

"Go" Foods

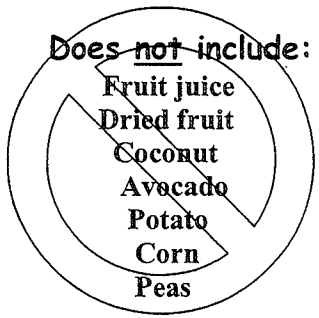
- Low in calories
- Some are high in fiber, vitamins, and minerals
- Eat in unlimited amounts when prepared fat-free

VEGETABLES (not starchy)

- Asparagus
- Beans (green, string, and waxed only)
- Bean sprouts
- Beets
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumber
- Greens
- Lettuce (note: darker leaf lettuces have more vitamins)
- Mushrooms
- Okra
- Onions
- Peppers
- Spinach
- Squash
- Tomatoes
- Tomato Sauce
- Turnips
- Zucchini

BEVERAGES

- Bouillon (low-sodium)
- Broth
- Club soda
- Water
- Mineral water
- Seltzer
- Sugar free (diet) beverages
- Sugar free kool-aid
- Unsweetened Tea



FRUITS

- Canned fruit in own juice (no syrup)
- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Figs
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi Fruit
- Mango
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Strawberries
- Watermelon

OTHER

- Barbecue sauce
- Butter-flavored seasonings, spreads, and sprays
- Cocoa powder (bitter)
- Dill pickles
- Fat-free cream cheese
- Fat-free salad dressing
- Fat-free sour cream
- Fruit spread, jelly, jam
- Herbs and spices
- Ketchup
- Light whipped toppings
- Mustard
- Non-stick cooking sprays
- Salsa
- Steak sauce
- Sugar-free syrup
- Sugar-free water popsicles
- Sugar-free gelatin
- Soy sauce (low-sodium)
- Vinegar
- Worcestershire sauce

▽ Do not overeat since they contain more calories than "GO" foods

▽ Use correct portion sizes with no second helpings

▽ meal = 3-4 food servings + "Go" foods

snack = 1-2 food servings + "Go" foods

"Yield" Foods

GRAINS (<3g fat & 120 cal/serving)

Animal crackers – 10
Bagel – 1 small
Baked/fat-free snack chips – 15 to 20 chips or 1 oz
Biscuit – 1 small (inches around)
Bread – 1 slice (2 slices diet bread)
Bun – 1
Bread sticks – 1
Cereal, cold or cooked – ½ cup
Cheese nip crackers (baked) - 22
Cornbread – 1 piece (2 inch square)
Crackers – 6
English muffin - 1
Graham crackers – 3 squares
Pancake – 2
Pasta – ½ cup
Pretzels – 10 twists or 25 sticks
Rice – ½ cup
Tortilla (flour or corn – 6 inch diameter) – 1
Waffle - 1 to 2

MEAT/CHEESE (<5g fat/serving)

(not fried)

Bacon (low fat/turkey) – 1-2 slices
Canadian bacon – 1 ounce
Chicken (no skin) – 1 breast, 1 thigh, or 3 legs
Cottage cheese (skim or 1% milk) – ¼ cup
Egg – 1
Fish (no skin) – 1 piece or 2-3 ounces.
Hamburger patty – 1
Low-fat lunch meats – 2 ounces
Low-fat hot dogs – 1
Low-fat bologna – 1-2 slices
Low-fat cheese – 2 ounces
Pork chop (lean) – 1
Tuna (water packed) – ¼ cup
Turkey sausage – 1-2 patties
Turkey pepperoni – 15 slices
Steak (round or loin cuts) – 3 ounces

DAIRY (<3g fat & 120 cal/serving)

Light frozen yogurt – 1 cup
Light ice cream – ½ cup
Low-fat buttermilk – 1 cup (8 ounces)
Milk (**skim or 1%**) – 1 cup (8 ounces)
Pudding (low fat/free + sugar free) – ½ cup (4 oz)
Yogurt (low fat + sugar free) – 1 cup (8 oz.)

FRUIT

100 % fruit juice – 1 cup (8 ounces each day)

VEGETABLES (<3g fat & 120 cal/serving)

(not fried and prepared without added sugar)

Corn – ½ cup
Dried peas and beans – ½ cup
Potato, sweet or white – 1 small or ½ large
Potato, creamed or mashed – ½ cup
Popcorn (light or air-popped) – 3 cups

FATS (<5g fat/serving)

Low-fat cream cheese – 2 tablespoons
Low-fat gravy – ¼ cup
Low-fat mayonnaise – 1 tablespoon
Low-fat margarine – 1 tablespoon
Low-fat salad dressing – 2 tablespoons
Low-fat sour cream – 2 tablespoons

PIZZA TOPPINGS

Canadian bacon
Chicken
Green and red peppers
Mushrooms
Onions
Single cheese or low-fat cheese
Turkey pepperoni

"STOP" Foods

- These foods may be high in fat and sugars and be unhealthy if overeaten
- Should not be kept in the home, but enjoyed outside of the home
- **GOAL:** Eat no more than 1 stop food each day or 7 each week

GRAINS (>3g fat/serving & 120 cal/serving)

Cereals with coconut and/or nuts – 1 cup
Sugar coated cereals – 1 cup
Croissant – 1
Doughnuts – 1
Snack chips – 15 to 20 or 1 ounce
Sweet roll – 1
Sweetened instant oats – 1/2 cup
Toaster pastries – 1

DAIRY (>3g fat/serving & 120 cal/serving)

2% or whole milk – 1 cup (8 ounces)
Ice cream, ice milk – 1/2 cup
Sherbet – 1/2 cup
Yogurt, carton or frozen – 1 cup

MEAT/CHEESE (>5g fat/serving)

Bologna – 2 ounces or 2 slices
Corned beef – 2 to 3 ounces
Cheese – 2 slices or 2 ounces
Chicken or fish, breaded and/or fried – 2 ounces
Deviled ham, potted meat, Spam – 2 ounces
Hot dogs – 1
Peanut butter – 1 Tablespoon
Port ribs – 2 to 3
Pepperoni –
Sausage patty – 1
Sausage link – 2 ounces
Vienna sausage – 4

FRUITS

Coconut – 1/4 cup
Avocado – 1/2 fruit

DESSERTS (>3g fat/serving & 120 cal/serving)

Cake
Candy (hard and chocolate)
Fruit cobbler
Cookies
Pie
Sweetened drink beverages
Sweetened sodas

VEGETABLES (>3g fat/serving & 120 cal/serving)

French fries, tater tots – 10 to 15
Hash browns – 1/2 cup
Olives – 10 small or 5 large

FATS

Chip dip – 1 Tablespoon
Cream cheese – 1 Tablespoon
Gravy – 1 Tablespoon
Mayonnaise – 1 Tablespoon
Nuts – 6 to 10
Salad Dressing – 1 Tablespoon
Sour Cream – 1 Tablespoon

PIZZA TOPPINGS

Pepperoni
Double Cheese
Pan pizza
Sausage
Bacon
Olives