

PROTEIN

7 grams of protein, 0 grams of carbohydrate

VERY LEAN MEAT AND SUBSTITUTES (Recommended)

0-1 grams of fat, and 35 calories

- Chicken, turkey, pheasant (White meat, no skin) 1 oz
- Seafood: cod, flounder, haddock, halibut, trout, lox (smoked salmon); tuna fresh or canned in water, shellfish, clams 1 oz
- Game: venison, buffalo, ostrich 1 oz
- Fat-free cheese 1 oz
- Low-fat cottage cheese ¼ cup
- Processed meats with 1 gram of fat or less per ounce 1 oz
- Egg whites 2
- Egg substitutes, plain ¼ cup

LEAN (Recommended)

3 grams of fat, and 55 calories.

- Lean cuts of Beef, Pork, Veal, Lamb 1 oz
- Chicken, turkey (dark meat, no skin) 1 oz
- Seafood: herring, salmon, catfish, sardines 1 oz
- Oysters 6 medium
- Grated Parmesan 2 Tbsp
- Cheeses with 3 grams of fat or less per ounce 1 oz

MEDIUM-FAT (Limit)

5 grams of fat, and 75 calories

- Less lean cuts of beef, pork, lamb, veal including ground beef, short ribs, prime rib, pork chop, lamb rib roast 1 oz
- Chicken, Turkey (dark meat with skin, ground, fried) 1 oz
- Fried Fish 1 oz
- 2% Cheeses (feta, mozzarella) 1 oz
- Ricotta ¼ cup (2 oz)
- Egg 1
- Tofu 4 oz or ½ cup

HIGH-FAT (Avoid)

8 grams of fat, and 100 calories

- Pork: Spareribs, ground pork, pork sausage, bratwurst
- All regular cheeses
- Processed meats with 8 grams of fat per ounce
- Regular Beef, Pork, Turkey or Chicken Hot dog

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Very lean	0	7	0-1	35
Lean	0	7	3	55
Medium-fat	0	7	5	75
High-fat	0	7	8+	100

PROTEIN TIPS:

- Don't be fooled by ground beef packages that say "X% lean (e.g. 90% lean)." *This is the percentage of fat by weight, NOT the percentage of calories from fat.* A 3.5 oz patty of this raw ground beef has about half of its calories from fat.
- Weigh meat *after* cooking and removing bones and fat. 4 ounces raw meat = 3 oz cooked meat.
- CNC's **protein drinks** count as 2 lean meat exchanges, while the **protein bars** count as 1 lean meat exchange and 1 starch exchange. *Please discuss any protein supplements including the drinks and bars with your dietician.*

FAT

5 grams of fat and 45 calories

MONOUNSATURATED (Recommended)

- Avocado 2 Tbsp
- Canola, olive and peanut oil 1 tsp
- Black Olives 8 olives
- Stuffed Green Olives 10
- Nuts: almonds, cashews 6 nuts
- Nuts: mixed (50% peanuts) 6
- Nuts: peanuts 10
- Nuts: pecans 4 halves
- Peanut butter, smooth or crunchy ½ Tbsp
- Sesame seeds 1 Tbsp

POLYUNSATURATED (Recommended)

- Regular Margarine or Mayonnaise 1 tsp
- Low-fat Margarine or Mayonnaise 1 Tbsp
- Nuts: walnuts 4 halves
- Seeds: pumpkin, sunflower 1 Tbsp
- Corn, safflower, and soybean oil 1 tsp
- Salad dressing: regular 1 Tbsp
- Salad dressing: low-fat 2 Tbsp

SATURATED (Avoid)

- All Animal Fats (except seafood)
- Tropical Fats (Coconut)
- Fats that are solid at room temperature
- Avoid all partially hydrogenated products (Trans Fats)

FAT TIPS:

- There are different types of fat: monounsaturated, polyunsaturated, saturated, and *trans*. It is important to limit the total amount of fat you eat. Fat has 9 calories per gram, more than two times the calories you get from carbohydrate and protein.
- *Trans* fats are mainly found in hard margarine and dessert foods. These should generally be avoided.
- The healthiest fat is the monounsaturated fat found in canola oil, olive oil, nuts and avocado.
- Shoot for 2-3 servings per week of fish high in omega-3 fat, such as tuna and salmon.

