 3 oz.
• Fish, all types
• Sashimi
• Shellfish, all types
• Canned fish, such as tuna or salmon packed in water

Deli
one serving = 2 oz.
• Chicken breast, regular, smoked or peppered
• Ham, boiled and natural uncured smoked (avoid sugar-cured, maple-cured and honey-baked)
• Roast beef, lean
• Turkey breast, regular, smoked or peppered

Cheese
1 oz. or about 1/4 cup, unless otherwise noted
• Blue cheese
• Cheddar
• Cottage Cheese, 4% fat, 1/2 cup
• Farmer Cheese
• Feta
• Goat cheese (chèvre)
• Mozzarella
• Parmesan
• Provolone
• Queso fresco
• Ricotta, full-fat, 1/2 cup
• Soy cheese
• Spreadable cheese (avoid canned cheeses)
• String cheese, 1 piece
• Swiss cheese

Eggs
serving sizes noted for each
• Egg whites, 3 large
• Whole egg, 1 large

Dairy & Dairy Substitutes
1 cup, unless otherwise noted
• Buttermilk
• Greek yogurt, full-fat, plain, 5.3 oz.
• Kefir, plain
• Milk, whole
• Soy milk, unsweetened
healthy fats

Nuts, Nut Butters and seeds
serving sizes noted for each
• Almonds, 23
• Almond butter, 2 Tbsp
• Brazil nuts, 6
• Cashews, 16-18
• Cashew butter, 2 Tbsp
• Chia seeds, 2 Tbsp
• Coconut, unsweetened, 2 Tbsp
• Flaxseeds, ground or whole, 3 Tbsp
• Hazelnuts or filberts, 20
• Macadamia nuts, 10-12
• Peanuts, dry-roasted or boiled, 28
• Peanut butter, 2 Tbsp
• Pecans, 19 halves
• Pine nuts, 1/4 cup
• Pistachios, 49
• Pumpkin seeds, 3 Tbsp
• Sesame seeds, 3 Tbsp
• Soy nuts, dry roasted, 1/4 cup
• Sunflower seeds, 3 Tbsp
• Walnuts, 14 halves

Salad Dressings
full-fat, oil-based with no more than 3 grams of sugar per 2 Tbsp = one serving
• Italian, regular
• Vinaigrette (balsamic), regular

Oils and Mayo
one serving = 1 Tbsp
• Avocado oil
• Benecol. spread or other plant sterol/stanol-based margarines, 2 Tbsp
• Canola oil
• Coconut oil, extra-virgin
• Corn oil
• Flaxseed oil
• Grape seed oil
• Mayonnaise, olive oil-based
• Olive oil, extra-virgin
• Peanut oil
• Safflower oil
• Sesame oil
• Soybean oil
• Sunflower oil
• Walnut oil

Other
• Avocado, 1/2 fruit
• Coconut milk, canned, unsweetened, 1/4 cup
• Guacamole, 1/4 cup
• Olives, black or green, 1/2 cup

vegetables

Non-Starchy Veggies
one serving = 1 cup raw or 1/2 cup cooked
• Artichoke hearts
• Artichokes, 1/2 medium
• Arugula
• Asparagus
• Bamboo shoots, canned
• Bok choy
• Broccoli
• Broccolini
• Broccoli rabe
• Brussels sprouts
• Cabbage, green, napa, red, savoy
• Cauliflower
• Celery
• Cucumbers
• Daikon radish
• Eggplant
• Endive
• Escarole
• Fennel
• Fiddlehead ferns
• Grape leaves
• Greens, mustard, beet, chicory, collard, turnip or dandelion
• Green beans
• Hearts of palm
• Jicama
• Kale
• Leeks
• Lettuce
• Mushrooms
• Onions, red, white, yellow
• Parsley, chopped
good carbs