DAIRY

12 grams of carbohydrate and 8 grams of protein

FAT-FREE / LOW-FAT (Recommended) (0-3 grams of fat per serving)

- Milk: ≤1% fat, buttermilk, soy milk 1 cup
- Evaporated fat-free milk ½ cup
- Fat-free dry milk 1/3 cup dry
- Fat-free yogurt, plain or nonnutrive sweetener 6 oz

REDUCED-FAT

(5 grams of fat per serving)

- 2% milk 1 cup
- Low-fat, plain yogurt 6 oz

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
≤ 1%	12	8	0-3	90
2%	12	8	5	120
Whole	12	8	8	150

STARCH (FOODS WITH CARBS)

15 grams of carbohydrate, 3 grams protein,
0-1 grams fat, and 80 calories

BREAD / CEREALS / GRAINS

- Whole wheat bread 1 slice (1 oz)
- Rice 1/3 cup
- Whole-grain pasta 1/3 cup
- Cheerios, Special-K 3/4 cup
- Higher calorie cereals (Grape Nuts, low fat Granola) 1/4 cup
- Cooked whole-grain cereals (oatmeal, kasha) 1/2 cup
- Popcorn (low-fat or no fat added) 3 cups
- Low fat Triscuit 5

STARCHY VEGETABLES

- Baked beans (*fat free, unsweetened*) 1/3 cup
- Corn, peas, yam, sweet potato 1/2 cup
- Corn on the cob 1/2 cob
- Potato, boiled 1/2 cup
- Winter squash 1 cup

BEANS, PEAS, AND LENTILS

1/2 cup

Count as 1 starch exchange plus 1 very
lean protein exchange (115 calories / serving)

STARCHY FOODS PREPARED WITH FAT

Count as 1 starch exchange
plus 1 fat exchange (125 calories / serving)

- Hummus 1/3 cup
- Taco shell, 6" 2

STARCH TIPS:

- Because starches swell when cooked, a small amount of uncooked starch will become a much larger quantity of cooked food.
- Try to choose foods with 3 grams or more of fiber per serving

FRUIT

15 grams carbohydrate and 60 calories

The weight includes skin, core, seeds, and rind

- Apple, kiwi, orange, peach, nectarine 1
- Banana (about 6 inches) 1
- Canned, unsweetened fruit 1/2 cup
- Blackberries, blueberries 3/4 cup
- Cherries 12
- Grapes 17
- Honeydew, cantaloupe, watermelon 1 slice
- Mandarin oranges, canned 3/4 cup
- Mango, papaya, grapefruit, pear 1/2
- Pineapple (fresh) 3/4 cup
- Plums, tangerines 2
- Raisins 2 Tbsp
- Raspberries 1 cup
- Strawberries 1 1/4 cup
- Unsweetened fruit juice (read label, 60 calories) 1/4 - 1 cup

FRUIT TIPS:

Choose whole fruit instead of juice - it is more filling and is higher in fiber.

NON-STARCHY VEGETABLES

5 grams of carbohydrate, 2 grams of protein,
no fat, and 25 calories

- All non-starchy vegetables 1/2 cup cooked or 1 cup raw

Examples: Artichoke, Asparagus, Bean Sprouts, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Greens, Mushrooms, Onions, Peppers, Spinach, Summer Squash, Tomato, Zucchini

VEGETABLE TIPS:

- This includes most vegetables, with the exception of the Starchy Vegetables, Beans, Peas, and Lentils listed to the left
- Choose more dark green and dark yellow vegetables, such as spinach, broccoli, romaine, carrots, chilies and peppers.
- Foods on the starch, fruit and milk lists are similar in that they contain 12-15 grams of carbohydrate per serving. Some vegetables are starchy, such as potatoes, corn, and peas, and contain 15 grams of carbohydrate per serving. Other vegetables are non-starchy, such as green beans, tomatoes and carrots and contain 5 grams of carbohydrate per serving.

MISCELLANEOUS FOODS

Beverages

- Bouillon containing 12 calories or less per 8 oz. cup
- Club soda, seltzer, mineral water (without sugar)
- Decaffeinated coffee and teas
- Sugar free bottled and powdered drink mixes
- Sugar free soft drinks, preferably caffeine-free
- Sugar-free "Jell-0" gelatin (1/2 cup contains 8 calories, 0.2 gm carbohydrate, and counts as water)
- Sugar-free chewing gum

Condiments

- Low oil or low calorie salad dressings containing 20 calories or less per Tbsp (3 teaspoons). Limit 1 Tbsp per cup salad.
- Low sugar or artificially sweetened jams and jellies containing 25 calories or less per Tbsp (Note: most fruit juice sweetened jams still have 50-60 calories per Tbsp).
- Vinegar or lemon juice

Item	Calories/Tb	Fat	Carbo
● Catsup	20	trace	4.0 gm
● Mustard	15	0.6 gm	1.5
● Salsa, picante sauce	12	0.1	2.9
● Soy sauce	10	trace	0.9
● Steak sauce	12	0.6	3.0
● Worcestershire sauce	10	0.5	2.0

Seasonings, Herbs and Spices

Use dried herbs and spices as you wish

Miscellaneous

- Butter Buds brand butter-flavored mix or sprinkles
- Butter-flavored salt such as Molly McButter
- Extracts
- Sugar-free gelatin (Not puddings). Limit 2 Cups daily.

Be sure to ask your Dietitian about using any foods or seasonings not listed before including it in your menu.