one serving = 1/2 cup (no added sugar or salt)
- Amaranth
- Bagel, whole-grain, 1/2 small or 1 mini
- Barley
- Bread, whole-grain, 1 slice
- Buckwheat
- Cellophane noodles, cooked, 1/4 cup
- Cereal, cold, low-sugar and at least 5g fiber per serving, 1 cup
- Cereal, hot, not instant, no more than 2g sugar per serving
- Couscous
- Crackers, whole-grain, about 6
- English muffin, at least 2.5g fiber per half, 1/2 muffin
- Farro, cooked
- Matzo, 1/2 sheet
- Muffins, bran, no dried fruit, 1 small
- Pasta, made from wheat, rice, quinoa, soy or spelt, cooked al dente
- Phyllo dough and shells, 2 sheets or 4 mini shells
- Pita bread, at least 3.5g fiber per half, 1/2 pita
- Popcorn, air-popped, 3 cups
- Quinoa
- Rice, brown, basmati, converted, parboiled, wild
- Rice noodles, cooked
- Shirataki noodles, cooked, 1 cup
- Soba noodles, cooked
- Tortilla, 3g fiber or more per 1 oz., 1 small
- Wheat germ, 3 Tbsp

Beans and Legumes
one serving = 1/2 cup (no added sugar or salt)
- Adzuki beans
- Black beans
- Broad beans
- Butter beans
- Cannellini beans
- Chickpeas/Garbanzo beans
- Cranberry beans
- Edamame
- Fava beans
- Great northern beans
- Hummus, 1/4 cup
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pigeon beans
- Pinto beans
- Refried beans, canned, fat free
- Soybeans
- Split peas
- White beans

Alcoholic Beverages
no more than 2 servings per week
- Light Beer, 12 oz
- Red or White Wine, Dry, 4 oz
- Bourbon, 1.5 oz
- Gin, 1.5 oz
- Rum, 1.5 oz
- Sake, 1.5 oz
- Tequila, 1.5 oz
- Vodka, 1.5 oz

extras

serving size = up to 35 calories and 6g or less carbs
- Balsamic vinegar, 1 Tbsp
- Butter substitutes, 1 tsp
- Cream, whole milk, or half & half, 1 Tbsp
- Salsa, 2 Tbsp
- Seeds, 1 tsp
- Sour Cream, 1 Tbsp
- Unsweetened Almond Milk, 1 cup

free foods

serving size = under 10 calories and less than 1g of carbs
- Beef, chicken or vegetable broth
- Capers
- Herbs, fresh or dried
- Lemon or lime juice
- Mustard (but not honey mustard)
- Soy Sauce, low sodium
- Spices and seasoning blends, low sodium
- Vinegar, all types except balsamic
vegetables continued

Non-Starchy Veggies
one serving = 1 cup raw or ½ cup cooked
- Peppers, all varieties
- Radishes
- Rhubarb
- Sauerkraut, 1 cup canned
- Sea vegetables (kelp), raw
- Sea vegetables (nori, spirulina), dried, 2 Tbsp
- Shallots, raw, 2 Tbsp
- Snap peas
- Snow peas
- Spinach
- Sprouts, alfalfa, bean, broccoli, lentil, or radish
- Spaghetti squash
- Swiss chard
- Tomatillos
- Tomatoes, fresh
- Tomatoes, all varieties of canned or jarred with 3 grams of sugar or less per serving and no added sugars, 1/2 cup
- Tomato juice, 1/2 cup
- Tomatoes, sun-dried, 2 Tbsp
- Vegetable juice blends, 1/2 cup
- Water chestnuts, canned, 1/2 cup
- Watercress
- Wax beans
- Yellow Squash
- Zucchini

Starchy Veggies
one serving = 1/2 cup
- Beets
- Carrots
- Green peas
- Parsnips
- Pumpkin
- Rutabaga
- Sweet potato
- Turnip
- Winter squash
- Yams

fruit

unless otherwise noted, one serving, fresh or frozen = 1 cup; one serving, dried (no added sugar) = 2 Tbsp.
- Apple, 1 small
- Applesauce, unsweetened, 1/2 cup
- Apricots
- Banana, 1 small
- Berries
- Cantaloupe
- Cherries
- Clementines, 2 small
- Grapefruit
- Grapes
- Guava
- Honeydew
- Kiwi
- Lemon, 1 med.
- Lime, 1 med.
- Mandarin, 1 med.
- Mango
- Nectarine, 1 small
- Orange, 1 med.
- Peach, 1 med.
- Pear, 1 med.
- Pineapple
- Plum, 2 med.
- Pomegranate, seeds, 1/2 cup